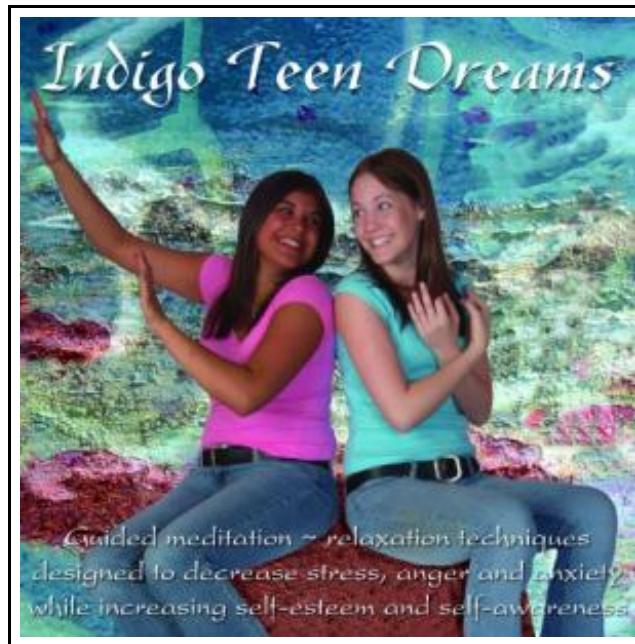


Indigo Teen Dreams: Guided Meditation--Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety While Increasing Self-Esteem and Self-Awareness



Filesize: 6.25 MB

Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

(Michale Shields)

INDIGO TEEN DREAMS: GUIDED MEDITATION--RELAXATION TECHNIQUES DESIGNED TO DECREASE STRESS, ANGER AND ANXIETY WHILE INCREASING SELF-ESTEEM AND SELF-AWARENESS



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 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.

 [Read Indigo Teen Dreams: Guided Meditation--Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety While Increasing Self-Esteem and Self-Awareness Online](#)

 [Download PDF Indigo Teen Dreams: Guided Meditation--Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety While Increasing Self-Esteem and Self-Awareness](#)

See Also



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...

[Download eBook »](#)



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

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....

[Download eBook »](#)



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...

[Download eBook »](#)



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...

[Download eBook »](#)



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...

[Download eBook »](#)



When Santa Claus Prayed

Xulon Press. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 9.0in. x 8.1in. x 0.3in.Dad, youre wrong about Santa Claus! I cant sit on baby Jesuss lap or even see him! I cant send letters

[Download Book »](#)



Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural

Wordsworth Editions Ltd. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 7.6in. x 5.0in. x 1.3in.Moving, his candle was instantly extinguished, and in the very moment of being left in the darkness he saw, standing

[Download Book »](#)



Coronation Mass, K. 317 Vocal Score Latin Edition

Petrucchi Library Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 9.6in. x 6.7in. x 0.1in.Otto Taubmanns classic vocal score of Mozarts Coronation Mass was first issued in the early 20th century and has become

[Download Book »](#)



Absolutely Lucy #4 Lucy on the Ball A Stepping Stone BookTM

Random House Books for Young Readers. Paperback. Book Condition: New. David Merrell (illustrator). Paperback. 112 pages. Dimensions: 7.4in. x 5.1in. x 0.4in.Ilene Coopers fourth story of a boy and his beagle takes Bobby and Lucy

[Download Book »](#)



Early National City CA Images of America

Arcadia Publishing. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 9.1in. x 6.4in. x 0.4in.Below the surface of bustling National City lies the story of olive and citrus orchards, grand Victorian homes, great wealth, and

[Download Book »](#)