



**Let Go of Anxiety... for Children and Teens 10-15
yrs: Build a New Strategy to Stay Calm and
Confident in Unsettling Situations (Lynda
Hudson's Unlock ... "Unlock Your Life" Audio
CDs for Children)**

Lynda Hudson

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Does your 10-15 year old have a tendency to be overly worried and anxious? If so, listening regularly at bedtime, or other quiet time, to this CD / download could really help. As children are shown how to relax comfortably and calmly, they are helped to release their fears and anxiety. Drifting off to an imaginary sea shore, they find a way to let tension and worry drain out of their minds and body into the gentle surf beneath their feet. Then, settling into a hammock they use their breathing to let go of yet more tension and breathe in feelings of calm and confidence. They are encouraged to find or construct an inner part of them that does know how to feel safe, calm and confident and then visualize themselves much more able to cope calmly with their everyday life. This **SUCCESSFUL APPROACH** is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of children world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. The recording uses state of the art technology. Regular listening is the key to success!

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Richard Stratton:

The e-book untitled Let Go of Anxiety... for Children and Teens 10-15 yrs: Build a New Strategy to Stay Calm and Confident in Unsettling Situations (Lynda Hudson's Unlock ... "Unlock Your Life" Audio CDs for Children) is the book that recommended to you to learn. You can see the quality of the reserve content that will be shown to you actually. The language that creator use to explained their way of doing something is easily to understand. The copy writer was did a lot of investigation when write the book, therefore the information that they share to you personally is absolutely accurate. You also could possibly get the e-book of Let Go of Anxiety... for Children and Teens 10-15 yrs: Build a New Strategy to Stay Calm and Confident in Unsettling Situations (Lynda Hudson's Unlock ... "Unlock Your Life" Audio CDs for Children) from the publisher to make you considerably more enjoy free time.

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