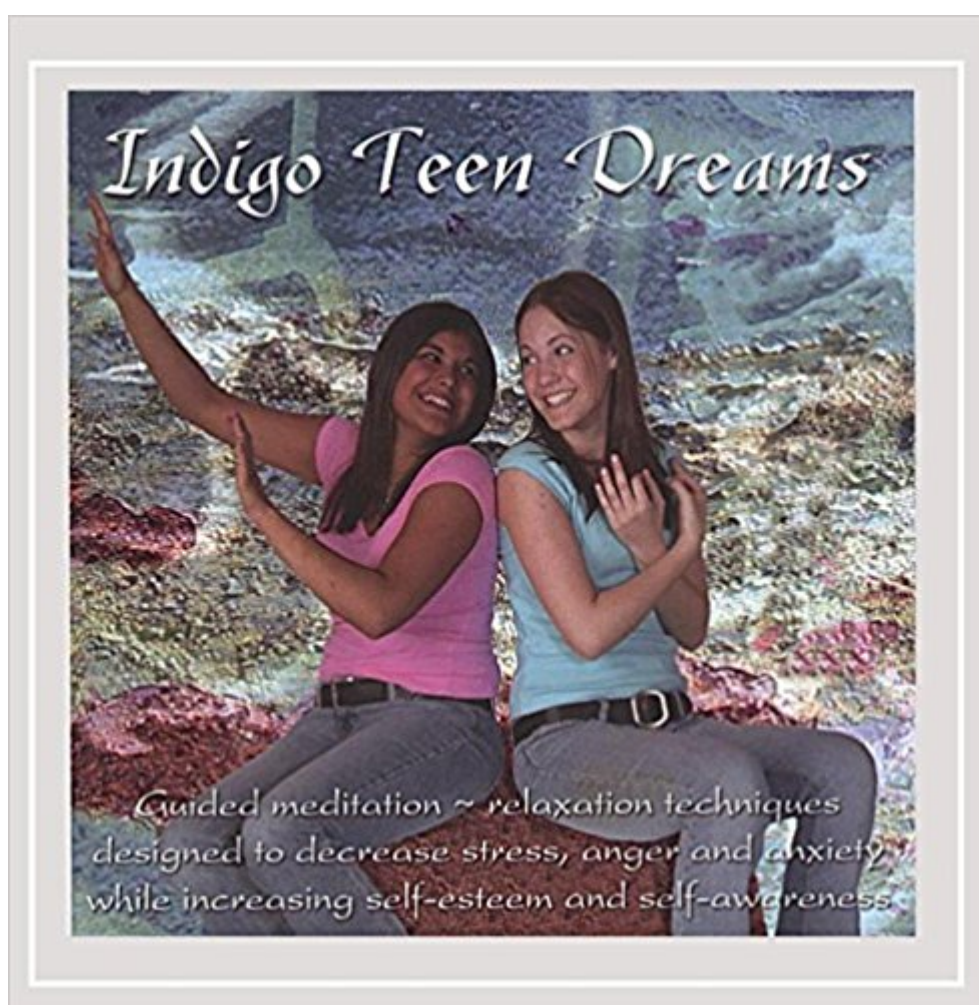


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# Indigo Teen Dreams: Guided Relaxation Techniques Designed To Decrease Stress, Anger And Anxiety While Increasing Self-esteem And



## Synopsis

Indigo Teen Dreams: Guided Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety while Increasing Self-esteem and by Lori Lite

## Book Information

Audio CD

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## Customer Reviews

I have purchased the Indigo Dreams for Teens. I have three children ages ranging from 11 to 16 yrs old. They love to listen to the CD's. They especially find it very helpful during exams and also very useful when dealing with peer pressure in school. It gives them tools they can use to deal with the situation at hand in a positive constructive manner. I am a psychiatric social worker who purchased Indigo Teen Dreams for our unit. We have utilized this wonderful CD on a twice weekly basis as part of our relaxation curriculum. We have a very diverse population of adolescents ranging from kids who are moderately depressed or highly anxious to severely behaviorally and emotionally-disturbed. This CD has reached teens across the board and given them the initial realization that they do have some control over their bodies and how they choose to respond to situations and stressors. I applaud Indigo Teen Dreams CD for its usefulness in everyday life in supporting teens with many diverse needs and challenging issues to find a better way to deal with their stressors. ---Mary L. Whalen

Life can feel very busy for all of us, especially teenagers. Sometimes you feel like you are standing in the middle of a busy street with cars and people zooming past you. Horns are honking and people are shoving you. You feel as if you do not know which end is up and have no way of controlling the situation you are in. Luckily, with the help of Lori Lite and her inspirational CD, Indigo Teen Dreams, you will be able to escape the busy traffic and float into a world all your own. A world

where you are in control of your own body. A world where you can be you. A world where you can finally be at peace with yourself. As a teacher and an older sister to two teenagers and the creator/writer at , I have consistently been looking for a book, a CD, anything that young adults will listen to in order to build their self-esteem and at the same time relax them from the stresses of everyday life. The search is over! Indigo Teen Dreams is top notch. From the moment you press play Lori Lite has provided a narrator who has a calm, even, steady tone to ease your mind. You cannot help but get wrapped up in the sound of his voice. The CD goes on and the narrator talks to the listener and not AT the listener. He is understanding and accepting which is something that teenagers long for every day. The narrator is able to make a connection with the listener and provide tips and words of encouragement for all. Combine this with the soothing background sounds and nature-like music that is provided and you have a unique CD that teens will actually listen to and learn from. All teenagers should have this CD! It is a touching and personal experience that they should not miss out on. Encourage your teen to be open-minded about listening to this CD. I guarantee that once they listen to the lessons Lori Lite provides they will feel empowered and start taking over their feelings, emotions, and everyday actions. Indigo Teen Dreams is a Teenager MUST-HAVE! -Heather, UniversalTeens --Heather, UniversalTeens

