

## Mp3 Stacia D. Kelly - Softly To Sleep: A Child's Relaxation



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If you're having a hard time getting your toddler to sleep, then this is the CD for you. Five minutes of softly voiced suggestions to wind down and relax with soothing music in the background, followed with the music continuation for another 20 minutes. 2 MP3 Songs NEW AGE: Relaxation, NEW AGE: Meditation

Details: Stacia D. Kelly, PhD, MHT is: \* A Doctor of Holistic Health (PhD) Master Certified Clinical Hypnotherapist (MHT) \* A Member of the American Holistic Health Association \* A Certified Hypnotherapist Registered Hypnotherapist with the American Board of Hypnotherapy \* A Certified Personal Trainer with Exercise Science Alliance and IDEA \* A NESTA Certified Holistic Stress Management Specialist and NESTA Certified Sports Hypnotist \* Working on her Certification as a Holistic Life Coach \* An author and lecturer Health and fitness is a way of life, not just a quick fix, so Dr. Kelly practices martial arts, creates sculptures and paintings (with friends and the toddler), writes and manages a household with two cats, a husband and a wonderful toddler the reasons she practices Holistic Health Care, all while living in the here and now. In 2006, she became a nationally ranked NPA Figure Competitor, placing third in her class first time out. In 2007, she is focusing on martial arts training with the American Tae Kwon Do Association (ATA), achieving her Black Belt, and participates in ATA's Tae Kwon Do classes and tournaments for her physical training. (And yes, she's still in the gym as much as possible strength training and doing cardio - as much as she hates cardio.....) She truly strives to practice what she teaches. The softly to sleep CD was the result of finding unique ways to help her toddler fall asleep. She's proud to say that most nights, she can get him to sleep in about 5 minutes! People who are interested in should consider this download.

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