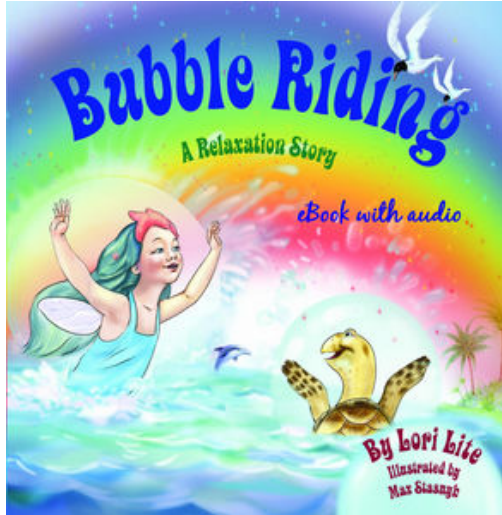


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Download PDF Online Book Bubble Riding eBook with Audio Lori Lite Free eBook PDF/ePub/Mobi, Children learn fun visualization techniques as they imagine filling and relaxing their bodies with the colors of the rainbow. A sea child and turtle take children on a bubble ride into the world of relaxation. Visualization, also known as creative imagery, can lower stress and anxiety levels. Visualizing is the ability to form a mental image of, or use your imagination. This technique can have a positive impact on your child's overall health, creativity and performance. Creative imagery is also used to help patients heal faster with less pain and has been considered a healing tool in virtually all of the world's cultures.

Former **American Psychological Association** President Richard Suinn states research-based evidence that athletes have improved their performance with the use of relaxation and visualizing. Modern sports psychology is focused on psychological training that strengthens the mental skills that will help athletic performance. Those skills include stress management, self-regulation, visualization, goal setting, concentration, focus, even relaxation.

The colorful imagery in this story quiets the mind and relaxes the body so your child can manage stress, fall asleep peacefully, and so much more.

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