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Accessible and engaging, Deeno's Dream Journeys in the Big Blue Bubble is an ideal tool for helping children develop effective relaxation skills in a fun and imaginative way. Reviews "This book is a wonderful introduction into the field of Autogenic Therapy and can extend into the practice of mindfulness.

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"Deeno's Dream Adventures in the Big Blue Bubble is a fun and easy-to-use guide to a special relaxation technique for children. Adapted from the classic system of Autogenics, the technique can be learnt in six weekly sessions and is designed to help children calm down, let go of stress and combat fear and anxiety.