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



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Reviews

It in a of my personal favorite book. It really is filled with wisdom and knowledge Your daily life period will likely be enhance the instant you total looking at this pdf.

(Mr. Rocio Schroeder Sr.)

INDIGO TEEN DREAMS: GUIDED MEDITATION--RELAXATION TECHNIQUES 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: 5.6in. x 4.7in. x 0.4in.Indigo Teen Dreams is the 3rd CDaudio book in this stress-management series. Teens receive guided instructions for learning the relaxationmeditation 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 more clearly. This easy, fun exercise relaxes muscles throughout the body as anxiety, tension and anger slip away. Teens will fall asleep more easily and experience a deeper, peaceful nights sleep. Visualization: Teens enjoy this effective technique widely used for achieving sports goals, creating success and attaining wellness. Colorful imagery quiets the mind and relaxes the body as anger, stress and anxiety slip away. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Audio CD.

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