

Take a Peek Inside -

The Power of Your Child's Imagination
How to Transform Stress and Anxiety into Joy and Success
by Charlotte Reznick PhD

"Simple, practical, brilliant. What a wonderful world it will be when all families give their children the gifts presented in Dr. Reznick's book. Joy, success . . . and health and happiness are just around the corner!" — Harvey Karp, MD, FAAP, creator of the book & DVD The Happiest Toddler on the Block

Your Child's Imagination Can Heal

A groundbreaking new way to help children cope with pain, stress, troubling emotions, and behavior issues.

Imagine your frustrated kindergartner calming anger with a special "Balloon Breath." What if your seven-year-old's conversation with her heart could teach her to be proud of herself? Picture your fourth grader visualizing an ice-blue pillow to cool his hot headache. Or your fretful 11-year-old getting homework help from a Personal Wizard.

These are some of the wonderful imagery tools developed by child educational psychologist **CHARLOTTE REZNICK, PHD**, who has been using them for more than 20 years in her private practice, and now shares them and her therapeutic program in a new book, **The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success** (Perigee, 2009, \$14.95).

It has long been known that visualization techniques relieve stress, reduce illness, lessen pain, improve school and sports performance, and alleviate anxiety and sleep disorders. Luckily, says Dr. Reznick, children are particularly open to and good at harnessing their imagination as a way to cope with common problems, which sets the stage for a lifetime of self-sufficiency and self-growth.

She presents nine imagery techniques that become tools children can access whenever they need help, along with a mini-primer for each tool—a sample script, troubleshooting tips, and real-life examples of how it is used. The tools are adaptable to all ages (even adults can use them), and their benefits accumulate over time.

Readers learn how the techniques can be applied to help a child:

- Love, accept, and appreciate himself
- Reduce pain and heal other physical ailments
- Overcome fears - fear of the unknown, abandonment, doctors, disasters, and dying
- Deal with bedtime issues such as insomnia and bedwetting
- Cope with death, divorce, and other losses
- Handle anger, hurt, and frustration
- Achieve success at school and in sports
- Live peacefully with siblings and parents

Every parent can benefit from the original tools and tips in this book. Dr. Reznick also shows teachers, healthcare professionals, therapists, and others who work with children how to incorporate the principles of her program into their working world.

To learn more, visit <http://www.imageryforkids.com>

Information for YOU and YOUR CHILD in this E-book –

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Praise for The Power of Your Child's Imagination

The Power of Your Child's Imagination
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Introduction

The Power of a Child's Imagination How to Transform Stress and Anxiety into Joy and Success

Imagine your frustrated four-year old calming his anger with a special "Balloon Breath." What if your seven-year-old's own heart could teach her to love herself no matter what? Picture your fourth grader visualizing an ice blue pillow to cool his hot headaches. Or your worried eleven-year-old improving her concentration by consulting a personal wizard to assist with homework.

Imagine if every child could tap into an inexhaustible source of strength and wisdom when life gets tough. Think of how their lives would transform.

Growing up today is harder than ever as kids cope with unprecedented stress. The nightly news is a parade of bleak images—natural disasters, terrorism, street violence, and war—making our children feel unsafe. People are more isolated; extended families aren't the haven they once were. Troubles that challenge adults—divorce, addiction, and financial worries—translate into conflict at home as kids absorb their parents' woes. Add to that the traditional hurts and challenges of childhood—academic and social pressure, schoolyard bullies, the death of a pet or dear grandparent—and it's not surprising that more kids are acting out or simply shutting down.

Child psychiatrists and researchers in the United States and abroad report an escalation of regressive behaviors, a rise in fear of everyday activities such as going to sleep or school, and an increase in anxiety masquerading as physical ailments such as headaches, stomachaches, tics, and fatigue—all in the last decade.

Children's positive views of themselves are also at risk. According to one study, while 60 percent of third and fourth graders reported that they liked themselves, by eleventh grade, only 46 percent of boys and 29 percent of girls felt that way. Other studies now warn that the very quality we want our kids to have—good self-esteem—might twist them into narcissistic, "only thinking about me" adults. The conflicting research confuses parents and professionals alike. We do know that low self-esteem in children can lead to poor life choices such as truancy, drug use, teen pregnancy, or even thoughts of suicide.

And while computers and technology have no doubt enhanced communication and research, they have also disturbed our natural sense of time. Everyone expects instant results: Fast food. Email. Text messages. We've simply lost patience, allowing no time to stop and think, rest and relax, or slow down and feel. No time remains to develop the emotional skills necessary for a balanced, successful, and happy life.

