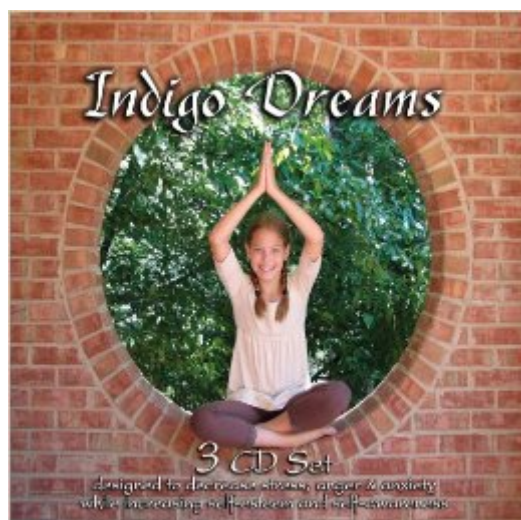


The book was found

# Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed To Decrease Stress, Anger And Anxiety While Increasing Self-Esteem And Self-Awareness



## **Synopsis**

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 while increasing self-esteem. Each 60 minute CD includes calming voices, sounds of nature, actual techniques, and an additional music sound track to further enhance your child's relaxation experience. While written for boys and girls ages 5-11 in mind, any age child can benefit from these various research based stress-management and coping strategies presented throughout these 3 CDs.

## **Book Information**

Series: Indigo Dreams

Audio CD

Publisher: Stress Free Kids; unknown edition (September 17, 2007)

Language: English

ISBN-10: 0978778197

ISBN-13: 978-0978778194

Product Dimensions: 5.6 x 0.7 x 5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (39 customer reviews)

Best Sellers Rank: #561,479 in Books (See Top 100 in Books) #190 in Books > Books on CD >

Health, Mind & Body > Relaxation & Meditation #283 in Books > Books on CD > Health, Mind &

Body > General #653 in Books > Books on CD > Health, Mind & Body > Personal Growth

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

I hope to put into words how transformational this CD is. My 8 year old son has a lot of anxiety due in part to his reading disability. So whenever I introduce a new concept to him (home charter school), he immediately thinks he can't do it, he gets extremely frustrated, and gives up before even trying. Awful. I was desperate to find something to help, and I knew something like Indigo Dreams had to exist. Lucky for us, I found it. I downloaded it in MP3 format right away. My husband was very skeptical, but he knew we had to give it a try. I prepared a small alcove off of our living room to create a "relaxation station". I painted it chocolate brown, brought in a couple of live leafy plants, set a dark green cushion on the floor, along with a few coordinating pillows. I set up his CD player with headphones, and explained to my son that during school, I will set aside time whenever needed for relaxation station. He was excited to try it out. So on the first day of school, he got overwhelmed with his phonics lesson. He got through the lesson though, knowing that he would get down time. So shortly after, off he went to relaxation station. He was sitting up on the cushion, against the pillows. Literally, ten minutes later, he was nestled in, and sound asleep. He LOVES "The Angry Octopus" from Indigo Ocean Dreams. That is his favorite. He says that he uses his imagination to see the story. When the octopus is angry, he feels angry too. And when the octopus breathes to calm himself, he does it too. He sees colors and the characters and the environment. He loves the sounds of the ocean. He says that it relaxes him and makes him feel good. (I think hearing a male narrator helps too, whereas my daughter would prefer a female narrator.

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Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress

and control anger while promoting peaceful sleep Children's Book: "Just The Way I Am": How to Build Self Confidence & Self-Esteem in children's books for ages 2 4 8 (Bedtime Stories Early Readers Picture Books in Kids Collection Book 3) Children's Books: Don't Think You Can't; (audio book download)How children succeed?(Funny Picture books),(Kids books-Social skills-Self esteem-Values) ... Bedtime stories for Beginner readers 1) 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills Children's books: I LOVE TO BRUSH MY TEETH (Jimmy and a Magical Toothbrush -children book, bedtime story, beginner readers, kids books): (Bedtime stories ... stories children's books collection Book 2) Books for Kids: Chompy the Shark (Bedtime Stories For Kids Ages 4-8): Short Stories for Kids, Kids Books, Bedtime Stories For Kids, Children Books, Early ... (Fun Time Series for Early Readers Book 2) How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Dreams: The Hidden Meaning And Interpretations Behind Your Dreams: Dream Interpretation - Learn About What Goes on Inside Your Head While You Sleep PICTURE BOOK: "Otto the Grouchy Owl" (Bedtime stories, Beginner Readers, Books for kids Ages 3-5, children's book, Kids Books, Toddler Preschool Books, Bedtime & Dreaming) World of Dreamy Girls - A book designed for coloring: World of Dreamy Girls - A book designed for coloring, coloring book of female character designs in fantastic world, fashion stylish beauty Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration Anger Experiences: Group Member Workbook (Anger Management) (Volume 1) Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence)

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