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*New Beginnings*

# Book Review

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## The Power of your Child's Imagination by Charlotte Reznick, PhD

*"Dr. Reznick's book is an invaluable gift that offers self-care tools that create a ripple effect of healing for parents, children and the generations to come."*

— Terry Reed

This invaluable book is the outcome of the author's twenty-five plus years of study and experience. It is divided into two main parts: The Tools and Putting the Tools to Work. The tools, which children can learn use on their own, are: The balloon breath, Discovering your special place, Meeting a wise animal friend, Encountering a personal wizard, Receiving gifts from inner guides, Checking in with heart and belly, Talking to toes and other body parts, Using color for healing, and Tapping into energy. The application of the tools to common life challenges are: How your child can be his own best friend, Reducing stress-induced ailments, Overcoming fears and feeling safe, Dealing with bedtime issues, Coping with loss, Handling hurt, anger and frustration, Achieving success at school and play and Living peacefully with family and friends.

The book is designed to be both a reading book and a how-to manual. The tools and applications are adaptable to all ages throughout life. The book is not only for kids, but also enhances parent's interactions with their children. Every chapter ends with a specific guided Imagery script that can be read to a child before or after Imagery sessions to help the child

"Simple, practical, brilliant. What a wonderful world it will be when all families give their children the gifts presented in Dr. Reznick's book."

—Harvey Karp, MD, FAAP, creator of the book and DVD *The Happiest Toddler on the Block*

## THE POWER OF YOUR CHILD'S IMAGINATION

How to Transform Stress and Anxiety into Joy and Success



relax, feel safe and gain confidence around challenges.

In addition, part two of the book includes actual children's stories with their Images and outcomes, simple scripts, easy hints, and how-to ideas.

The appendix is designed for the professionals who shape a child's world: teachers, doctors, nurses, counselors, therapists, and all those who have daily opportunities to offer a positive influence on children.

I particularly appreciated the inclusion of tips and tools for parents to reduce stress and increase better parenting in Chapter Four. The holistic family approach allows both child and parent to experience self-care simultaneously. While reviewing this book, I had the opportunity to help a parent who was very stressed about her child acting

out in school. I was able to share from Dr. Reznick's tips how to engage her child with the Balloon breath. Not only was her daughter able to calm herself at school and at home, my client is using the same tools. My client reports that the mother-daughter relationship is more fun and intimate!

I highly recommend this book for the well being of the entire family and the building of skills for children's self-esteem, emotional self-sufficiency and resilience.

Terry received her BS and MS in organization development and human resources from the University of San Francisco and is certified in Integrative Imagery, Integrative Medicine and board certified as a Holistic Nurse.



Terry is a holistic nurse with a specialty in stress management and Imagery. She is the co-founder and co-director of Beyond Ordinary Nursing, a certificate program in Imagery endorsed by the American Holistic Nurses Association.

Terry is also the stress management group facilitator for a cardiovascular office. She designed a three-month stress management program for cardiac and metabolic syndrome patients. She has continued in this role since 1995.

She also has a private practice in preventative health counseling with a focus on stress management and healthy lifestyle change for individual clients, groups and organizational programs.