

CD Review

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Climbing a Mountain of Success!

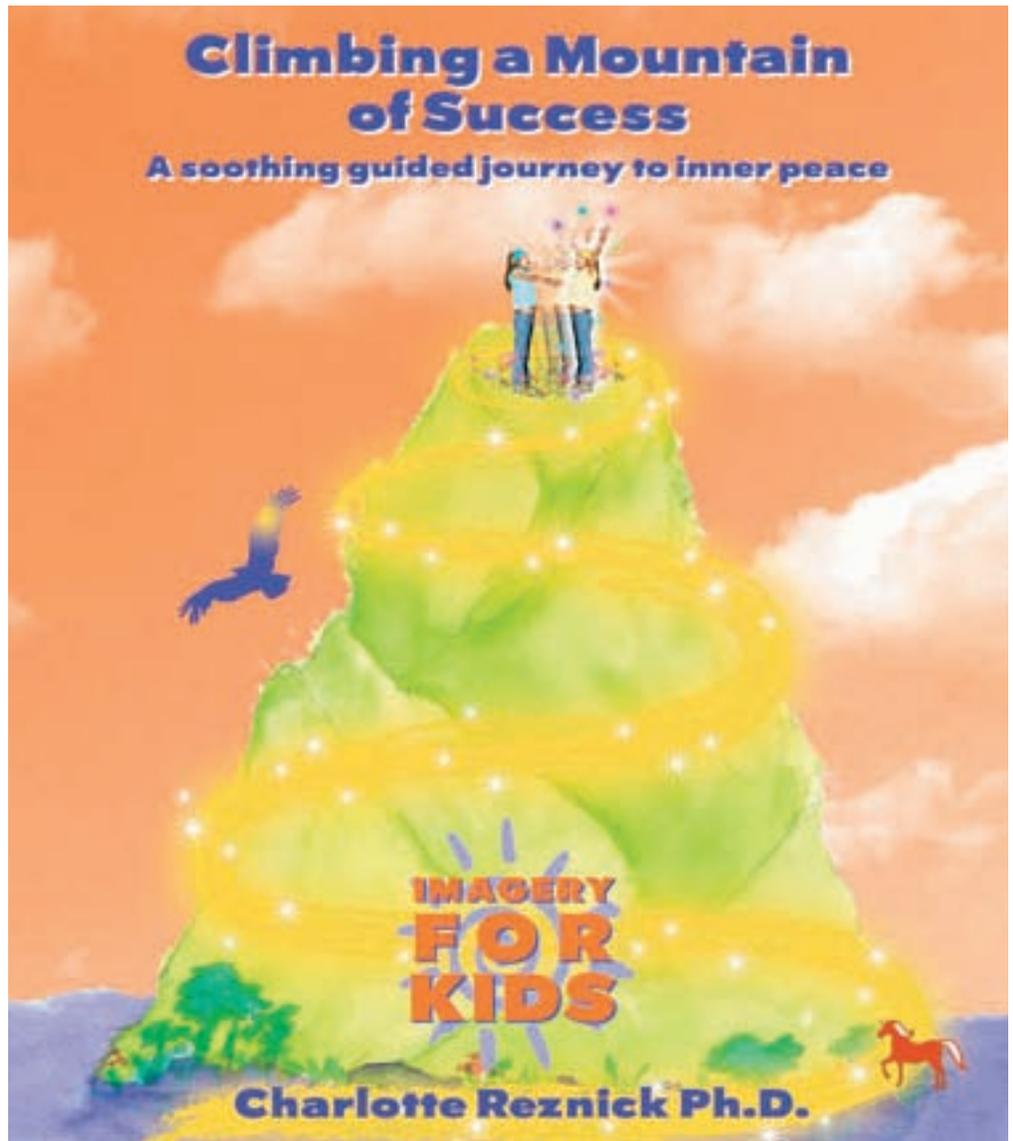
A soothing guided Imagery to inner peace.

Here's a new CD from our own favorite Charlotte Reznick, PhD for kids.

Charlotte has a new companion CD for her book, *The Power of Your Child's Imagination*. Like her other CD, *Discover Your Special Place*, this CD is geared towards kids, yet is broad enough to appeal to many adults as well. As she says, the CD is for ages 5 to 105.

The intention of *Climbing a Mountain of Success* CD is to enliven and empower young people to meet their goals and feel good about themselves in the process. The verbal suggestions are simple, giving direct instructions with just a hint of hypnosis. This is done by emphasizing key words with enthusiasm and encouragement. The pacing is slow and deliberate. The music is a perfect accompaniment.

Of course, the script is rich in Imagery. Charlotte begins with a "kernel of gold in the heart" representing the seed of success, with messages of powerful intention, hope and inner wisdom. The golden glow of "victory" comes from inside and Grows through



out the body. This turns into a path, which takes the listener on a journey through a forest and up to a mountain-top of success. Along the way, one meets a gentle animal friend and wisdom figures to guide and support the sojourner. A golden star brings three gifts unique to each individual. Reaching the top is a challenge but Charlotte is reassuring with messages that you can "find the route that is right for you and that all the tools

needed for success are there."

Charlotte is a captivating storyteller and this guided Imagery CD is sure to be a success.