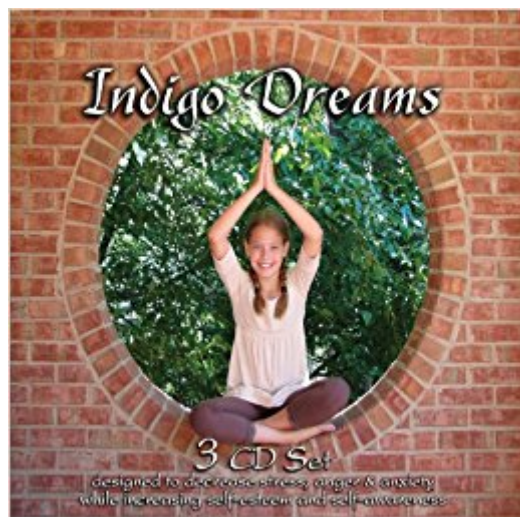


The book was found

# 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 Ocean 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: 4.2 out of 5 stars 39 customer reviews

Best Sellers Rank: #265,033 in Books (See Top 100 in Books) #68 in Books > Books on CD >

Health, Mind & Body > Relaxation & Meditation #91 in Books > Books on CD > Health, Mind &

Body > General #222 in Books > Books on CD > Health, Mind & Body > Personal Growth

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

My anxious daughter (age 6) can't wait to put on her CD and enjoy the stories that lull her off to bed without a concern in the world - and I'm not even speaking to how empowered she is in the morning. Thank you so much for producing this series - it's been our lifesaver in many different ways! Mom's Life Saver evers disabilities, ages 8 - 10 years old. My students are children with autism, Asperger's and other disabilities, and their true challenges lie in self-regulation and social/emotional difficulties. These products have helped us as a classroom tremendously. These products are a wonderful addition to my classroom curriculum. Thank you! - K.M. Checo

Lori Lite is a pioneer in the field of children's stress management. She has dedicated her life to helping families reduce stress, anxiety, and anger. Lori created Stress Free Kids and a line of books, CDs, and lesson plans designed to help children, teens, and adults decrease stress, anxiety, and anger. Her work is considered a resource for parents, psychologists, therapists, child life specialists, teachers, doctors, counselors, and yoga instructors. She has been nationally recognized on Shark Tank, CBS News, and as a Sears parenting expert. Her sought after practical tips and articles can be found in hundreds of publications to include; Family Circle, NY Times, Web MD, Real Simple, Prevention, and Aspiring Women. Lori's titles are also available in Spanish, Apps, and eBooks bringing stress management to Smart Boards and making classroom implementation easy. Her constant upbeat presence on Facebook and Twitter (Stressfreekids) make her a real-time resource for anyone seeking practical advice for stress free living. For more information visit StressFreeKids dot com.

I have to admit that I was skeptical about these CD's and their ability to work "magic", but after spending countless nights unsuccessfully dealing with my daughter's recent bed-time anxiety, I was

willing to try just about anything. We tried these for the first time last week. My daughter had slipped into "fight or flight" mode and was ready to start arguing and postponing the dreaded bed-time routine. I popped in the affirmation CD, and we listened to the first three stories by candle-light. Amazingly, I could feel her body relax and I could sense the stress moving right out of her in waves. I'm sold! The most amazing part is that she has an ADHD-inattentive type diagnosis, which usually means that she finds it hard to be focused on something. She sat perfectly still listening to these stories and she didn't even flinch when the cat jumped up on her. I was in awe of how peaceful and relaxed she had become. I carried her to bed while she was still awake, and she gently melted from my arms under the blanket. Thank you so much to Lori Lite for this wonderful, calm way of helping my daughter to get to a happy, safe place. I can already see my daughter learning to generalize the techniques and breathing, which will enable her to find this sense of calm on her own in the future. Sleep still isn't perfect, but it is getting so much better with the help of these CD's. My son enjoys listening too, and it makes for a nice bedtime ritual. I even find myself breathing and visualizing along with the octopus and otter and I'm more calm as a parent! THANK YOU Lori Lite!!

