

**Sea Otter Cove: A Relaxation Story Introducing Deep
Breathing To Decrease Stress And Anger While
Promoting Peaceful Sleep (Indigo Ocean Dreams) By
Max Stasuyk, Lori Lite**

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10 year old can't relax and sleep - meltdowns from noise, lights

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Proper breathing can lower stress and anxiety levels. This story can be found on the Indigo Ocean Dreams CD and is the sister book to the classic to Decrease Anxiety, Stress and Anger While Promoting Peaceful Sleep.

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