Indigo Teen Dreams: Guided Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety while Increasing Self-esteem and by Lori Lite

I have one of the "Indigo" CD's for younger children. This one is far inferior to that one. It's intention is to teach meditative, relaxation and affirmation practice to teens but the way the instruction is delivered is simplistic. It feels that the speaker is speaking down to the listener and the teens I work with in therapy would balk at the tone and the lack of clarity given in this CD. The first part is "instructional" on various types of subjects: affirmations, breathing, etc. There are separate sections with 'dorky' music that is not very relaxing. Truthfully, I could not wait long enough during the music sections to find out if words started to arise amidst the sounds. I had also purchased another meditation CD that was beautifully delivered, relaxed just listening to the instructions being delivered and which, by comparison, made this one seem that the person who had created it didn't practice what they were preaching. I will try to return it, hoping I won't have to pay for return postage. Don't think I will be using this in my therapy practice.

Note: I have two boys that I adopted internationally as pre-teens. Wow! My 13-year old took the CD

into his room to give it a try - he's usually pretty good about trying new things anyway so I didn't think much of it. He'd tried another adult meditation CD and tolerated it. He still hated resting in the afternoon (I homeschool my kids) but if he doesn't get enough sleep he's a bear. OK, so he takes the CD into his room and I don't hear a thing for two hours. When he woke up he came out of his room grinning from ear to ear, saying things like "I am a good person," and "I make good choices," how the music is wonderful and makes him feel great, AND THAT HE CAN'T WAIT TO TAKE A NAP AGAIN TOMORROW. At first I thought he was joking ... but he was completely serious! He insisted that I listen to it, explained to me what "affirmations" are and what "visualization" is (English is his second language so these are big words for my son!). Then he hugged the CD. His attitude continued to be great all evening. You would think that a teenager, especially a boy would think this is ridiculous. This total basketball loving, soccer playing, bow-and-arrow, rock throwing boy loves this CD. He's copied it onto his iPod (it's the only thing on his iPod) and listens to it each afternoon and falling asleep at night. I am amazed. So then my 15-year old boy comes out of his week-long funk and decides to resume his daily 15-minute meditation. He's OK with this but would rather do something else, often fusses about it but then tells me later that he feels better after meditation (pretty typical all-over-the-board teen). I offer him his brother's new CD. He declines. I tell him to suit himself. He can't bear the suspense of knowing that his brother did something before him and tells me he'll try it, but then get out the old CD if this one doesn't work. He fell asleep within minutes of turning it on. When he woke up he tried to argue that it was no big deal, one meditation CD was just like the other. His brother sat on the bed and told him he was full of it, that it was a great CD. He then pumped his iPod up full volume so we could hear it and started chanting the positive affirmations. I told my older son that if the CD wasn't working for him that I would happily take it back. Well, no, he says, he's not ready to give it back to me. He wants to give it another try. Ha! I bet he'll be hooked in no time! Give it a try for your stressed out teen. Give them quiet time to really listen to it. It was a pleasant surprise.

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. Around that time, through my job, I attended a stress management seminar. One of the techniques of reducing stress was guided meditation. We were encouraged to lie on the floor with a pillow that we were told to bring. The instructor said that some find guided meditation so relaxing that they'd fall asleep. I figured it'd be relaxing but no way I'd fall asleep in the middle of the day. The only reason I did not fall asleep is

because I fought it. If I had let myself go completely - I would have been out. It was SO relaxing and I felt so refreshed when the seminar was complete that I immediately started searching for something age appropriate for my daughter. This is the product I purchased. My daughter is a young 13 and 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. To this day I don't think she's made it to the end of the CD. If she's really stressed she'll follow the guided relaxation, but often she'll just put the CD in and let the voice lull her to sleep. 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.

I was originally looking for something my younger daughter could use to help her with her anxiety when I came across this. I bought it (and one of the younger versions for my daughter) and gave it to my 15-year old son (without the weird cover) to see if he might enjoy it. Normally he has to use Melatonin every night to get his brain to quiet so he can fall asleep. Now, even on the first night he used this CD, he hasn't had to take any pills to sleep. Even better, he is actually using the affirmations and relaxations to help him tune out the loud classrooms and to relax when he starts getting aggravated! I really never thought the CD would be so successful for him. I'm super pleased and would recommend anyone to give it a try to see if it clicks with your kid. To be clear, I don't know the makers of the CD or anything. I really just stumbled onto them while looking for help for my daughter's anxiety. My review is completely authentic. (Sometimes glowing reviews make me think they are friends of or shills for the creator of the product.)

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Book 8) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Stress Relief, Anxiety Self Help, and Deep Relaxation Guided Meditation and Affirmations: Sleep Learning System Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Swear Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Dreams: Find Out All About Your Dreams For Greater Happiness And Success: Dreams & 9 Free Books (Dreaming, Dreams, Interpreting Dreams, Dream Meanings)

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