



# **Ready . . . Set . . . R.E.L.A.X.: A Research-Based Program of Relaxation, Learning, and Self-Esteem for Children**

*Jeffrey S. Allen MEd, Roger J. Klein PsyD*

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Beyond reviewing the causes of stress, this book equips children ages 5 to 13 years old with tools to overcome anxiety through the use of music, muscle relaxation, and storytelling to promote learning, imagination, and self-esteem. This fully researched program is used across the country by teachers, counselors, parents, and medical professionals as a preventive tool and intervention strategy. The 66 scripts focus on the following themes: R=Releasing Tension; E=Enjoying Life; L=Learning; A=Appreciating Others; X=X-panding Your Knowledge.

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