

# Ready... Set... R.E.L.A.X.

- Helps preschool to intermediate students see through stress and anxiety in their lives and focus on important concepts of self understanding and long term personal growth.
- Used in schools, hospitals, clinical settings and in the home, this easy to administer program has been proven effective through years of research.
- Combines music, muscle relaxation and storytelling to promote a healthy imagination, openness to learning and positive self esteem.

"This book is a welcomed contribution to the field of education by providing a practical, workable and student-centered approach that opens the receptivity of the mind to better learning. Substantial research gives credibility to this work, but more importantly, the reader is reminded that education per se needs to reclaim for its own well being that often neglected component of the human personality—imagination."

**Dr. Fred R. Gustafson**  
*Author of **The Black Madonna and  
 Dancing Between Two Worlds***

"What a wonderful, caring, thoughtful research-based program on reducing anxiety in children. I think there is a place for this approach in our elementary schools."

**Dr. Dave Olson, M.D.**  
*Family Practice*

"By teaching our students how to handle stress and pressure in a positive way, we have strengthened their confidence and self esteem in a gentle and caring fashion. The more instilled this technique becomes, the more children will always have this skill to fall back on."

**Kathy Wickman**  
*Teacher*

"This is not just a program to do in the classroom, but it also includes the parents and has the potential to touch the family."

**Dr. Andy Pajman**  
*Licensed Psychologist*

"Ready . . . Set . . . R.E.L.A.X. teaches fun strategies for relaxation which can be used in the home and classroom to raise and teach a happy achieving child."

**Dr. Sylvia Rimm, Psychologist, Author,  
 Columnist, "NBC Today Show" guest**

"Your work combined with our research helped us find that relaxation and imagination helped improve blood glucose control in adolescents with diabetes. . . . Progressive muscle relaxation, positive self-talk and music is a cost effective, easy-to-administer adjunct that can enhance conventional medical therapies."

**Beth Alseth, R.N.**  
*Pediatrics, Children's Hospital of Wisconsin*

"I appreciate how easily this program fit into an already jam-packed classroom day. The calm atmosphere and inner strengths it promotes in each individual makes it time well-spent. I used it at school and at home."

**Linda Picchi**  
*Reading Specialist*

"I can think of many uses for this program in a nursing/ medical practice. Many times children are frightened in situations where they are not in control of their fate. Using relaxation would reduce anxiety and help them gain control."

**Lea Monahan, R. N., Ph.D.**  
*Professor, Cardinal Stritch University*

**INNER  
 COACHING**

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