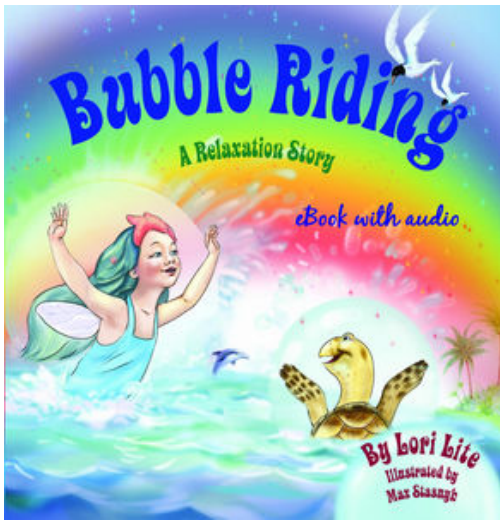


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Former **American Psychological Association** President Richard Suinn states research-based evidence that athletes have improved their performance with the use of relaxation and visualizing. Modern sports psychology is focused on psychological training that strengthens the mental skills that will help athletic performance. Those skills include stress management, self-regulation, visualization, goal setting, concentration, focus, even relaxation.

The colorful imagery in this story quiets the mind and relaxes the body so your child can manage stress, fall asleep peacefully, and so much more.

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