



# Vocal Tics and Bodily Twitches

*Lynda Hudson*

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## **Vocal Tics and Bodily Twitches** Lynda Hudson

Does your child suffer from unwanted vocal or motor tics? This gentle, relaxing Download for young people from about 8 years upwards could be very helpful. It teaches them how to use their breathing to let go of tension and breathe in a sense of calm. It may also help them TAKE MORE IN CONTROL OF THROAT SOUNDS AND BODY MOVEMENTS.

As they relax into a comfortable day-dreamy state, they are guided to imagine finding the control centre in the mind and then ADJUST OR SWITCH OFF UNWANTED SOUNDS OR MOVEMENTS. They then visualise themselves calm and relaxed in their everyday life, with fewer or no disruptions from the tics. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world.

Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of children world-wide through her downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults.

The recording uses state of the art technology. Regular listening is the key to success! NB Tics vary in severity; transient tics in young people very often disappear quickly and easily with use of the recording, while chronic tics may take longer or, in some cases, be unresponsive. Even in this case the child usually feels noticeably calmer and more able to cope.

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### **From reader reviews:**

#### **Linda Musselwhite:**

This book untitled Vocal Tics and Bodily Twitches to be one of several books this best seller in this year, here is because when you read this guide you can get a lot of benefit into it. You will easily to buy this specific book in the book shop or you can order it via online. The publisher of the book sells the e-book too. It makes you easier to read this book, as you can read this book in your Cell phone. So there is no reason to your account to past this book from your list.

#### **Jennifer Galaviz:**

Playing with family within a park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Vocal Tics and Bodily Twitches, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout folks. What? Still don't understand it, oh come on its identified as reading friends.

#### **Lawrence Woods:**

Reading a book to get new life style in this calendar year; every people loves to learn a book. When you go through a book you can get a wide range of benefit. When you read guides, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you need to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, and also soon. The Vocal Tics and Bodily Twitches provide you with new experience in examining a book.

#### **Catharine Rosol:**

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