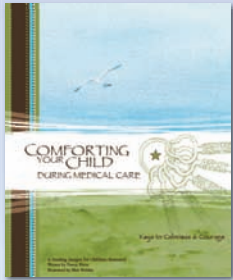


NEW from the
HEALING IMAGES FOR CHILDREN PROGRAM

The diagnosis of a childhood illness brings new challenges to families. Four new convenient, concise handbooks help you design an individual approach to the experiences associated with pediatric health care. Written by Nancy C. Klein, M.A. Illustrated by Matthew Holden ❀

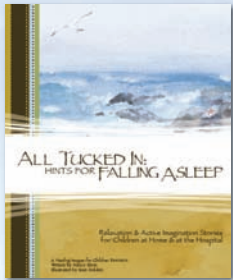


Comforting Your Child During Medical Care

Keys to Calmness and Courage

Children can learn to use key strategies to gain a sense of courage, of peace, and of confidence when facing the difficulties of illness and medical treatment. The **Keys** booklet includes four active imagination stories and specific "how-to" suggestions for caregivers to help ease their child's anxiety and discomfort.

24 pages / 7 x 8.5 Softcover

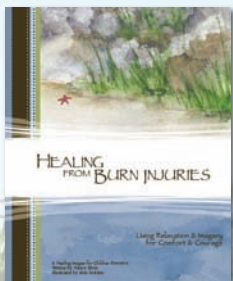


All Tucked In

Hints for Falling Asleep

Sometimes it's a challenge for a child to fall asleep. **All Tucked In** offers suggestions for making the transition from new experiences, new faces and new places to relaxing and refreshing sleep at home and at the hospital. The booklet includes relaxation strategies and active imagination stories to help a child focus on the positive aspects of each day.

Available Spring 2008



Healing from Burn Injuries

Using Relaxation and Imagery for Comfort and Courage

This handbook helps children and families cope with the stress of burn injury. It includes a relaxation exercise and seven imagery stories that encourage self-expression as well as self-help ideas for children and teens coping with difficult times during treatments and hospitalization for burn injuries.

28 pages / 7 x 8.5 Softcover



Relaxation Stories and Strategies for Children Facing Surgery

Relax, Imagine, Breathe

The child facing surgery enters a new environment with new people and new routines. Relaxation, calm breathing and active imagination stories help a child feel comfortable while preparing for and recovering from surgery. Includes hints for reducing the stress and anxiety that may accompany surgery and hospitalization. Available Spring 2008

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| _____ | <i>Special Package: above 3 items</i> | \$47.95 | _____ |
| _____ | Libro de Actividades | \$ 7.95 | _____ |
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Healing Images for Children

Teaching Relaxation and Guided Imagery to Children Facing Cancer and Other Serious Illnesses

Written by Nancy C. Klein, M.A., Illustrated by Matthew Holden

A comprehensive guide for families and health care providers with educational information relating to medical treatments and relaxation strategies. The first section of the book describes the healing power of relaxation, breathing, music, imagery, and humor. The second section includes 27 stories designed specifically to help children develop coping strategies to reduce the pain and anxiety of medical procedures and treatments. The guide is beautifully illustrated. It is a valuable adjunct to traditional medical interventions.

280 pages / 65 illustrations / 7 x 10 Softcover / ISBN 0-9636027-2-1



Healing Images for Children CD

Relax and Imagine

Seven stories and a progressive muscle relaxation exercise are set to a background of calming music. The CD is a convenient, helpful way to reinforce the relaxation, breathing, and active imagination techniques from the book Healing Images for Children. It provides ready access to the calming messages from the book. Children can use the CD on the way to appointments, in waiting rooms, as well as during therapy.

70-minute audio recording / ISBN 0-9636027-3-X



Healing Images for Children Activity Book

Activity book now available in SPANISH!

