



Indigo Teen Dreams: Guided Meditation--Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety While Increasing Self-Esteem and Self-Awareness

By -

Stress Free Kids. No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 4.7in. x 0.4in. Indigo Teen Dreams is the 3rd CD audio book in this stress-management series. Teens receive guided instructions for learning the relaxation meditation techniques of breathing, visualizations, muscular relaxation and affirmations. Indigo Teen Dreams is designed to decrease stress, anger and anxiety while increasing self-esteem and self-awareness. These are the same proven techniques found on Indigo Dreams and Indigo Ocean Dreams but specifically designed to empower teens to become active participants in creating their own healthy, heart driven, peaceful lives. The narration is accompanied by music and an additional music sound track is included to further enhance your teens mind, body and spirit. Affirmations: Affirmations or positive statements build self-esteem and empower teens to accept themselves. Teens are instructed on how to use affirmations to feel good about themselves, relax or to improve an area or situation in their lives. Breathing: Teens explore breathing for calmness with the use of diaphragmatic or belly breathing. This proven technique encourages teens to feel calm and in control of their own energy. This self-calming technique can be used anytime, anywhere. Muscular Relaxation: Teens learn to manage anger, relax and see things...

Reviews

This is the finest book i have got study right up until now. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Keanu Johns**

This is the finest book i have read until now. It is filled with wisdom and knowledge You can expect to like just how the author compose this ebook.

-- **Tobin Lesch**

See Also



Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself

Free Spirit Publishing Inc., U.S. Paperback / softback. Book Condition: new. BRAND NEW, Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself, Scott Cooper, What if every kid...



Cyber-safe Kids, Cyber-savvy Teens: Helping Young People Learn to Use the Internet Safely and Responsibly

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Cyber-safe Kids, Cyber-savvy Teens: Helping Young People Learn to Use the Internet Safely and Responsibly, Nancy E. Willard, Essential strategies to keep children and teens safe online As our children and...



Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...