



Cope with Verbal Bullying 6-9 yrs - Stay Strong Inside (Unlock Your Life)

Lynda Hudson

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Breathe in colour of comfort and ease

Breathe out unwanted thoughts and feelings

Feel safe and strong inside invisible bubble of confidence

Unkind words bounce off the bubble

Visualise self coping calmly and confidently everywhere

Boosts self esteem

Remember, regular listening is the key to success!

A self help hypnotherapy recording for children aged about 6-9 years who are suffering from verbal bullying or teasing. Gentle & relaxing, it gives them a way to release negative feelings and helps them feel more confident about dealing with name calling and mean behaviour. It boosts their self esteem. Let them listen to the recording preferably daily, rather like a bedtime story, without making a big deal about it. Play the recording at bedtime They can relax and drift off to sleep at the end. If you find that they fall asleep more or less immediately, let them listen at a quiet time earlier on before bedtime instead, or as well as, when they go to bed. The recording should be in addition to, rather than instead of, any usual bedtime rituals or stories so that they don't feel deprived in any way. Imaginative framework It allows them to feel more protected by creating an invisible bubble of confidence around them so that unkind remarks don't upset them in the same way. They are encouraged to mentally listen to the remarks bouncing off their bubble so that they have less and less effect on them. They receive powerful suggestions for being confident in themselves and more resilient in the face of other children's unkind behaviour.

Successful approach This kind of approach is completely natural and safe. Research shows that when a person first acts out each positive step in their imagination, it dramatically increases the likelihood of their success in the real world. This CD contains powerful suggestions for boosting confidence and self esteem. The language and topics used are carefully crafted to appeal to the interests of this particular age group. NB Some children may seem more or less mature than their chronological age.

Lynda's gentle, well-modulated, English voice calms, re-assures and encourages Clinical hypnotherapist and former teacher, Lynda has worked with many, many children over recent years and has helped them overcome numerous different problems. Her work has been widely featured in the press and she has appeared on both TV and radio The recording uses state of the art technology, particularly effective when you listen on headphones

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What do you regarding book? It is not important along? Or just adding material if you want something to explain what you problem? How about your free time? Or are you busy particular person? If you don't have spare time to accomplish others business, it is make you feel bored faster. And you have spare time? What did you do? Every individual has many questions above. They have to answer that question because just their can do which. It said that about book. Book is familiar on every person. Yes, it is suitable. Because start from on kindergarten until university need that Cope with Verbal Bullying 6-9 yrs - Stay Strong Inside (Unlock Your Life) to read.

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Information is provisions for individuals to get better life, information these days can get by anyone on everywhere. The information can be a understanding or any news even an issue. What people must be consider when those information which is from the former life are hard to be find than now is taking seriously which one works to believe or which one the particular resource are convinced. If you find the unstable resource then you buy it as your main information you will have huge disadvantage for you. All those possibilities will not happen within you if you take Cope with Verbal Bullying 6-9 yrs - Stay Strong Inside (Unlock Your Life) as the daily resource information.

Dan Morris:

A lot of people always spent their own free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you want to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day long to reading a e-book. The book Cope with Verbal Bullying 6-9 yrs - Stay Strong Inside (Unlock Your Life) it is rather good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. When you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore simply to read this book from the smart phone. The price is not to cover but this book offers high quality.

April Hanson:

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