All this can make raising healthy, well-adjusted kids feel like an overwhelming—if not impossible—task. How can you guide and protect your children when the odds seem so daunting? When you're working so hard and your stress is sky high? When there's rarely time

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to work out problems as they arise? When life changes so quickly? When no one taught you how? The answer is to stop looking *out* for answers and start looking *in*. Into the heart of your child. Into his or her mind and imagination.

Imagination Is Not Just Child's Play

Adults have long used imagery and visualization to improve creativity, physical and mental health, as well as sports and professional performance. Whether it's an athlete's focused reverie before stepping on the field, or a cancer patient's mental image of immune cells gobbling up a tumor, studies have shown that guided imagery relieves stress, reduces illness, lessens pain, improves performance, and alleviates anxiety and sleep disorders.

It is equally effective with children. Researchers around the world have demonstrated the positive effects of relaxation training and imagery on children and teens. Academic achievement and sports performance improve. Behavioral difficulties decrease, as do the number and the intensity of illnesses and symptoms. Even the required levels of medication for asthma and postoperative pain relief can come down.

As a child educational psychologist and associate clinical professor of psychology at UCLA, I have long believed in the healing power of a child's imagination. In fact, I built my career on it. For more than twenty-five years, my life has focused on the rich internal world of children, a magical place where wise and creative answers reside. I began this work after being assigned to an inner-city school in South Central Los Angeles while still a fresh, naïve psychologist.

On a balmy September day, I drove into the poorest area of the city, armed only with my ideals, a degree from USC, and a deep desire to help kids. The streets were filled with graffiti. So many stores were boarded up, burned, or had broken windows, the neighborhood resembled a war zone.

In the very first classroom, I was introduced as the *nice new counselor* who would help the students with their problems. I could feel their piercing eyes ask, "Who are you, lady? What are you doing here, anyway?" I thought I heard a muffled laugh. Tough, bulky Jerome, with a two-inch scar over his right eye, scoffed and went on punching his neighbor. Later I learned his dad had "accidentally" cut him in a drunken rage. Mercedes, sporting a brightly flowered but soiled dress, stared at me blankly.

Who was I to attempt to reach out to these children, whose life experiences were so different from mine? How could I help them reach inside and find a space that was filled with light and laughter? Was it possible for them to find some inner peace? Could they learn to believe in themselves enough to create a future?

The conventional counseling practices I'd been taught didn't work here. These kids were angry, depressed, abused, lonely, detached, doing poorly in school, and generally feeling miserable. How could they learn in school when they were worried about how they were going to eat, or who was going to "beat up" on them? How could they focus on academics if they were fretting about their parents' fighting, drug use, or whereabouts at night? Desperation led me to explore avenues beyond traditional behavioral therapy. I had to use my imagination. And theirs.

I first discovered the power of imagination attending a state psychological conference in those early years. Workshop leaders had asked us to draw a picture of a favorite place. Mine looked like a six-year-old had drawn it. Then they asked us to close our eyes and led us through the most delightful inner journey to a lush, peaceful meadow, filled with tall, scented pines, shimmering emerald plants, and beautiful blooming flowers. A gentle stream trickled nearby.

Listening to the rich evocative language, I was transported. They invited us to draw again. What a difference! This time my drawing was lovely, and it actually captured what I imagined. That tangible change—from a childlike scrawl to an expressive picture in a matter of minutes—caught my attention.

The instructors then recounted the success they'd had with imagery techniques in a school district aptly named "Paradise Unified."

Academic achievement on standardized tests increased; behavioral referrals diminished. Teachers reported students were better at calming themselves and staying on task. The hairs on my skin stood up. Could visualization actually help the distressed kids I worked with? On an intellectual and visceral level, this made sense.

I began to read every book, take every course, attend every lecture, and meet every person I could find who had anything to do with imagery and visualization. Devouring it all, I made it my own, learning what worked and what didn't with *my* kids; what would touch their hearts, what would shut them down.

Imagery did something that conventional therapies could not. Bypassing the natural defenses of the logical brain, it allowed children to go directly to the intuitive part of themselves and let their heart speak. Instead of *talking about* feelings, they were invited to *experience* their feelings and express them in pictures. Their images told a deeper truth than these children could say in words, and gave them a discovery process that felt more like a game than a chore. The answers they found to their problems were more effective than any advice or instruction coming from the adults around them, including me.

I took the basic tenets of imagery work— that you can engage with pictures conjured by your mind and intuition to bring awareness to emotions and find solutions to issues *ordinary thinking* doesn't supply wove them with traditional breathing, meditation, and the focused awareness and suggestions of self- hypnosis techniques, included sound psychological principles, and created a novel approach that applied to all aspects of a child's daily life.

And by exploring and trusting in the power of my own creative imagination, backed by the research and experiences of colleagues, I learned how to help these children help themselves. Child by child, imagination to imagination, heart to heart, I was able to reach them.

