

Mp3 Barbara Cox, Phd - Guided Imagery And Relaxation Techniques For Parents

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An innovative relaxation CD for parents of young children with soothing background music created to assist you in achieving a relaxed and healing state of mind. 10 MP3 Songs SPOKEN WORD:

Instructional, KIDS/FAMILY: Kid Friendly Details: Barbara Cox, PhD is a licensed psychologist and life coach in San Diego, California. I have written numerous articles and presentations on such issues as stress management, psychological interventions for pain management, effective communication skills, and applying positive psychology principles to achieve goals. I currently have a private practice, teach on-line continuing education courses for therapists, and am writing a book on the challenges and joys of new parenthood. I produced this CD to help parents learn more compassion for themselves, in the aim of making parenting fun and uplifting.

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