



# **A Boy and a Turtle: A Children's Relaxation Story to improve sleep, manage stress, anxiety, anger (Indigo Dreams)**

*Lori Lite*

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**THIS EDITION IS BEING REPLACED BY A NEW PAPERBACK EDITION ISBN 9781937985134**

Children love to visualize or imagine filling their bodies with the colors of the rainbow. This effective research-based, stress management technique also known as guided imagery is widely accepted and used by both traditional and holistic communities. This gentle but powerful technique stimulates the imagination. Visualization can have a positive impact on your health, creativity and performance. It can lower stress, anxiety, and anger. It can be used to decrease pain and anger. The colorful imagery in this story quiets the mind and relaxes the body so your child can manage stress and fall asleep peacefully. Relax with colors!

**Visualizations and Creative Imagery can be used to:**

- Improve Sleep
- Reduce Anxiety
- Manage Fears
- Reduce Stress
- Increase Creativity
- Improve Focus
- Set Goals
- Improve Health
- Manage Pain
- Enhance Sleep
- Balance Emotional Well-Being
- Improve Athletic Performance
- Improve Self-Regulation
- Increase Self-Esteem and Confidence
- Improve Social Skills
- Decrease Negative Thinking and Depression

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