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In *The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success*, Charlotte Reznick, PhD, offers practical, easy-to-implement guided visualizations and breathing exercises that help children to tap into their intuition for the purpose of easing their emotional and physical pain. Grounded, accessible, and not the least bit woo-woo, this book is a boon for anyone seeking to help soothe a child's fear and worry. (Perigee, 2009)

fêting the heart

Media for fostering trust, compassion, and creativity in families and communities