For Days When Quiet Activities are Best

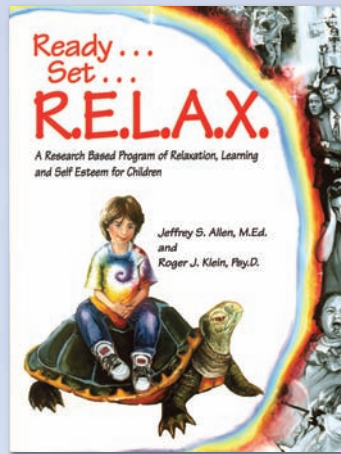
A playful puppy, named Bailey, encourages children to express themselves and make this workbook their own through engaging activities in this interactive workbook. Coloring, drawing, playing, and writing activities reinforce the themes of the active imagination stories and the positive messages regarding confidence, courage, and comfort. The individual activities are at several levels of difficulty appropriate for children ranging in age from 4 to 12 years old.

106 pages / 8.5 x 11 Softcover / ISBN 0-9636027-4-8



Special Package offer includes the

Healing Images for Children book, CD and Activity Book



Ready...Set...R.E.L.A.X.

A Researched Based Program of Relaxation, Learning and Self-Esteem for Children

Written by Jeffrey S. Allen, M. Ed. and Roger J. Klein, Psy. D.

This fully researched program is used by teachers, counselors, parents, and medical professionals as a preventative tool and intervention strategy. Easy to use and includes follow-up activities and discussion questions. *Ready, Set, R.E.L.A.X.* is based on a two year research project teaching children 5 to 12 years old positive self-talk, relaxation and cognitive coping strategies. Results of the two year pilot program indicated significant gains in the experimental group's achievement scores and self-esteem as well as significant decreases in self-report of depression and anxiety.

204 pages / 8.5 x 11 Softcover ISBN 0-9636027-0-5



Ready...Set...Release

Written by Jeffrey S. Allen, M. Ed. and Roger J. Klein, Psy. D.

This 74-minute audio CD or cassette tape offers 14 fun and calming exercises using music, breathing, muscle relaxation, and guided active imagination to soothe and release tension. Includes all of the scripts from the Relax Section of the Ready, Set, R.E.L.A.X. book plus a specific script for coping with test anxiety.

ISBN 0-9636027-1-3



Special Package offer includes the

Ready...Set...R.E.L.A.X. book, and Ready...Set...Release CD



Relaxation & Success Imagery CD

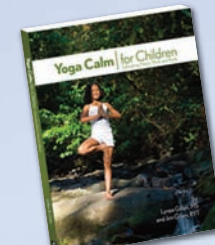
(Klein & Klein) - Relaxation and Success Imagery is designed to help teens and adults obtain the relaxation response and develop positive self-talk. As you listen to soothing guitar music, you will be guided through a progression of suggestions to relax all the muscles in your body and then asked to repeat positive self-statements and visualize being successful in any goal behavior of your choice.

ISBN 0-9636027-6-4



Healing Images for Children Note Cards

Eight blank cards each with a different picture representing a theme from an active imagination story in Healing Images for Children. The cards may be used as focal points to help children concentrate during difficult times or during relaxation exercise. Children may wish to write their own stories and positive messages inside the cards. The cards can be used to send encouragement to a loved one. (includes envelopes)



Yoga Calm for Children

Educating Heart, Mind, and Body

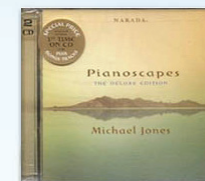
By Lynea Gillen, MS & Jim Gillen, RYT

This handbook distills over 30 years of school teaching, counseling, and yoga experience into a practical, easy-to-teach method that works with a wide range of children and teens including those with ADD/ADHD, anxiety, and other behavior disorders. Lavishly illustrated with more than 100 photos and illustrations, *Yoga Calm for Children* offers more than 60 activities to help children and teens develop self-control, concentration, imagination, social/emotional skills, as well as physical fitness. Includes yoga-based movement activities; the basics of mind/body psychology; social/emotional games, and relaxation and storytelling methods to educate the whole child.

184 page / 8.5 x 11 Softcover book

Music for Relaxation, Learning and Therapy

Studies show that music can reduce pain, unlock creativity, ease depression, and improve behavior. The following CDs are recommended and available through Inner Coaching.



Pianoscapes

(Michael Jones)

Soothing piano solos.



Pachelbel w/Ocean

(Live & Let Liv)

Cannon in D soundscape with three variations.



Bach Forever by the Sea

(Dan Gibson)

Ten classics with sounds of the sea.



The Fairy Ring

(Mike Rowland)

Calming music for piano/synthesizer.

For additional information & to shop online visit
www.innercoaching.com