



Guided Imagery for Healing Children

Ellen Curran

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Their own naturally rich imaginations are one of the best resources for healing children or helping them through difficult times. *Guided Imagery for Healing Children and Teens* shows parents, caregivers, and wellness practitioners how to tap into this powerful source of healing to help children overcome the pain and discomfort of anything from a minor fever to cancer. This easy-to-use manual includes an explanation of mind-body medicine and imagery, real-life case studies from the author's experience, and many rich, scripted imageries for both the younger child and teenager. Equipped with these valuable tools, children can connect with their self-healing abilities, strengthen their self-esteem, and enjoy their own imaginations!

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