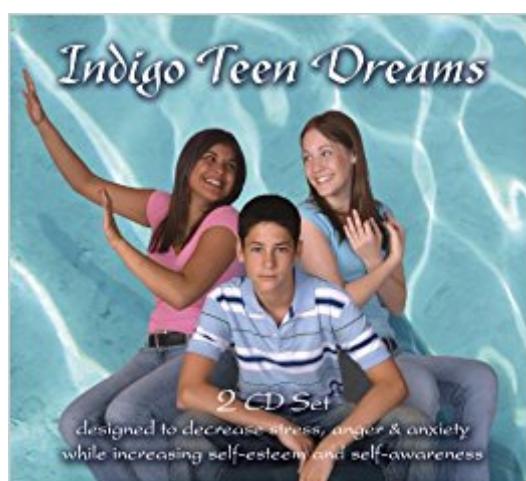


The book was found

# 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: 4.6 out of 5 stars 14 customer reviews

Best Sellers Rank: #151,424 in Books (See Top 100 in Books) #49 in Books > Books on CD > Health, Mind & Body > General #51 in Books > Self-Help > Hypnosis #127 in Books > Books on CD > Health, Mind & Body > Personal Growth

Age Range: 11 and up

Grade Level: 6 and up

## **Customer Reviews**

My child tends to be naturally anxious. When she skipped the 8th grade and went into 9th it was such a change in schedule and class/grade expectations that the additional stress caused some insomnia and the lack of sleep ended up causing more stress. I can still recall the look on her face when I gave her the CD...something along the lines of a mocking 'yeah, whatever.' There was no mocking the next day. She fell asleep before the CD ended and has not had a problem sleeping since. She finds the man's voice very peaceful and relaxing. I bought this 3 months ago and she listens to it nearly every night. Well worth the purchase. - Shan --I purchased Indigo Dreams Teen Relaxation Music at the suggestion of my son's therapist. My son has anxiety and has a very hard time falling asleep at night, as his mind is racing with thoughts of what happened that day and what may happen in the coming days. He's listened to this music every night and has not only fallen asleep faster, but has had more restful sleep. I would highly recommend the CD for anyone who has trouble relaxing.-MJ ----.com websitel purchased Indigo Dreams Teen Relaxation Music at the suggestion of my son's therapist. My son has anxiety and has a very hard time falling asleep at night, as his mind is racing with thoughts of what happened that day and what may happen in the coming days. He's listened to this music every night and has not only fallen asleep faster, but has had more restful sleep. I would highly recommend the CD for anyone who has trouble relaxing.-MJ --I purchased Indigo Dreams Teen Relaxation Music at the suggestion of my son's therapist. My son has anxiety and has a very hard time falling asleep at night, as his mind is racing with thoughts of what happened that day and what may happen in the coming days. He's listened to this music every night and has not only fallen asleep faster, but has had more restful sleep. I would highly recommend the CD for anyone who has trouble relaxing.-MJ --

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.

My daughter loves to listen to this before she falls asleep. It's very uplifting and she always asks me to turn it on when goes to bed. Great affirmations for kids.

Soothing music and very clear guidance in teaching calming techniques to my teenager who has difficulty falling asleep at times.

I find this to be an excellent resource if you are a therapist or in the helping professions. I would highly recommend.

Love this series!

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 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.

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

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](http://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 speakers 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!!

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books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)  
BULLSHIT: 50 Swear Words to Color Your Anger Away: Release Your Anger: Stress Relief Curse  
Words Coloring Book for Adults Boundaries : The Power Of NO (Codependency, Social Anxiety,  
Assertiveness, Self Confidence, Self Esteem, Toxic Relationships) Teen to Teen: 365 Daily  
Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen  
Guys

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