



Build Your Self Esteem for 6-9yr olds: Replace Negative and Beliefs with Positive Confident Ones (Lynda Hudson's Unlock Your Life Audio CDs for Children)

Lynda Hudson

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Does your child seem to be LACKING IN CONFIDENCE AND SELF ESTEEM? This relaxing, imaginative recording for quiet time or bedtime-listening for 6 to 9 year olds can help them RECOGNIZE THEIR OWN GOOD QUALITIES AND LEARN TO APPRECIATE THEMSELVES. In this way they can FEEL MORE CONFIDENT IN A VARIETY OF EVERYDAY SITUATIONS. Children imagine relaxing in a hammock, letting all their worries float away through the holes in the netting. They then visualize throwing away old negative beliefs about themselves stored in cupboards and drawers in an imaginary room inside them. At this point they paint positive, encouraging messages in a nice bright confident paint on the walls of their inner room. Imagining the effects of having more confidence and self belief, both at home and at school, helps reinforce the positive message. 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 clinical hypnotherapist of many years standing, and former teacher, 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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