



Calm and Relaxed at the Dentist age 8-14: Helping Your Child Feel Calm, Comfortable and Relaxed at the Dentist (Lynda Hudson's Unlock Your Life Audio ... "Unlock Your Life" Audio CDs for Children)

Lynda Hudson

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Is taking your child to THE DENTIST A NIGHTMARE FOR ALL CONCERNED? This gentle and relaxing self help CD / Download has been a godsend for children aged about 8-15 years who were frightened of going to the dentist. It helps them relax and feel so much more CALM AND CONFIDENT ABOUT THE VISIT. Children imagine breathing in a sense of calm and breathing out unwanted scary thoughts and feelings. They go into their inner master control room to adjust the controls that REGULATE THEIR EMOTIONS, setting them at MAXIMUM CALM AND CONFIDENCE. They receive powerful suggestions for TAKING CONTROL OF THEIR FEELINGS and then visualize themselves HANDLING THINGS BRILLIANTLY both on the way to and during the appointment, amazing all concerned! 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 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. For maximum benefit, listen, preferably daily, for about three weeks before a dental visit.

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Verna Krell:

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