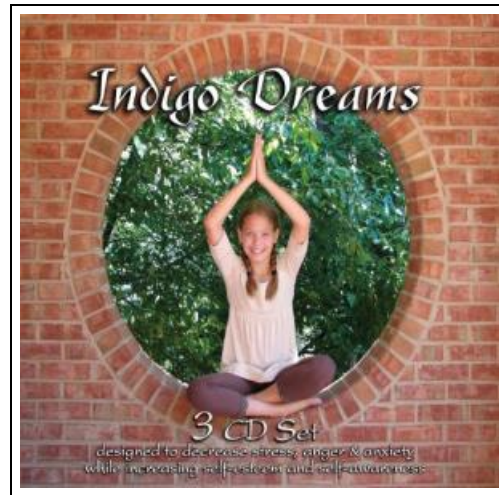


## Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness



Filesize: 7.97 MB

### **Reviews**

*Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*

**(Dr. Hermann Marvin PhD)**

## INDIGO DREAMS 3 CD SET CHILDRENS BEDTIME STORIES DESIGNED TO DECREASE STRESS, ANGER AND ANXIETY WHILE INCREASING SELF-ESTEEM AND SELF-AWARENESS



To save **Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness** eBook, please refer to the hyperlink beneath and save the file or have accessibility to additional information which are highly relevant to INDIGO DREAMS 3 CD SET CHILDRENS BEDTIME STORIES DESIGNED TO DECREASE STRESS, ANGER AND ANXIETY WHILE INCREASING SELF-ESTEEM AND SELF-AWARENESS eBook.

Stress Free Kids. No binding. Book Condition: New. Audio CD. Dimensions: 5.7in. x 5.0in. x 1.2in. Now children can relax and learn research-based, stress management techniques with all 3 CDs in the Indigo Dreams Series, by Lori Lite. Over 3 hours of stories and music! Indigo Dreams entertains your child with 4 stories and music while introducing breathing, affirmations, visualizations, and progressive muscular relaxation. Children follow their friends along as they learn to fall asleep peacefully with The Goodnight Caterpillar, breathe calmly with A Boy and a Bear, build self-esteem with The Affirmation Web, and visualize with a Boy and a Turtle. Indigo Dreams offers slightly shorter stories with female narration and forest animals. Indigo Dreams entertains your child with 4 stories and music while introducing a different version of breathing, affirmations, visualizations, and progressive muscular relaxation. Indigo Ocean Dreams is designed to entertain your child in an ocean setting while introducing them to 4 research-based relaxation and stress management techniques. Children follow their sea friends along as they learn to release and manage anger with Angry Octopus, build self-esteem with Affirmation Weaver, implement breathing with Sea Otter Cove, and visualize with Bubble Riding. Indigo Ocean Dreams offers 4 slightly longer stories with male narration. Indigo Dreams: Garden of Wellness offers 5 stories plus a music soundtrack. Children follow their garden friends along as they use positive statements to build self-esteem and encourage healthy eating with Caterpillar Choices. The Perfect Club inspires self-acceptance and tolerance of others. Children learn the emotional coping techniques of breathing and visualizing to release angry, hurt, stressed, or sad feelings. Any child, whether or not they have been bullied, teased, or excluded can benefit from the techniques presented in these stories. All 3 CDs empower children to decrease stress, anxiety, anger, sleep problems, and other challenges...



[Read Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Online](#)



[Download PDF Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness](#)



[Download ePub Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness](#)

## Other Books



[PDF] **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

Click the link under to download "TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)" document.

[Save Document »](#)



[PDF] **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

Click the link under to download "TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)" document.

[Save Document »](#)



[PDF] **Baby Songs and Lullabies for Beginning Guitar Book/online audio(String Letter Publishing) (Acoustic Guitar) (Private Lessons)**

Click the link under to download "Baby Songs and Lullabies for Beginning Guitar Book/online audio(String Letter Publishing) (AcousticGuitar) (Private Lessons)" document.

[Save Document »](#)



[PDF] **Alfred s Kid s Guitar Course 1: The Easiest Guitar Method Ever!, Book, DVD Online Audio, Video Software**

Click the link under to download "Alfred s Kid s Guitar Course 1: The Easiest Guitar Method Ever!, Book, DVD Online Audio, Video Software" document.

[Save Document »](#)



[PDF] **Alfred s Kid s Piano Course Complete: The Easiest Piano Method Ever!, Book, DVD Online Audio Video**

Click the link under to download "Alfred s Kid s Piano Course Complete: The Easiest Piano Method Ever!, Book, DVD Online Audio Video" document.

[Save Document »](#)



[PDF] **Healthy Eating for Kids**

Click the link under to download "Healthy Eating for Kids" document.

[Save Document »](#)



**[PDF] Genuine the book spiritual growth of children picture books: let the children learn to say no the A Bofu (AboffM)(Chinese Edition)**

Follow the link under to read "Genuine the book spiritual growth of children picture books: let the children learn to say no the A Bofu (AboffM)(Chinese Edition)" PDF file.

[Read ePub »](#)



**[PDF] THE Key to My Children Series: Evan s Eyebrows Say Yes**

Follow the link under to read "THE Key to My Children Series: Evan s Eyebrows Say Yes" PDF file.

[Read ePub »](#)



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

Follow the link under to read "Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age" PDF file.

[Read ePub »](#)



**[PDF] Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Follow the link under to read "Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook" PDF file.

[Read ePub »](#)



**[PDF] Short Stories Collection III: Just for Kids Ages 4 to 8 Years Old**

Follow the link under to read "Short Stories Collection III: Just for Kids Ages 4 to 8 Years Old" PDF file.

[Read ePub »](#)



**[PDF] Free to Learn: Introducing Steiner Waldorf Early Childhood Education**

Follow the link under to read "Free to Learn: Introducing Steiner Waldorf Early Childhood Education" PDF file.

[Read ePub »](#)