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Does your young child seem to lack self confidence? This gently relaxing, imaginative CD / Download for quiet-time or bedtime-listening for 6 to 9 year olds could well be your answer. Children imagine drifting off to a lovely garden where they find a pack of special balloons. They are encouraged to blow any worries or self doubt into the balloons and watch them float off into the sky. They then receive powerful suggestions for feeling more confident, and when they look into the garden pond and see their reflection, they are encouraged to appreciate themselves as somebody very special. Finally they visualise themselves happily carrying out their normal everyday activities at home and at school, now feeling more confident and with more belief in themselves. With regular listening this confidence becomes more and more apparent. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of children world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. The recording uses state of the art technology. Regular listening is the key to success!

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