



Real world accounts of kids confronting the most common issues around anxiety and sleep.

DreamChild Adventures in Relaxation and Sleep

The Companion Guide to the DreamChild™ Adventures Audio Programs for Children with Sleep and Anxiety Problems

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Genre: Parenting
Publication Date:
Audience: parents, guardians and children's health care practitioners
Format: 8.5" x 11" paperback & ebook
Pages: 296
Price: \$22.95
ISBN: 978-0982592816
Publisher: Circadian Publishing Idyllwild, CA
Buy at: Amazon.com (paperback & Kindle); 3DAudioMagic.com (PDF ebook)

DreamChild Adventures in Relaxation and Sleep

Read the moving accounts of 18 children who overcame a multitude of problems around anxiety and sleep using Dr. Tom Jackson's DreamChild Adventures children's audio programs, as told through clinical interviews with their parents and guardians.

In DreamChild Adventures in Relaxation and Sleep, the companion guide for these audio programs, Dr. Jackson describes a wide range of emotional and behavioral issues that were shown to improve through use of the programs, including:

• Bedtime resistance	• Fear of the dark
• Insomnia	• Oppositional behavior
• Nightmares	• Sibling rivalry
• Bedwetting	• Self-esteem
• Nighttime awakenings	• Resistance to reading & academic performance
• Childhood obesity	

In this in-depth resource, Dr. Jackson also explores many traditional treatments for children's sleep problems and anxiety-related issues, including medical attention, relaxation therapies and behavioral intervention.

What Makes DreamChild Adventures Unique

- *3D Living Sound:* The only therapeutic audio programs recorded in this breakthrough technology that puts the listener in the center of the action where sounds seem to come from all around and are constantly in motion.
- *Multiple Therapeutic Techniques:* Incorporating an array of therapeutic techniques from an equally diverse assortment of disciplines
 - guided visualization
 - deep breathing
 - progressive muscle relaxation
 - music and storytelling
- *Research:* The programs were created by a 30-year practicing physician and the therapeutic applications of the 3D Living Sound recording technology has undergone extensive clinical research.

Dr. Tom Jackson, MD is a psychiatrist who has specialized in the treatment of sleep disorders and anxiety for the past thirty years. His unique therapeutic audio programs originate in his background as a recording engineer, therapist, musician, poet and environmental biologist. He lives in the mountain community of Idyllwild, California, where his clinical practice is located.



