



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

Lori Lite

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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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