South Central was the testing ground. If these children could summon hope from despair and learn to help themselves, then these imagery Tools could work for everyone. And they did. One student tracked me down years later to tell me she was now student body president of her high school. "Every time I'm about to get up in front of the assembly, I remember an image I learned with you in fifth grade," she told me. "I see myself standing on top of the mountain of success."

Those early explorations developed into a full program that includes nine specific Tools I have taught in public and private schools, to clients from all walks of life, and in professional trainings and workshops around the world. They are:

1. The Balloon Breath— The Way In
2. Discovering Your Special Place
3. Meeting a Wise Animal Friend
4. Encountering a Personal Wizard
5. Receiving Gifts from Inner Guides
6. Checking In with Heart and Belly
7. Talking to Toes and Other Body Parts
8. Using Color for Healing
9. Tapping into Energy

These Tools facilitate a child's inward journey to that deep place sometimes called the subconscious or unconscious. They are easy-to-use, whimsical, and remarkably effective. Each touches a world of metaphor, creating a waking dream. These images help children direct their attention to problems and symptoms they want to change or to potentials they want to develop.

Used together, the Tools teach children a way to harness inner wisdom to understand, heal, and ultimately love themselves. While parents and children often come to me with specific concerns—anxiety, anger, stress-related physical complaints, or simply because they want to build strong inner resources—I see these issues as the key to opening that first door. Once a child learns to use imagination techniques, she can transfer these skills to many other life challenges.

Equally important, these are Tools children can learn to use on their own. How often do we (parents and therapists alike) look to others for a quick fix? Rarely do we trust our own wisdom, let alone the wisdom of our children. Yet, with just a little guidance, our kids can gain

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access to the answers for most of life's questions within themselves. They learn best when they solve their own problems. As the saying goes, "Give a man a fish, and he eats for a day. Teach a man to fish, and he eats for a lifetime."

I wrote *The Power of Your Child's Imagination* to teach *you* to teach your child how to fish . . . for the food of the soul, of the growing Self, with the tools of imagination. My hope is to create a world in which every child has the tools to heal herself and realize her dreams. And that still happens child by child, heart by heart, and now, parent by parent.

This book is a toolbox for possibility and change. You'll help your kids use imagination to access their natural strengths and wisdom, and deal with their problems. The techniques are so simple—yet so powerful—that even a child as young as four can use them. More than power tools, they are tools that *empower*.

How to Read This Book

The Power of Your Child's Imagination is divided into two sections. Part One, "The Tools," sets the groundwork for building your child's inner resources. In Chapter 1, you will find ways to help "hook" your kids' enthusiasm, questions that draw them in, and techniques to calm any hesitation for this new experience.

In Chapter 2, I elaborate on each of the Nine Tools in detail. This is the heart of the program. Simple instructions and sample scripts will guide you in teaching each Tool to your child. I call these *foundation Tools* because they are not only the foundation of this program and book, but also the foundation for a lifetime of self- sufficiency and self- growth.

Music, drawing, and writing can enhance the problem solving that imagery inspires, acting like a booster pack for the Nine Tools. In Chapter 3, you'll explore how to use and combine these skills. Chapter 4 is for you—the big kids. Although we all want to do our best, sometimes it just doesn't happen. This chapter shows how the Nine Tools can enhance your interactions with your children.

They can be adapted so that you can experience less personal stress and more freedom to be creative in your parenting. My top ten list, "What Kids Most Want and Need from Their Parents," will ensure your success as a role model in teaching these skills to your children. Put into practice, the Top Ten will also result in happier, healthier kids and a thriving family. There is also a special guided relaxation script to nurture your own spirit.

Part Two, "Putting the Tools to Work," is a user-friendly guide that shows you how to apply the Nine Tools to eight common life challenges:

- How your child can be his own best friend
- Reducing stress- induced ailments
- Overcoming fears and feeling safe

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- Dealing with bedtime issues
- Coping with loss
- Handling hurt, anger, and frustration
- Achieving success at school and play
- Living peacefully with family and friends

Each chapter in this section demonstrates, step- by- step, how to apply the Tools to these common childhood issues, sharing stories of children who have used imagination to turn their lives around.

I also include Quick Tips, Sample Scripts, Easy Hints, and lots of How-To For You ideas to help you apply these skills to your own family and situation. There are even Backtrack Alerts, which anticipate those moments when something seems to be going wrong. I'll explain how these are just part of this new learning process.

Every chapter ends with a specific guided imagery you can read to your child before or after your imagination sessions, or you can order a recorded CD version in my voice from my website, www.ImageryForKids.com. These mini-journeys deepen the healing experience. The scripts help your child relax, feel safe, and gain confidence around the problem as he progresses in this visual process toward self-discovery.

