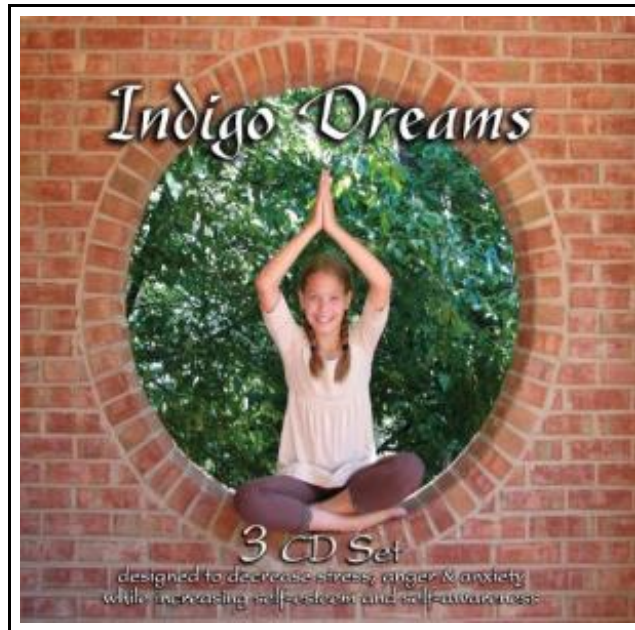


## Indigo Dreams 3 CD Set Childrens Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness



Filesize: 4.29 MB

### ***Reviews***

*These kinds of publication is the ideal pdf offered. It generally is not going to expense too much. I am just delighted to let you know that this is actually the very best book i have go through inside my very own life and might be he finest ebook for ever.*

***(Mabelle Schoen)***

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

[DOWNLOAD](#)

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](#)

## Other PDFs



### **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)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download 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)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download PDF »](#)



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

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling...

[Download PDF »](#)



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

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Alex Brychta (illustrator). 176 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling...

[Download PDF »](#)



### **Fox on the Job: Level 3 (Paperback)**

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their...

[Download PDF »](#)