



Imaginations: Fun Relaxation Stories and Meditations for Kids (Volume 1)

Carolyn Clarke

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WINNER OF THE SAN DIEGO BOOK AWARD FOR CHILDREN'S NON-FICTION

The ability to relax is an essential skill in our hectic world today. Kids are shuttled from home to school to after school activities and home again, often without transition time or down time. We hope that children can lead happy, relaxed, and calm lives, but often we neither teach them how to do this nor do we lead by example.

This book provides stories to help children learn to calm their bodies and relax their minds. Wildly imaginative and whimsically joyful, Carolyn Clarke's guide is a wonderful tool for children to learn that the most important spaces in life are often the quiet moments in between. The stories and illustrations contained in this volume help children learn to calm themselves and release the tension of their lives in a positive, healing manner. A child's ability to consciously relax their body and clear their mind can help address a myriad of issues, such as anxiety, stress, and excessive worry; sleep disorders, nightmares, and fear of the dark at bedtime; anger issues; focus and concentration issues; special needs, including ADD, ADHD, Aspergers, autism, and OCD; depression; low self-esteem; grief; and life changes such as moving, divorce, or changing schools.

Opening up worlds and universes with evocative stories and vivid details that simultaneously calm the mind, body and spirit, Clarke's debut is an extraordinary aid to help children not only tap into their inner calm, but to expand their imagination to its outer limits—and beyond. Intended as a tool to use with the children in your life, it is so much more: it is a skill that they can use for the rest of their lives to improve, enhance, and maximize their quality of life. Unlike any other book of its kind, *Imaginations: Fun Relaxation Stories and Meditations for Kids* is the greatest gift you can give your child.

Stories include:

1. A Day at the Beach
2. The Night Sky
3. A Hot Air Balloon Trip
4. Your Bubble
5. Making Friends with a Tree
6. If I Could Fly
7. Clouds in the Sky
8. A Trip in Your Spaceship
9. Enchanted Forest
10. Take a Hike
11. The Love Balloon
12. Under the Sea
13. My Tree House
14. Magic Flower Potion
15. Planting a Seed
16. Finger Lights

17. Loving Kindness

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Kenneth Garrison:

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