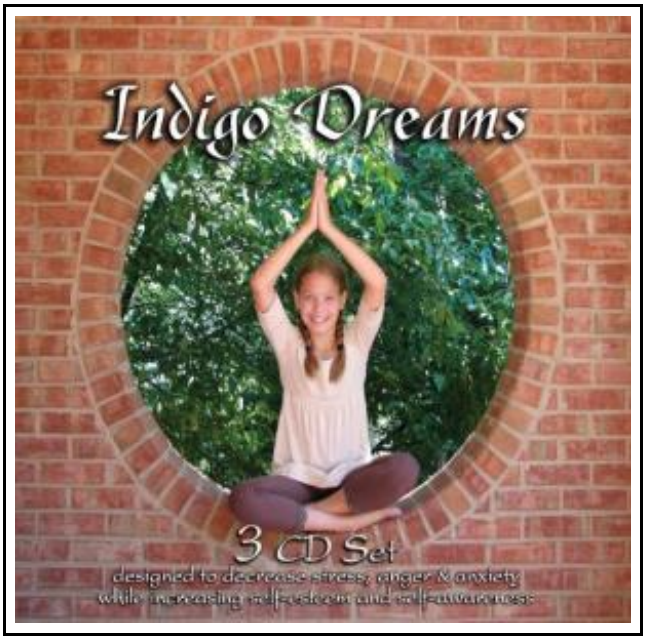
Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness



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Reviews

The publication is straightforward in study better to fully grasp. It is definitely simplistic but excitement inside the 50 percent of your publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Mazie Johns IV)

INDIGO DREAMS 3 CD SET CHILDRENS BEDTIME STORIES DESIGNED TO DECREASE STRESS, ANGER AND ANXIETY WHILE INCREASING SELF-ESTEEM AND SELF-AWARENESS

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Stress Free Kids. No binding. Book Condition: New. Audio CD. Dimensions: 5.7in. x 5.0in. x 1.2in.Now children can relax and learn research-based, stress management techniques with all 3 CDs in the Indigo Dreams Series, by Lori Lite. Over 3 hours of stories and music! Indigo Dreams entertains your child with 4 stories and music while introducing breathing, affirmations, visualizations, and progressive muscular relaxation. Children follow their friends along as they learn to fall asleep peacefully with The Goodnight Caterpillar, breathe calmly with A Boy and a Bear, build self-esteem with The Affirmation Web, and visualize with a Boy and a Turtle. Indigo Dreams offers slightly shorter stories with female narration and forest animals. Indigo Dreams entertains your child with 4 stories and music while introducing a different version of breathing, affirmations, visualizations, and progressive muscular relaxation. Indigo Ocean Dreams is designed to entertain your child in an ocean setting while introducing them to 4 research-based relaxation and stress management techniques. Children follow their sea friends along as they learn to release and manage anger with Angry Octopus, build self-esteem with Affirmation Weaver, implement breathing with Sea Otter Cove, and visualize with Bubble Riding. Indigo Ocean Dreams offers 4 slightly longer stories with male narration. Indigo Dreams: Garden of Wellness offers 5 stories plus a music soundtrack. Children follow their garden friends along as they use positive statements to build self-esteem and encourage healthy eating with Caterpillar Choices. The Perfect Club inspires self-acceptance and tolerance of others. Children learn the emotional coping techniques of breathing and visualizing to release angry, hurt, stressed, or sad feelings. Any child, whether or not they have been bullied, teased, or excluded can benefit from the techniques presented in these stories. All 3 CDs empower children to decrease stress, anxiety, anger, sleep problems, and other challenges...

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