The appendix is designed for the professionals who shape a child's world: teachers, doctors, nurses, counselors, therapists, and all those who have daily opportunities to offer a positive influence on children. It suggests how the principles of this program can be incorporated into your working world.

I designed *The Power of Your Child's Imagination* to be both a reading book and a how-to manual. You can read it straight through or go directly to a relevant chapter. If you do choose to turn to a specific problem chapter, then I recommend that you read Chapters 1 and 2 first, as they introduce and explain all Nine Tools and how to apply them.

As you follow this program, you will be well equipped to offer your children the skills that build self-esteem, emotional self- sufficiency, and resilience. You will feel more confident as you teach your kids to solve many of their own problems. And as you encourage them to find their own answers, you will find that you actually create more trust, intimacy, and joy in your relationship with them.

These Nine Tools are adaptable to all ages, and their benefits accumulate over time. These are not just tools for childhood; they are tools for life. In the words of one wise eight-year- old, "Your imagination can help you heal."

Benefits of Imagery Techniques

- Relieves stress
- Reduces illness
- Lessens pain
- Improves performance
- Relieves anxiety
- Alleviates sleep disorders
- Minimizes behavioral problems
- Reduces the need for headache medications
- Decreases tics
- Helps with focus

Childhood Headache Facts

- 90% of all school-aged children experience headaches.
- Childhood headaches are often associated with high levels of pressure and anxiety.
- Migraines affect 10% of all children.
- If you have migraines, there's a 50% chance your child will get them too.

Top 10 Things Kids Most Want and Need from Parents

- Patience
- Understanding
- Listening
- Soft voices
- Structure
- Consistency
- Love
- Freedom connected to responsibility
- Family and extended family
- Role models

Nonmedical Ways to Treat a Kid's Headache

Headaches are the most common pain kids have. They may be caused by specific events, but can also be the result of underdeveloped coping skills. The good news is that headaches can be helped—often without medication. Here are seven tools to try.

An ounce of prevention. If your child is prone to migraines, talk to him about common triggers: chocolate, caffeine, cheese, and sugar; too little/too much sleep; bright lights/loud noises; stress; anger or frustration; too much/too little exercise; and barometric pressure changes. Knowing the triggers can help with prevention.

The power behind the pill. Ask your child to describe how she imagines the headache pain-reliever works. One child described his Tylenol as a SWAT team that parachuted into his brain to rescue him. Have your child ask her image to help her often—with or without the pain medication.

Create a headache journal. Have your child note the date, time, and level of his headache when he feels pain, along with what he was feeling before the headache started. When kids start to make the connection between frustration, say, and the onset of their headaches, it spurs them to learn new coping techniques.

Ask three questions. When a child is suffering, these three questions can help eliminate the pain. Have her do deep Balloon Breathing (diaphragmatic breathing), then ask: (1) What color is it? (2) What shape is it? (3) How heavy is it? After more breaths, ask her again. Continue to breathe and question in rounds. Her pain will likely change or disappear.

Ask the source. Have your child talk directly to the headache. Ask the headache what it wants him to know, do, or understand to release any more bits of pain.

Melt away the rest. Have your child imagine the headache pain melting through her temple and out of her head. Hold your hand about three inches from her forehead to give her a direction in which to send her pain—out and away. Tell her you'll help pull the melting pain out of her head.

Use cooling colors. If your child describes his head as hot or burning, tell him to imagine a color, such as ice blue or deep forest green, cooling down his boiling head.

About Dr Charlotte Reznick



CHARLOTTE REZNICK, PHD, is an internationally recognized child educational psychologist, an associate clinical professor of psychology at UCLA, and a compelling speaker and media personality who has inspired parents, professionals, educators, and psychologists throughout the world with her original therapeutic approach to helping children and adolescents heal themselves. She is author of **The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success** (Perigee, 2009, \$14.95).

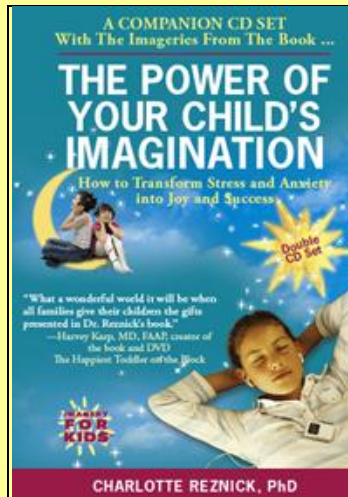
Upon earning her PhD in Educational Psychology from the University of Southern California, Dr. Reznick went on to become a Licensed Educational Psychologist, and for over 20 years has maintained a successful private practice in Los Angeles serving children and adolescents. She is best known for the positive coping skills program she developed, called Imagery for Kids™: Breakthrough for Learning, Creativity, and Empowerment, and therapeutic CDs for kids and teens. Imagery for Kids™ teaches children how to use the power of their imagination to understand and manage their feelings, creatively solve problems, and strengthen their self-esteem.

