



A Boy and a Turtle: A Bedtime Story That Teaches Younger Children How to Visualize to Reduce Stress, Lower Anxiety and Improve Sleep (Paperback)

By Lori Lite

Stress Free Kids, 2012. Paperback. Condition: New. 3rd ed.. Language: English . Brand New Book ***** Print on Demand *****. A Boy and a Turtle is a story that teaches young children how to visualize to reduce stress, relax, and fall asleep. This effective stress management technique is also known as guided imagery or visualizations. The turtle and the boy together learn to relax their mind and body with the colors of the rainbow. Children love to visualize or imagine filling their bodies with the colors of the rainbow. This effective stress management technique also known as guided imagery is widely accepted and used by both traditional and holistic communities. These gentle yet powerful visualization techniques stimulates the imagination. Visualization can have a positive impact on your health, creativity and performance. It can lower stress and anxiety levels and is used to control anger. This technique can have a positive impact on your child s overall health, creativity and performance. Creative imagery is also used to help patients heal faster with less pain and has been considered a healing tool in virtually all of the world s cultures. The colorful imagery in this story quiets the mind and relaxes the...



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