



## Ready, set, relax: A research-based program of relaxation, learning and self-esteem for children

<https://libraries.phsa.ca/permalink/catalog106097>

Allen, Jeffrey S., Klein, Roger J. Watertown, WI: Inner Coaching , 1996. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CB 500 ALL 1996

“ *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.*”



## Ready...set... release!: Music and relaxation exercises for children

<https://libraries.phsa.ca/permalink/catalog108395>

Klein, Roger J., Allen, Jeffrey S. Inner Coaching , 1998. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: JUNIOR BC 200 KLE 1998

“ *This 74 minutes CD offers 14 fun and calming exercises using music, breathing, muscle relaxation, and guided active imagination to soothe and release tension. For children from preschool to middle school.*”