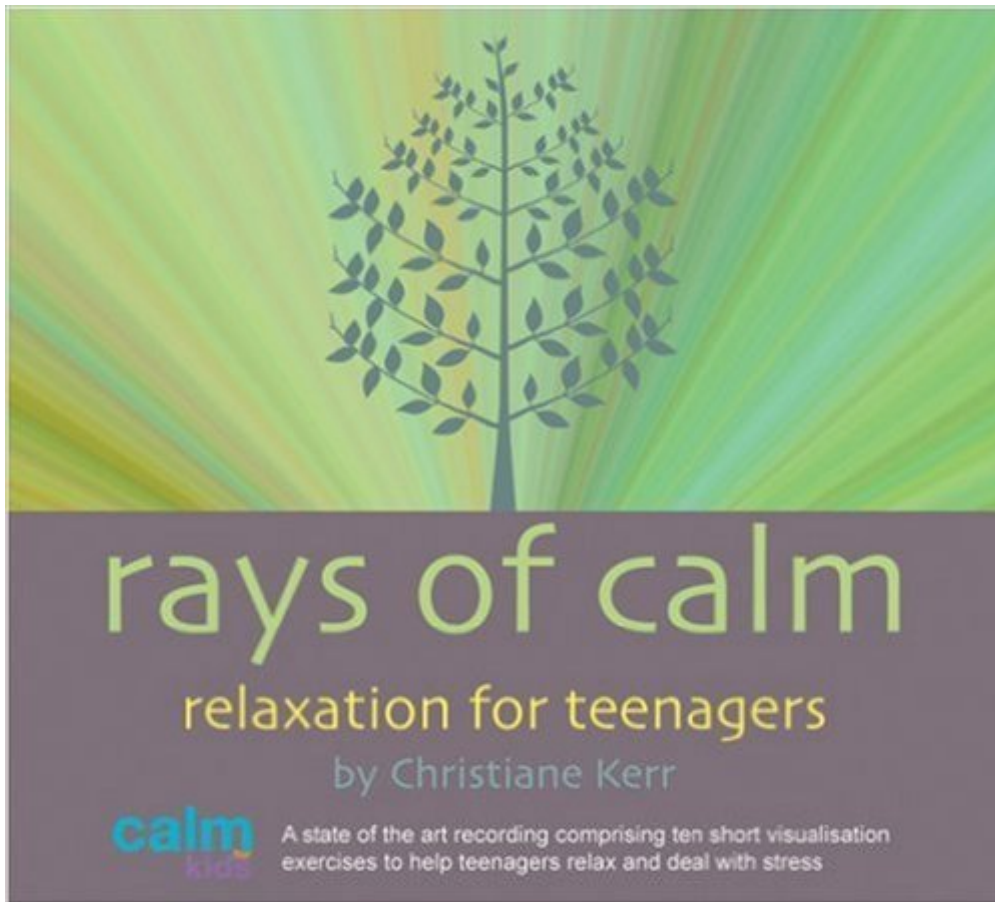


The book was found

# Rays Of Calm: Relaxation For Teenagers (Calm For Kids)



## Synopsis

This is the fourth CD in the Calm For Kids range by Christiane Kerr. Created for teenagers this high quality CD has ten tracks ranging in length from three to eight minutes. Christiane's soothing voice leads you through various relaxation techniques and visualisations designed to promote a sense of calm and wellbeing and to help teenagers deal with stress. Each track is accompanied by beautiful music and calming sound effects composed and created by Pete M Wyer. Christiane is a children's yoga teacher, specialising in relaxation and stress relief. She has worked extensively both with younger children and teenagers and this CD has been tried and tested with great success on her students in this age group.

