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And Self-Awareness (Indigo Dreams) By Lori Lite**

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Indigo teen dreams: Guided relaxation techniques designed to decrease stress, anger and anxiety while increasing self-esteem and self-awareness [CD].

Indigo teen dreams: guided relaxation techniques

Indigo Teen Dreams is the 3rd CD/audio book in this stress-management series. Teens receive guided instructions for learning the relaxation/meditation

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I applaud Indigo Teen Dreams CD for its usefulness in everyday life in supporting teens with many diverse needs and challenging issues to find a better way to deal

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