
Goodnight Caterpillar A Relaxation Story For Kids

Introducing Muscle Relaxation And Breathing To Improve Sleep Reduce Stress And Control Anger A Manage Stress Anxiety Anger Indigo Dreams By Lori Lite

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'lori lite

May 13th, 2020 - lori lite born 1961 is an american author and founder of stress free kids working in the field of children s stress management 1 2 3 lori has authored 11 books and a curriculum she wrote and produced 9 indigo dreams cds which encompass relaxation music for children audio books for children and guided instructional stress management for teens and adults 4''20 caterpillar books for kids the relaxed homeschool

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