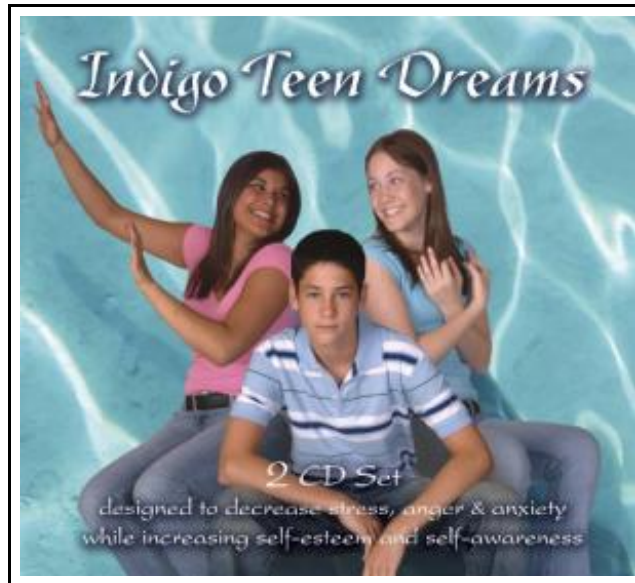


Indigo Teen Dreams 2 CD Set: Designed to Decrease Stress, Anger Anxiety While Increasing Self-Esteem and Self-Awareness



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Reviews

*Basically no phrases to describe. I was able to comprehend everything out of this published ebook. You can expect to like the way the author compose this ebook.
(Mrs. Novella Will)*

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


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Stress Free Kids. No binding. Book Condition: New. Audio CD. Dimensions: 5.5in. x 4.9in. x 0.4in. Now teens can explore relaxation music and research-based, stress management techniques with 2 CDs from the Indigo Dreams Series, by Lori Lite. (i)The American Psychological Association shows that teen stress has increased to epidemic levels and called it a medical health hazard. As parents, we often underestimate the impact stress has on our teens. Indigo Teen Dreams allows teens to manage stress, anger and anxiety while receiving guided instructions on the techniques of breathing, visualizations, muscular relaxation, and affirmations. This straight forward, easy to follow approach encourages teens to manage their feelings and stress while improving self-belief. It is motivating, encouraging and instructional at the same time! Indigo Dreams: Teen Relaxation Music introduces teen-friendly beats and sounds of nature so that teenagers can achieve a deep state of relaxation and sleep. This full hour of music creates a safe musical place that encourages creative thinking. Stress Free Kids founder Lori Lite and composer David Taho Jacopin team up to create a world where synthesizing beats merge with hang drum, guitar, didgeridoo, and sitar to decrease stress, anxiety, and anger. Each 60minute CD is designed to empower teens to decrease stress, anxiety, anger, sleep problems, and other challenges while improving self-control and self-esteem. Calming narration, sounds of nature, actual techniques, and music sound tracks make this perfect for teens entering middle school, high school, or college. Using the relaxation techniques presented on these CDs can help teens: Make Good Choices Manage Anger Improve Sleep and Insomnia Decrease Moodiness and Irritability Learn Self-Regulation and Self-Control Improve Self-Esteem and Self-Belief Increase Creativity Reduce Test Taking Anxiety Cope With Transitions Reduce Impulsivity and Hyperactivity Improve Social Skills Relax and Reduce Anxiety Decrease Negative Thinking and Depression Self-Soothe Improve Cognitive...

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