Dr. Reznick is a dynamic speaker who has shared her techniques with audiences throughout the world, including parents, psychologists and health practitioners, teacher groups, and other professionals. She is passionate about teaching adults how to use imagery to help kids tap into their own tremendous inner resources and develop emotional skills necessary for a happy, successful life.

Dr. Reznick has been a guest on NPR, NBC News, and Lifetime, and has been quoted and featured in a wide variety of print and online publications, including *USA Today*, *The Charlotte Observer*, *Nick Jr.*, MSNBC.com, DrKoop.com, iVillage, and Forbes.com, to name a few. She maintains a lively website (www.imageryforkids.com) featuring a monthly blog, articles she has written, and resources for parents and professionals who work with children and teens.

"The challenges of growing up in today's rapidly changing society are enormous. Children need to be equipped with skills for survival and growth that were never before imagined. I focus on teaching children and adolescents self-healing and self-control techniques that will empower them to realize their potential throughout their lifetime." — Charlotte Reznick, Ph.D.

To learn more, visit <http://www.imageryforkids.com>



The companion double CD set to the book *The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success* provides the scripts of the guided imageries from the book. These indispensable CDs will empower your child with easy, effective, and creative skills for surviving and thriving in our challenging world - tapping into the positive power of their imagination and accessing their own natural strengths and confidence. (Ages 5 to 105) Listen to a sample - <http://www.imageryforkids.com/shop-powerimaginationCD.html>

With "The Power of Your Child's Imagination" Companion CDs" you & your child can:

- Relax
- Reduce Stress
- Expand Creativity
- Enhance Self-Esteem
- Meet Personal Guides
- Develop Inner Confidence
- Learn to Create Goals and Achieve Success

First CD:

1. Loving Yourself From Day One (14:43)
2. Health and Healing (10:27)
3. Freezing Warts with Ice Cream (4:10)
4. Feeling Safe (10:18)
5. Blanket of Sleep (12:58)

Second CD:

1. Blanket of Sleep . . . For a Dry Bed (15:35)
2. Grief Comfort (13:58)
3. Meadow of Peace and Gentleness (12:51)
4. Goals and Accomplishment (11:32)
5. Connecting From the Heart (12:33)

To learn more, visit <http://www.imageryforkids.com>



“The Nine Foundation Tools” CD forms the basis of the Imagery For Kids program. It is the cornerstone for your child accessing inner wisdom and learning skills to handle's life's everyday challenges. From Dr. Charlotte Reznick's acclaimed book, *The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success* (Perigee/Penguin), Dr. Reznick combines relaxation techniques with gentle music and verbal suggestions to awaken the power of children's imagination and connect with their own natural strengths and confidence. (Ages 5 to 105)

Listen to a Sample - <http://www.imageryforkids.com/shop-9tools.html>

With “The Nine Foundation Tools” you & your child can:

- Relax
- Reduce Stress
- Expand Creativity
- Enhance Self-Esteem
- Meet Personal Guides
- Develop Inner Confidence
- Learn to Create Goals and Achieve Success

CD contains separate tracks:

1. The Balloon Breath (3:36)
2. Special Place Sanctuary (4:55)
3. Meeting Your Animal Friend (4:08)
4. Encountering Your Personal Wizard (4:56)
5. Receiving Gifts (4:14)
6. Checking in with Heart and Belly (5:06)
7. Where Do You Keep Your Feelings? (5:29)
8. Using Color for Healing (4:29)
9. Energy Self-Care for Kids (4:08)

To learn more, visit <http://www.imageryforkids.com>



"The Cave of Great Wisdom" CD offers support for parents with encouraging words and soothing guided journeys. Adapted from "Grown-Ups Need Tools, Too" a chapter in Dr. Charlotte Reznick's acclaimed book, *The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success* (Perigee/Penguin), Dr. Reznick combines relaxation techniques, gentle music, and verbal suggestions to help parents discover their own rich and creative inner resources.

