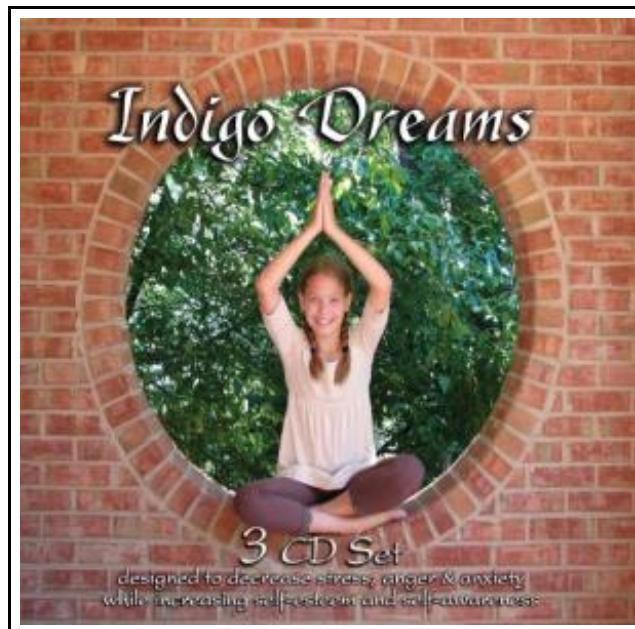


Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness



Filesize: 2.84 MB

Reviews

Excellent e-book and useful one. It is written in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication i have got read through in my very own lifestyle and might be the greatest book for possibly.

(Viva Schuster)

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

[DOWNLOAD](#)

To read **Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness** PDF, please follow the web link beneath and save the file or have access to additional information that are related to INDIGO DREAMS 3 CD SET CHILDRENS BEDTIME STORIES DESIGNED TO DECREASE STRESS, ANGER AND ANXIETY WHILE INCREASING SELF-ESTEEM AND SELF-AWARENESS book.

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](#)

You May Also Like



[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)

Follow the hyperlink 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.

[Download 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)

Follow the hyperlink 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.

[Download Document »](#)



[PDF] Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic (Hardback)

Follow the hyperlink under to download "Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic (Hardback)" document.

[Download Document »](#)



[PDF] Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: Win a Nut! (Hardback)

Follow the hyperlink under to download "Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: Win a Nut! (Hardback)" document.

[Download Document »](#)



[PDF] Fox on the Job: Level 3 (Paperback)

Follow the hyperlink under to download "Fox on the Job: Level 3 (Paperback)" document.

[Download Document »](#)



[PDF] Fox at School: Level 3 (Paperback)

Follow the hyperlink under to download "Fox at School: Level 3 (Paperback)" document.

[Download Document »](#)



[PDF] Kingfisher Readers: Romans (Level 3: Reading Alone with Some Help) (Unabridged)

Follow the link under to download "Kingfisher Readers: Romans (Level 3: Reading Alone with Some Help) (Unabridged)" PDF document.

[Save ePub »](#)



[PDF] Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)

Follow the link under to download "Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)" PDF document.

[Save ePub »](#)



[PDF] THE Key to My Children Series: Evan s Eyebrows Say Yes (Paperback)

Follow the link under to download "THE Key to My Children Series: Evan s Eyebrows Say Yes (Paperback)" PDF document.

[Save ePub »](#)



[PDF] Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Follow the link under to download "Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package" PDF document.

[Save ePub »](#)



[PDF] Kingfisher Readers: Record Breakers - the Biggest (Level 3: Reading Alone with Some Help) (Unabridged)

Follow the link under to download "Kingfisher Readers: Record Breakers - the Biggest (Level 3: Reading Alone with Some Help) (Unabridged)" PDF document.

[Save ePub »](#)



[PDF] Kingfisher Readers: Dinosaur World (Level 3: Reading Alone with Some Help) (Unabridged)

Follow the link under to download "Kingfisher Readers: Dinosaur World (Level 3: Reading Alone with Some Help) (Unabridged)" PDF document.

[Save ePub »](#)