## Book Information

Series: Calm for Kids

Audio CD

Publisher: Diviniti Publishing (December 1, 2007)

Language: English

ISBN-10: 1901923924

ISBN-13: 978-1901923926

Product Dimensions: 5.1 x 6.3 x 0.3 inches

Shipping Weight: 1.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #355,558 in Books (See Top 100 in Books) #30 in [Books > Books on CD >](#)

[Children's Fiction > Music](#) #183 in [Books > Books on CD > Health, Mind & Body > General](#) #422 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

I purchased this CD for my 10 year-old child, whose pediatrician recommended a relaxation tape to help with "situational headaches." I was concerned, in reading the description of the CD, that it would somehow be inappropriate for a 10 year-old. I knew that I didn't want anything too fantastic (i.e. princessy) or babyish for my child, however, who is pretty bright and sophisticated (and doesn't need to be talked down to) so the products marketed for younger children didn't seem quite right, either. We've all been extremely satisfied with this purchase. The recording is perfectly appropriate for a child, a teenager, or an adult. My 7 year-old child enjoys it, too. One reason my kids really like

it is because it's very nature-focused and they love hiking, camping, etc. The imagery really works for them. Some of the plants mentioned by the speaker must be British plants. I'm not sure they grow in the U.S. But that's not a big deal. The speaker does talk about autumn leaves and that kind of thing so if you live in a hot climate and your child has never been exposed to changing seasons, this might not be the best recording for them. I find that the recording is very helpful for general relaxation at any time of day. It also opened my kids up to the idea of guided imagery in general and now we use that before sports games, etc. The recording also puts my child to sleep quickly, which is really a tall order. We don't use it regularly for that purpose but when I've let my kid listen to the recording using headphones in bed, it knocks her out really quickly, really deeply. I can take the headphones off her head and she doesn't notice. Normally she is a lighter sleeper and has some difficulty falling asleep.

This cd is great! My 13 year old son loves it & it really helps him to relax & fall asleep faster!

This is by far the best relaxation CD. All of my students and colleagues love it!!!!

[Download to continue reading...](#)

Rays of Calm: Relaxation for Teenagers (Calm for Kids) Books For Kids: The Misadventures of Mischievous Missy (KIDS ADVENTURE BOOKS #9) (Kids Books, Children Books, Kids Stories, Kids Adventure, Kids Fantasy, Mystery, Series Books Kids Ages 4-6 6-8 9-12) Aquarium Sharks & Rays: An Essential Guide to Their Selection, Keeping, and Natural History Sharks & Rays in Aquariums: Gaining an understanding of how to keep these fishes in captive saltwater systems (Aquarium Success) (Volume 3) Sharks, Skates, and Rays of the Gulf of Mexico: A Field Guide Cosmic Rays and Particle Physics MINDFULNESS Coloring Book: Relaxation Series : Coloring Books For Adults, coloring books for adults relaxation, coloring book for grown ups, COLORAMA Coloring Book (Volume 1) Progressive Relaxation (Relaxation & Stress Reduction (Audio)) Color Me Calm: 100 Coloring Templates for Meditation and Relaxation (A Zen Coloring Book) RELAXING Grown Up Coloring Book: Amazing Animals - For Relaxation, Meditation, Stress Relief, Calm And Healing Bible: The +77 Most Powerful Relaxation Prayers to Calm Your Mind & Thoughts - Including Dozens of Inspirational Bible Verses Inside (Christian Prayer Series) Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Crochet to Calm: Stitch and De-Stress with 18 Colorful Crochet Patterns (Craft To Calm) Yellowstone National Park for Kids, Preteens, and Teenagers: A Grande Guides Series Book

for Children Books For Kids : Charlie The Smart Elephant (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, puppy story, ... Books for Kids age 2-10, Beginner Readers) Books for Kids: Chompy the Shark (Bedtime Stories For Kids Ages 4-8): Short Stories for Kids, Kids Books, Bedtime Stories For Kids, Children Books, Early ... (Fun Time Series for Early Readers Book 2) Books for Kids: Lily the Little Mermaid (Mermaid Books for Kids, Children's Books, Kids Books, Bedtime Stories For Kids) (The Mermaid Stories: Kids Fantasy Books Book 2) Jokes : FUNNY JOKES AND RIDDLES FOR KIDS: Jokes: Jokes for kids: Jokes for kids free (Jokes, jokes for kids, Joke books, funny books, funny jokes, jokes free, books for kids) Journal to the Soul for Teenagers (Heart & Star Books)

[Dmca](#)