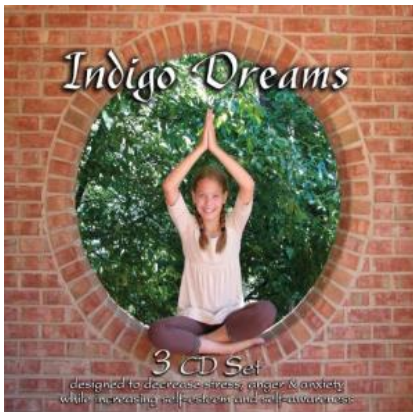


Download Kindle

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



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...

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

- Authored by Lori Lite
- Released at -



Filesize: 1.34 MB

### Reviews

---

*Absolutely essential go through ebook. It is actually rally intriguing throug looking at time. I realized this ebook from my i and dad advised this publication to understand.*

-- **Prof. Demetris Rau III**

*These sorts of ebook is the greatest ebook readily available. Sure, it can be engage in, nonetheless an interesting and amazing literature. I realized this pdf from my dad and i encouraged this pdf to learn.*

-- **Nicolette Hodkiewicz**

*Totally one of the best publication I have got ever go through. It really is packed with knowledge and wisdom I discovered this pdf from my dad and i recommended this book to discover.*

-- **Madisyn Kuhlman**

---