



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

By Lori Lite

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...



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Reviews

This publication is definitely not effortless to get going on looking at but really exciting to read through. It really is rally intriguing through looking at time period. Its been written in an remarkably straightforward way which is just soon after i finished reading through this book where basically altered me, change the way i think.

-- **Erna Langosh**

This publication is worth getting. This is certainly for those who statte that there was not a well worth studying. Its been written in an exceptionally simple way in fact it is only after i finished reading through this ebook in which in fact transformed me, modify the way i believe.

-- **Mr. Hester Prohaska DVM**