To hear a sample, visit <http://www.imageryforkids.com/shop-caveofwisdom.html>

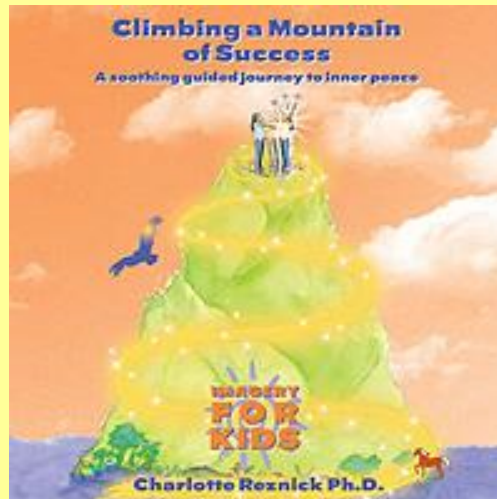
With "The Cave of Great Wisdom" you can:

- Relax
- Reduce Stress
- Expand Creativity
- Receive Appreciation
- Meet Personal Guides
- Develop Inner Wisdom

CD contains separate tracks:

1. Encouraging Words (6:03)
2. Heart-Centered Breathing (5:39)
3. The Cave of Great Wisdom (11:27)
4. Continuing to Relax With Music Only (10:02)

To learn more, visit <http://www.imageryforkids.com>



“Climbing a Mountain of Success” is the third in a series of soothing guided journeys to inner peace. Using a metaphor for life (climbing a mountain), Dr. Charlotte Reznick combines relaxation techniques with gentle music and verbal suggestions taking children on an inner journey developing their inner strengths and creative resources to reach their goals and achieve success. (Ages 5 to 105)

Listen to a sample, visit - <http://www.imageryforkids.com/shop-climbingmountain.html>

With “Climbing a Mountain of Success” you & your child can:

- Relax
- Reduce Stress
- Expand Creativity
- Enhance Self-Esteem
- Meet Personal Guides
- Develop Inner Confidence
- Learn to Create Goals and Achieve Success

The third in a series, "Climbing a Mountain of Success" takes the next step for Dr. Reznick's Imagery for Kids program in helping children develop their inner resources to successfully face challenges in the 21st Century.

CD contains separate tracks:

1. Remembering the Balloon Breath (3:26)
2. Preparing Your Body (3:54)
3. Expanding Your Inner Golden Light (6:18)
4. Climbing A Mountain of Success (23:24)
(plus meeting a special animal friend)
5. Continuing to Relax with Music Only (11:46)

To learn more, visit <http://www.imageryforkids.com>



“Discovering Your Special Place” is a soothing guided journey to the inner peace that resides in all of us. Dr. Charlotte Reznick combines relaxation techniques with gentle music and verbal suggestions to awaken the power of your child's imagination while building self-esteem. (Ages 5 to 105)

To listen to a sample, visit - <http://www.imageryforkids.com/shop-discspecialplace.html>

With “Discovering Your Special Place” you & your child can:

- Relax
- Reduce Stress
- Expand Creativity
- Enhance Self-Esteem
- Increase Concentration
- Develop Inner Confidence
- Learn Relaxation Skills

CD contains separate tracks:

1. Practicing the Balloon Breath (2:28)
2. Relaxing Your Muscles (4:48)
3. Relaxing Your Body with White Light (6:17)
4. Discovering Your Special Place (10:49)
5. Continuing to Relax with Music Only (13:48)

To learn more, visit <http://www.imageryforkids.com>



“Creating a Magical Garden and Healing Pond” is the second in a series of soothing guided journeys to an inner peaceful place. Dr. Charlotte Reznick combines relaxation techniques with gentle music and verbal suggestions to awaken the creative and healing power of your child’s imagination while developing their inner resources. (Ages 5 to 105)

To listen to a sample, visit - <http://www.imageryforkids.com/shop-magicgarden.html>

With “Creating a Magical Garden and Healing Pond” you & your child can:

- Relax
- Reduce Stress
- Expand Creativity
- Enhance Self-Esteem
- Meet Personal Guides
- Develop Inner Confidence
- Help Heal Physical and Emotional Hurts

CD contains separate tracks:

1. Practicing the Balloon Breath (2:45)
2. Relaxing Your Muscles (6:58)
3. Relaxing Your Body with Rainbow Light (8:54)
4. Creating a Magical Garden and Healing Pond (14:55)
(plus meeting your personal wizard)
5. Continuing to Relax with Music Only (10:08)

To learn more, visit <http://www.imageryforkids.com>

Praise for

The Power of Your Child's Imagination

How to Transform Stress and Anxiety into Joy and Success

by Charlotte Reznick PhD

"Simple, practical, brilliant. What a wonderful world it will be when all families give their children the gifts presented in Dr. Reznick's book. Joy, success . . . and health and happiness are just around the corner!" — Harvey Karp, MD, FAAP, creator of the book & DVD The Happiest Toddler on the Block

"Dr. Reznick offers a revolutionary approach for parents to help their children handle fears, worries, and self-doubt. Her simple, accessible advice allows kids to develop their self-esteem while creatively tackling problems. This book is a must-read for any parent who hopes to arm their child with the tools to handle life's daily struggles." — Jack Canfield, coauthor of The Success Principles™ and coauthor of the Chicken Soup for the Soul® series

