



# **Emotional Healing and Self-Esteem: Inner-life Skills of Relaxation, Visualisation and Mediation for Children and Adolescents**

*Mark Pearson*

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Not available from JKP in Australia or New Zealand How can we build children's self-esteem and sense of well being? This book aims to guide teachers, youth workers, counsellors and parents through a range of accessible personal development exercises for children and adolescents, introducing relaxation, visualisation and meditation skills. There are step-by-step guidelines for planning, presenting and integrating inner-life skills programs in-group work as well as family and group communication games. Readers will learn new methods for teaching relaxation and quiet inner focus, movement meditations, and exercises that develop emotional, spiritual and intellectual awareness and self-esteem. These exercises aim to help students gain new-found creativity, a language to articulate their feelings, and skills for attaining a calm and balanced outlook.

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