

[PDF] A Boy And A Turtle: A Relaxation Story Teaching Young Children Visualization Techniques To Increase Creativity While Lowering Stress And Anxiety Levels

Lori Lite, Kimberly Fox - pdf download free book

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Description:

Review A Boy and A Turtle is the easiest, most effective way I have found to help children relax. ...an excellent way for children to manage stress, anxiety and fears.-Dr.Susan Russell, L.M.S.W --back of book

This combination of breathing exercises and visualization of colors provides an effective and creative way to explore relaxation with your child. ---Dr. Jodi DiNatale, --School Journal

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About the Author 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.com

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