

Is your child / teenager in danger of losing control of their anger? Are you searching for a solution to their angry outbursts? If so, this relaxing, calming recording for 10-16 year olds could be your answer. Lynda helps them learn to cope with anger without feeling overwhelmed and losing control. In a SAFE and GENTLE environment the recording helps them release tension and understand better the triggers for their uncontrolled angry reactions. She helps them FEEL CALMER, FEEL LESS EMOTIONAL AND FIND STRATEGIES TO CONTROL THEIR REACTIONS when anger threatens to control them. They learn to respect their ability to calm themselves down and STOP anger turning to RAGE. With regular listening there seems to be a very positive calming effect, usually gradually but sometimes pretty much immediately. 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. Lyndas gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self-esteem. As a former teacher and clinical hypnotherapist of many years standing, 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 and comes both in MP3 and CD format. Regular listening is the key to success!

The Fight for Latino Civil Rights (Our Shared History), SLAMMING HIS SEXY SEND-OFF (Taboo Forbidden Erotica), Advanced Baseball Advanced Strategy, Skills & Positional Play, The Murder of Emmett Till (Civil Rights Movement), Airborne: So You Want to become a Jumpmaster, Saving Our Daughters - Vol. 4 Special Edition,

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