"This is a wonderful guide for anyone raising children in a stressful world. I'm looking forward to practicing Dr. Reznick's strategies with my own daughters as they grow and become more aware of life's everyday pressures." — Mallika Chopra, coauthor of 100 Questions from My Child and author of 100 Promises to My Baby

"The way out is through the inside. This is how this profound guide for joy and success begins... right where it should. Charlotte knows kids, and she also knows the power of our own minds to heal ourselves, create images of joy, and become the things we believe we are. Join Charlotte in this journey into a very practical tool set for this age... helping our children to cope with all that is around them. It couldn't have come at a better time!" Lee Carroll, co-author of the Indigo Children book series

"As a skilled psychologist, Dr. Reznick draws from her wealth of experience to offer children and parents a treasure trove of skills to relieve stress. She presents well-written, easy-to-follow tools to use in every situation. From visualization techniques to breathing exercises, Dr. Reznick taps the power of a child's imagination to ensure kids achieve peace and success." Judith Orloff, M.D., author of Emotional Freedom

To learn more, visit <http://www.imageryforkids.com>

“Charlotte Reznick shows how kids can access the power of their imaginations for healing, growth, learning, change and peak performance. Her practical wisdom and considerable experience provide the groundwork and the actual imagery tools to reach all kinds of kids - rich and poor, smart kids and learning disabled, confident and unsure – not to mention their parents, teachers and counselors. This is a wonderful resource!” Belleruth Naparstek, LISW, author of Invisible Heroes: Survivors of Trauma and How They Heal; and creator of the Health Journeys guided imagery audio series.

“This is one of the most important books ever written, because it teaches you how to teach your kids to deal with fear, anger, anxiety, illnesses, losses and relationships in positive and healthy ways. Imagination is what makes humans different from all other creatures, yet nobody ever teaches us how to use it. Dr. Reznick, who has taught thousands of kids to use their imaginations for health and wellness, shows you how to teach your kids to use their mind/body connection to relax, sleep, study, heal and have healthy responses to life's emotional challenges. EVERY parent, educator and healthcare worker should read this book.” Martin L. Rossman, M.D., author of Guided Imagery for Self-Healing

“The Power of Your Child's Imagination is one of the best and creative books for children that I have read. Dr. Reznick clearly “gets” children and understands their fears. In this book she provides the tools for children to empower themselves to climb out of fear, stress, and pain through their own imagination. This book can guide parents in how to help their children feel good about themselves and competent in the face of stressful situations and internal fears. This book is a “must” for all families with children.” Lonnie Zeltzer, M.D., Director, Pediatric Pain Program, Mattel Children's Hospital UCLA

“Charlotte Reznick's book, The Power of Your Child's Imagination, is well written and eminently usable. It fills a gap that has existed far too long. Imagery is a powerful tool for healing at all ages, and children have the greatest ability to utilize it. Every helping professional and every parent needs to learn these skills. I know of no better way to learn them than through this fine work. Congratulations, Charlotte!” Emmett Miller, M.D., author of Deep Healing: The Essence of Mind/Body Medicine and Our Culture On The Couch

“Charlotte Reznick has been a gift to so many of my patients, providing children and their families with a unique set of skills to address stress and solve issues. Now this toolbox is available to everyone. Parents will thank her for this inventive way of helping their children.”
Cara Natterson, M.D., author of DANGEROUS or SAFE? Which Foods, Medicines and Chemicals Really Put Your Kids at Risk

"Dr. Charlotte Reznick's book, The Power of Your Child's Imagination, is a treasure chest of imagery-based interventions that can help parents deal more effectively with common childhood challenges. As Dr. Reznick advocates, teaching children to utilize the power of their imagination gives them critical tools for achieving success in all that they do. Every parent should familiarize themselves with the information contained in this book." David E. Bresler, Ph.D., LAc., President of the Academy for Guided Imagery and founder and former Executive Director of the UCLA Pain Control Unit.

“The power of our imaginations to quickly and dramatically change our lives is profound. Charlotte Reznick makes this process clear, easy, and magical for children and the adults who love them.” Mimi Doe, Founder of www.SpiritualParenting.com, author of 10 Principles for Spiritual Parenting. (HarperCollins)

“Marvelous! Dr. Charlotte is an inspired wizard who has shared with us this book, which in actuality is a treasure chest containing nine sparkling gifts of many colors. These tools can be amazingly effective when wielded by our children’s powerful imaginations and incredible wisdom.” Ran D. Anbar, M.D., Professor of Pediatrics and Medicine, SUNY Upstate Medical University

