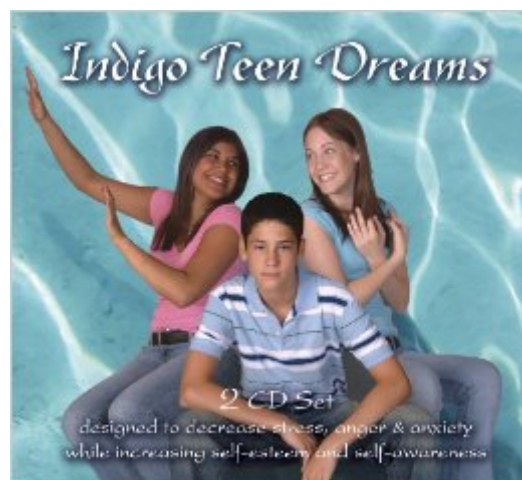


The book was found

Indigo Teen Dreams: 2 CD Set Designed To Decrease Stress, Anger, Anxiety While Increasing Self-Esteem And Self-Awareness (Indigo Dreams)



Synopsis

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 empower teens to decrease stress, anxiety, anger, sleep problems, and other challenges while improving self-control and self-esteem. Calming narration, sounds of nature, actual techniques, and music sound tracks make this perfect for teens entering middle school, high school, or college. Using the relaxation techniques presented on these CDs can help teens: Make Good Choices Manage Anger Improve Sleep and Insomnia Decrease Moodiness and Irritability Learn Self-Regulation and Self-Control Improve Self-Esteem and Self-Belief Increase Creativity Reduce Test Taking Anxiety Cope With Transitions Reduce Impulsivity and Hyperactivity Improve Social Skills Relax and Reduce Anxiety Decrease Negative Thinking & Depression Self-Soothe Improve Cognitive Function Increase Overall Wellness

Book Information

Series: Indigo Dreams

Audio CD

Publisher: Stress Free Kids; unknown edition (May 12, 2011)

Language: English

ISBN-10: 0983625603

ISBN-13: 978-0983625605

Product Dimensions: 5.5 x 0.4 x 4.9 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #172,851 in Books (See Top 100 in Books) #88 in Books > Books on CD > Health, Mind & Body > General #119 in Books > Self-Help > Hypnosis #208 in Books > Books on CD > Health, Mind & Body > Personal Growth

Age Range: 11 and up

Grade Level: 6 and up

Customer Reviews

I am a pediatric speech-language pathologist with 21 years experience working with kids, teens & young adults ages birth to 21 years of age in a variety of settings (homes, childcare centers, schools, Headstarts, churches & a pediatric hospital). I am also the founder of OMazing Kids Yoga. Children & teens of all ages & backgrounds face ever increasing pressure & stress. This is especially true for many kids and teens with special needs. I recently had the opportunity to review several of the wonderful Stress Free Kids products that were donated for me to give away as door prizes at a presentation I will be doing at the 3rd annual Oklahoma Autism Conference. I highly recommend the Indigo Teen Dreams CD! The content & narration style are very age appropriate for the target audience & will give teens easy strategies they can use anywhere/anytime they are feeling stressed or overwhelmed. Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2 Founder of OMazing Kids Yoga, LLC - inclusive yoga for kids & teens of all abilities (find us on Facebook & YouTube) Speech-Language Pathologist Radiant Child Yoga Certified - Levels 1 & 2 Norman, Oklahoma, USA

Affirmations: In my experience teaching self-esteem to teenage girls I have found awareness of major critical thought patterns beneficial. Then create positive affirmations related to a specific critical thought pattern. For example, I will never be good enough would have a positive affirmation of, I am good enough. Again the teen would practice awareness by recognizing the critical thought and then saying, I am good enough. Since critical thoughts have been repeated for years it takes time to reprogram them. **Breathing:** The abdominal breathing exercise serves as a good introduction to deeper breathing for stress and emotional release. For hyperventilation I have found asking the teen to breathe into to their abdomen with a 4 to 8 or 6 to 12 count to be effective to calm the anxiety. For example, breathe in 4 and then breathe out for 8 slowly. **Muscular Relaxation:** The music is relaxing. Relaxing from the feet up is fine. I, however, would start from the head down as more stress is held in the head, neck, and chest areas. **Visualization:** Of all the exercises I liked the rainbow visualization the best. Going through all the chakras from the lower body upward visualizing

the specific chakra color I found simple and effective. Great for children and teens. Very few relaxation CD's for young people available. Buy these CD's today.

As a life coach for parents of teens, I am always open to reviewing potential products that can help parents positively impact their teenagers' growing up experience. Teens today are stressed more than ever before, and parents often scramble for ways to help that are significantly effective. When Lori Lite first asked me to write a review for the Indigo Teen Dreams 2 CD set, I wasn't sure what to expect. Teenagers aren't known for their positive response to gimmicky tactics designed to make their parents feel better. But when I listened to the CDs I immediately knew that this was something different. More importantly, the teens that I asked to listen with me were also enthusiastic in their positive response. If your teenager struggles to cope with the day-to-day stress of navigating adolescence (and that really is every teen), you owe it to them to give them this powerful CD set. Teenagers rarely process emotional challenges by sitting down and having long conversations, leaving them with worries and fears that bounce around inside when they lay down to sleep. This CD set will help to transform their ability not only to relax, but will also help them begin to have self-belief and confidence. I would encourage any parent of teens to take advantage of this amazing resource. ~RJ, the HOPE Coach ronaejull.com

I am a student pursuing my nursing degree and working as a massage therapist. I was given this CD set from one of my clients when I mentioned how stressful my schedule was and how I couldn't sleep well at night. I was amazed at how the techniques helped me to relax my mind and body. I no longer lose precious sleep worrying about the next day. The speaker's voice is soothing and helps me to fall asleep while I get the added benefit of learning actual stress reducing techniques. I enjoy how the set has 2 CDs. One offers 4 techniques and the other is all music. Some nights I use the techniques and some nights I use the music. I also use the music to relax my clients during massages and they always ask me what the name of the CD is. If you are a teen, college student or young adult... I highly recommend this!!

Teens are under tremendous stress and they need emotional tools to help them navigate Middle School and High School. This 2 CD set gave my teens actual techniques presented on their level. My teens have learned to implement breathing and positive statements to help them relax and feel good about themselves. The 2 CDs give them a choice to just chill to the music or practice the techniques. I recommend this for all teens and even college students. An investment in your teens

future and current wellbeing.

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Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) Affirmation Weaver: A Believe in Yourself Story, Designed to Help Children Boost Self-esteem While Decreasing Stress and Anxiety Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Confidence: Boost Self Esteem, Charisma, Overcome Anxiety, Stress and Change Your Life Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Trypophobia: Real, Terrifying and you defenetely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress,

Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) STRESS
FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good
(Build a Better Self Book 3)

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