

# October 2013

## ***Indigo Dreams: Adult Relaxation-Guided Meditation/Relaxation Techniques Decrease, Anxiety, Stress, Anger by Lori Lite***



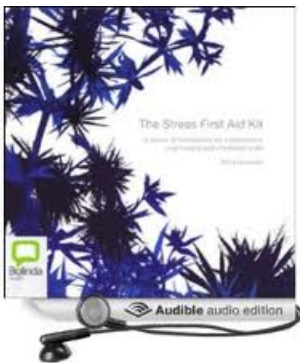
Many of us understand stress to be a state of mental tension or worry that is caused by problems experienced in our life, with work, school or other important events. Oftentimes stress causes us to have strong feelings of worry and anxiety. At some point in life while we may all have experienced certain levels of stress how we manage it may vary from person to person.

In *Indigo Dreams* noted stress management specialist Lori Lite has developed a beginning no-nonsense, CD featuring four stress-management techniques, breathing, affirmations, visualizations and progressive muscular relaxation accompanied by soothing, uplifting music to further enhance your relaxation experience.

In today's topsy-turvy, fast paced society it is important to learn how to manage stress by lowering your stress level.

**Want to know more about *Indigo Dreams*? Stop by the Mobile District Technical Library, Room 1013.**

***"Indigo Dreams"* (CD 82) is located at your Mobile District Technical Library, Room 1013.**



***The Stress First Aid Kit* (CD 80) by Tricia Brennan** also located at the Mobile District Technical Library is a complimentary title to consider for developing techniques for stress-management.