

Mp3 Lori Lite - Indigo Dreams

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This CD helps children decrease stress and anxiety while increasing self-esteem and self-awareness. Children become active participants in creating their own healthy, heart driven, peaceful lives. 5 MP3 Songs KIDS/FAMILY: Children's Storytelling, NEW AGE: Meditation Details: Lori Lite is the author of four innovative children's books, a CD audio book, a Children's Awareness Curriculum and other products all designed to introduce children to relaxation and stress management. These ground breaking stories are the culmination of Lori's experience as a Certified Children's Meditation Facilitator, teacher, student of meditation and mother of three. Lori's unique style transcends all age limits! Children and adults benefit by experiencing fun, easy to do techniques of muscular relaxation, diaphragmatic/belly breathing, visualizations and affirmations. Her commitment to children has inspired her to donate books to The IAM Foundation and Make a Wish Foundation. Originally from Brooklyn, NY, Lori and her family sent 700 books to the children of NY to help them cope with the aftermath of 9/11. Lori's books are currently assisting child life specialists, parents, teachers, school counselors and yoga instructors across the United States and abroad. They are helping children through the hands of psychologists, special needs teachers, day care centers and head start programs. The Affirmation Web was named book of the month by The IAM Foundation and A Boy and a Bear is recommended by the Federal Emergency Management Association. Parents are raving about the impact the relaxation effect is having on their entire families. Lori Lite is actively interviewing and writing articles for several media outlets around the country to include recent interviews with "ABC Radio" "Prevention Magazine" "CBS News", "USA Today Magazine" and the "New York Post." She has also been featured in several publications to include "Parents Guide New York", "Atlanta Journal Constitution", "Atlanta Parent Magazine" and "Children of the New Earth". For more information including a press kit go to: litebooks.net/author.htm

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