



Stress Free Kids: A Parent's Guide to Helping Build Self-Esteem, Manage Stress, and Reduce Anxiety in Children

By Lori Lite

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Stress Free Kids: A Parent's Guide to Helping Build Self-Esteem, Manage Stress, and Reduce Anxiety in Children By Lori Lite

Stress management solutions for you and your children!

Kids today are more stressed, overwhelmed, and struggling with anxiety than ever before. Children are not born with the coping strategies needed to navigate today's increasing demands of technology, bullying, academics, and family dynamics. You yourself might wonder how your own stressed-out lifestyle is affecting your children. Based on **Lori Lite's** award-winning series, *Stress Free Kids* provides relaxation techniques you can use to free your child from stress.

Lite shows you how to apply breathing, visualizations, affirmations, and muscle relaxation exercises effortlessly throughout the day. These parenting solutions to everyday stressors will reduce worries and anxiety while increasing self-esteem. You and your children will gain freedom as you live a more joy-filled life with less stress.

With this complete resource as your guide, your family will create your own collection of stress-free moments that add up to peace and confidence--for you and your children.

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Editorial Review

Review

"Lite does a great job of explaining how a parent's stress might impact her child and offers ways to overcome the causes of stress. She includes concrete examples of games and phrases that can be used to help children."

--*Working Moms Against Guilt*

Named as one of the "Top 10 Inspirational Books" by *Aspire Magazine*

About the Author

Award-winning childhood stress expert **Lori Lite** created her Stress Free Kids curriculum to alleviate her children's stress and to help them sleep peacefully. Lite is author of the Indigo Dreams series, which has been awarded the CNE Award of Excellence, and has been featured on several media outlets, including *CBS News*, *USA Today*, *Web MD*, *Family Circle* magazine, and *Prevention* magazine. You can visit her website at www.stressfreekids.com.

Users Review

From reader reviews:

James Brown:

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