



**Vocal Tics and Bodily Twitches 8yrs +: Helping to
Manage the Symptoms (Lynda Hudson's Unlock
Your Life Audio CDs for Children and Teenagers)
(Lynda ... Your Life" Audio CDs for Children)**

Lynda Hudson

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Does your child suffer from unwanted vocal or motor tics? This gentle, relaxing CD/ Download for young people from about 8 years upwards could be very helpful. It teaches them how to use their breathing to let go of tension and breathe in a sense of calm. It may also help them TAKE MORE IN CONTROL OF THROAT SOUNDS AND BODY MOVEMENTS. As they relax into a comfortable day-dreamy state, they are guided to imagine finding the control centre in the mind and then ADJUST OR SWITCH OFF UNWANTED SOUNDS OR MOVEMENTS. They then visualise themselves calm and relaxed in their everyday life, with fewer or no disruptions from the tics. 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! NB Tics vary in severity; transient tics in young people very often disappear quickly and easily with use of the recording, while chronic tics may take longer or, in some cases, be unresponsive. Even in this case the child usually feels noticeably calmer and more able to cope

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From reader reviews:

Mary Sims:

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has many kinds or type. Start from kids until young adults. For example Naruto or Investigation company Conan you can read and think you are the character on there. So , not at all of book usually are make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading this.

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