



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...



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[5.56 MB]

Reviews

Good eBook and useful one. It is amongst the most remarkable ebook i actually have study. You can expect to like the way the article writer publish this pdf.

-- Prof. Armand Senger DVM

Absolutely essential go through book. It can be rally fascinating thogh studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).

-- Roberto Leannon

Other Kindle Books



[Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large](#)

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



[DK Readers Day at Greenhill Farm Level 1 Beginning to Read](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



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Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



[The Day I Forgot to Pray](#)

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



[DK Readers Animal Hospital Level 2 Beginning to Read Alone](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



[Harts Desire Book 2.5 La Fleur de Love](#)

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.Its late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy to her parents, shes whisked off against...