EDIT on 4/23/12 Just wanted to update and let people know that my children are still listening to Lori's CD's and they continue to work their magic!

I have two boys (10 and 7). Even with a quiet story before bed there were nights when they just could NOT calm down. The evening would go from a calm, sweet bedtime to me yelling and threatening dire consequences if they were not still and quiet. Also, there are times when they both suffer from anxiety due to school or other pressures, and will finally fall asleep but have immediate nightmares and wake up again. I have used relaxation techniques with them before bed with limited success, so I thought I would give these CD's a try. At first my boys poopooed the stories as boring and silly. I even thought they were a little goofy at first, and maybe better suited to a younger child. BUT we kept listening to them off and on for the past few months and now the boys request them, in fact they begged for them last night! I also gained more respect for them as we listened to them more. I really like: - that as they fall asleep to the calming story, the narrator tells them that they can use the same calming breathing techniques during the day if they feel angry, or stressed - that they work IMMEDIATELY. Before, it might take my boys 25-35 minutes of tossing and turning in the bed, in the dark to fall asleep. With the CD they are sound asleep in about 5-7 minutes, which means more sleep for them and a better morning the next day. - that I don't have to stay awake in the same room to tell them the relaxation story. Honestly, I go to bed at pretty much the same time and these stories let me kiss them good night, turn on the story, turn off the lights and leave, and

they are out in moments. I have to say we listen almost exclusively to the purple one "Indigo Dreams: Relaxation and Stress Management Bedtime Stories" and the blue one "Indigo Ocean Dreams", but we do like the other too. It is more of a daytime relaxation moment than bedtime. I swear you won't regret buying these!

In desperation looked up children's progressive relaxation CD's and came across a great deal on all three so tried them. We were dealing with a 7 year old girl who was trying to get to sleep at night but was tossing and turning, getting water, going to the bathroom, and just plain needy for about an hour! Now with these, we have been using for about a month and she is asleep EVERY night within about 10 minutes. She picks the CD she wants that night, I turn it up pretty loudly and she is content, happy and does not get back out of bed. Her only complaint to me is that "mommy I never get to hear the next stories!" because she is already asleep by the time the next stories come on. So now we are starting on different tracks each night. My son, was complaining because he could hear the CD's every night, he is 11 and too cool for them, but I began to notice that he too, was asleep within about 10 minutes of going to bed...a true first for him too! He still complains, but I still keep playing them and keeps falling asleep oh so quickly every night.

After playing snippets of these for about a week, my older son (8YO) really liked them, but my youngest (6YO, and the one for whom I was hoping the CD would help settle down for bedtime) didn't seem to like them at all ... Until last night, when I surprised him in his room, "secretly" listening to the angry octopus. ;-) Even if they ultimately don't help him fall asleep, they nevertheless provide a few minutes of calm reflection and brathing, which can't hurt. Fair warning: these are a bit new-agey, which is not at all my thing. But if you can listen past a few silly bits (which don't bother my kids in the least) and stifle a giggle now and then, I'd say buy it and try it.

Based on other reviews I had high hopes that this CD set would help calm my son to sleep. He started full-day kindergarten a couple of months ago and has a very hard time shutting his brain off at bedtime. I thought these would be exactly what he needed to get his mind off of school and focused on relaxing and getting some sleep. I think these only work so-so. Some nights it does calm him and other nights it has no effect at all. I do think these are narrated very well and they certainly help relax me when I am laying with him, but not as effective on a 5 year old boy!

This set was recommended by professionals to help calm our 6 year old with some emotional

issues. Put a stereo in her room that she could control and when she needs her (space time) we send her there. It seem to help her calm. Cheap price to pay to help control an issue and decrease the stress.

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