



## Let your worries fly away (Unlock Your Life)

*Lynda Hudson*

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## **Let your worries fly away (Unlock Your Life)** Lynda Hudson

Does your child have A TENDENCY TO GET WORRIED AND ANXIOUS? This gentle and relaxing CD / Download for 6 -9 year olds could be just what they need! It helps them RELEASE WORRYING THOUGHTS AND FEELINGS and feel more calm and comfortable inside. Children, imagine breathing in a wonderful calm colour and breathing out unwanted thoughts or feelings into an air balloon or into the basket underneath. As they WATCH THE WORRIES FLOAT OFF into the distance they are given suggestions for feeling CALM, COMFORTED AND MORE CONFIDENT. They then learn an instant trigger for calm feelings and imagine themselves using this successfully in their daily lives. They can relax FEELING SAFE AND PEACEFUL as they listen and, if its bedtime, drift comfortably off to sleep at the end. 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 people 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. Regular listening is the key to success!

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