



**Say Goodbye to Fussy Eating (5-8 Yr Olds):  
Children Enjoy Trying Out New Foods (Lynda  
Hudson's "Unlock Your Life" Audio CDs for  
Children)**

*Lynda Hudson*

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# Say Goodbye to Fussy Eating (5-8 Yr Olds): Children Enjoy Trying Out New Foods (Lynda Hudson's "Unlock Your Life" Audio CDs for Children)

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## **Say Goodbye to Fussy Eating (5-8 Yr Olds): Children Enjoy Trying Out New Foods (Lynda Hudson's "Unlock Your Life" Audio CDs for Children) Lynda Hudson**

Lynda uses the power of the child's imagination through the use of relaxation, metaphorical stories and fantasies where the child is encouraged to mentally act out positive solutions to a problem. There are powerful suggestions for being in charge of their food instead of their food being in charge of them. Also, suggestions for feeling happy and confident and enjoying trying out new foods thus surprising and delighting their families with their new found abilities

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