“This book is a must read for parents and pediatric healthcare professionals who want to help their children cope with stressful life events. The Power of Your Child’s Imagination offers parents an opportunity to partner with their child and guide them in creative problem solving. Dr. Reznick provides the reader with heartwarming scenarios that demonstrate children’s ability to use their imagination in creating their own healing.” Myra Martz Huth, Ph.D., R.N., Assistant Vice President, Center for Professional Excellence, Research & Evidence-Based Practice Cincinnati Children's Hospital Medical Center

"As a pediatrician, families commonly ask me ways to help their child cope with stress and anxiety. After reading Dr. Reznick's book, *The Power of Your Child's Imagination*, I feel that I am better equipped to assuage their concerns. Dr Reznick lays out 9 simple and fun steps that anyone can follow to help their child cope with life's toughest moments. The book not only teaches invaluable lessons but takes the reader on a wonderful journey that is whimsical and fun—how could talking to animal friends, wizards and even your own toes not be. As I learned how to tap into these magical imaginary worlds I found myself daydreaming, actually alleviating my own day's stress. I think every parent and child can grow by utilizing Dr. Reznick's techniques." Scott W Cohen, M.D., FAAP, author of *Eat, Sleep, Poop*, pediatrician and co-founder Beverly Hills Pediatrics

"Dr. Charlotte has given us all a treasure trove of gems brilliantly designed with heart, care, and wisdom. Each of her nine tools are sure to be used in much the same way as an artist would use the primary colors on her pallet to create a masterpiece of success and joy. The rewards are received as soon as you open the book, open your heart, and receive the inherent gifts of unlimited imagination." Joyce C. Mills, Ph.D., LLC, founder of the StoryPlay Center, Scottsdale AZ, and co-author of the award winning *Therapeutic Metaphors for Children & the Child Within*

"The tools offered by Dr. Charlotte are lovely, effective, and very user friendly — parents will find the tools and their applications to be very helpful in guiding their children toward mastery in helping themselves." Daniel P. Kohen, M.D., F.A.A.P Director, Developmental-Behavioral Pediatrics Program; Professor, Departments of Pediatrics and Family Medicine & Community Health, University of Minnesota; Past-President, American Board of Medical Hypnosis

"Dr. Reznick's book is an invaluable gift that offers self-care tools that creates a ripple effect of healing for both parents, children and the generations to come." Terry Reed, R.N., M.S., HN-BC, co-director of *Beyond Ordinary Nursing*, co-author of *Guided Imagery and Beyond*

"Finally a guide for parents that moves beyond child psychology and organized religion as guideposts for ensuring a child's emotional health and moral compass. In *The Power of a Child's Imagination*, Dr. Reznick gives us the tools to access and care for the very essence of our children's being: their soul. A must for any parent who knows that fortifying our children's inner resources is the deepest expression of our love for them." Vivian Glyck, author of *The Tao of Poop: Keeping Your Sanity and Your Soul While Raising a Baby* and founder, www.JustLikeMyChild.org

"Dr. Reznick's wonderful book provides an innovative approach to help children work through stressful times. The Power of Your Child's Imagination guides parents using practical tools to allow children to discover their potential and explore the inner tools we all possess. An important addition to your parenting library!" Lauren Feder, M.D., author of Natural Baby and Childcare and The Parents' Concise Guide to Childhood Vaccinations

"The ability to imagine, visualize and create are becoming increasingly important in our changing world. These are skills children will need to cope and achieve success in the future. This is truly a book that prepares children for the future. I highly recommend it for both educators and parents." Robert W. Reasoner, retired school superintendent and president of the International Council for Self-Esteem

"Learning to care for oneself, particularly in times of stress, is a key ingredient of emotional intelligence. Dr. Reznick has written a clear and concise blueprint for parents to teach their children how to use their imaginations to cope with both common and uncommon problems. Translating years of clinical experience into a readable and practical format is no easy matter, but Dr. Reznick has created a simple format that nearly every parent can follow and nearly every child will enjoy. I would particularly recommend this book for children with anxiety disorders and fears. The nine tools that form the foundation of the book would be invaluable in teaching children emotional management." Lawrence E. Shapiro, Ph.D., author of How to Raise a Child with a High EQ: A Parents' Guide to Emotional Intelligence

"I thoroughly enjoyed Dr. Charlotte Reznick's new book, The Power of Your Child's Imagination, and I believe that parents and health care professionals alike will find this book an invaluable resource and guide which offers simple tools to help children cope with stress and anxiety by unleashing the power of their own imagination to feel strong and confident. I've used Dr. Reznick's CD, Discovering Your Special Place, A Soothing Guided Journey to Inner Peace, with many hundreds of my patients over the years, with wonderful benefit to the children and their families. Her new book adds an important dimension... it empowers parents to participate directly in helping their children and, at the same time, it will painlessly remodel and enhance their parenting skills." Jim Tipton, M.D., Pediatric Gastroenterology, Kaiser Permanente, Los Angeles
