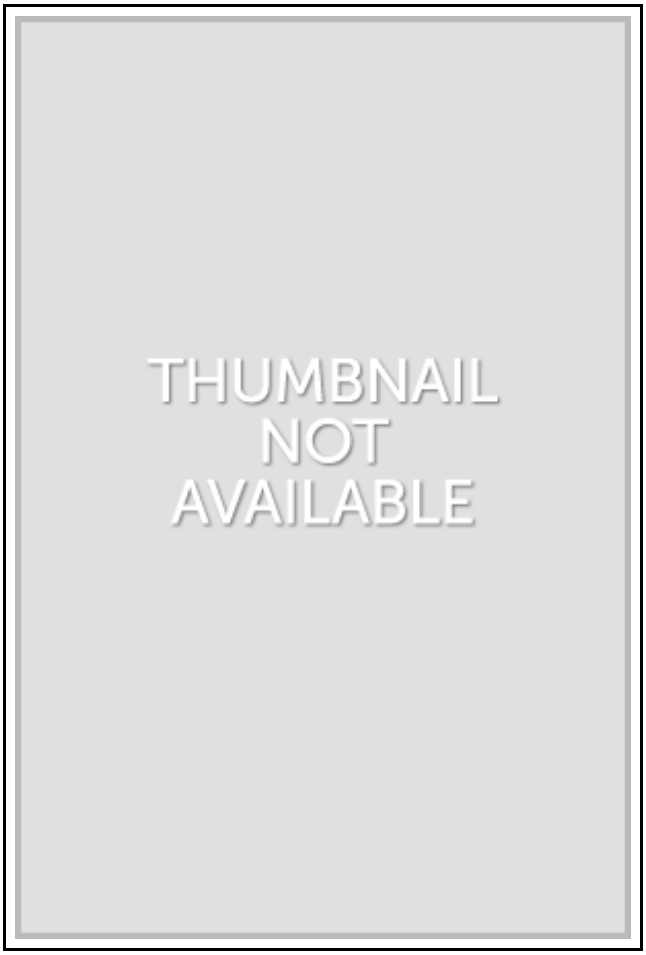
Magical Me



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Reviews

Here is the finest publication we have read right up until now. It is actually writter in easy words instead of difficult to understand. Its been written in an remarkably easy way in fact it is only right after i finished reading this book in which basically changed me, modify the way i really believe.
(Prof. Vanessa Smitham V)

MAGICAL ME

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DIVINITI PUBLISHING, United Kingdom, 2010. CD-Audio. Book Condition: New. 142 x 126 mm. Language: English . Brand New. Magical Me is a superb high quality meditation recording by Heather Bestel. Heather is a very experienced psychotherapist who has worked with children developing and building their self esteem and confidence since 1994. This CD is a lovely and safe way to introduce 4-7 year olds to the world of relaxation and to help them find their inner calm. Don t be surprised if they return feeling very special and twinkly! With the use of these CDs, children learn to find their inner calm and develop some wonderful resources to empower them whenever they need. This recording includes five tracks: Happy Relaxed ; Floating on a cloud ; Calm Peaceful ; Magic Rainbow ; and, My Angel . Magical Me is ideal for using at home: during chill out time, at bedtime, on long journeys, before exams or anytime children need to switch off and relax. For use in school: at the beginning or end of each class, in the chill out zone, and during circle time. Each CD also includes instructions for a creative activity linked to the CD content. For Magical Me , the activity includes instructions on making a chill out zone.

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