



## Indigo Dreams: 4 Children's Stories Designed to Decrease Stress and Anxiety While Increasing Self-Esteem and Self-Awareness (Mixed media product)

By Lori Lite



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LiteBooks.net LLC, United States, 2004. Mixed media product. Condition: New. Language: English . Brand New Book. Indigo Dreams is a 60 minute CD/audio book designed to entertain your child while introducing them to relaxation and stress-management techniques. Four unique bedtime stories incorporate breathing, visualizations, muscular relaxation and affirmations. Children follow the characters along as they learn belly breathing with A Boy and a Bear, make positive statements with The Affirmation Web, visualize with A Boy and a Turtle and relax with The Goodnight Caterpillar. All four of these stories are also available in book format. Indigo Dreams' shorter stories are perfect for shorter attention spans and beginners. The stories are best suited for ages 4-9. These proven techniques encourage wellness and provide tools for children who suffer from anxiety, stress, trauma, hyperactivity, anger, sleep issues and lack of confidence. The narration is accompanied by soothing sounds of crickets, gentle breezes and forest animals. An additional music sound track is included.



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