

Sweet Dreams My Angel

Bedtime Relaxation for Kids

by J. O'Keefe

Offers soothing affirmations that wrap a child with words of love and invite sweet dreams before they fall asleep. *Sweet Dreams My Angel* plants the seeds of love, prayer, and deep relaxation in the listener's mind.



About the Author

J. O'Keefe, children's book author of the **Self Discovery Series For Kids**, enjoys creating simple, catchy rhymes combined with powerful words and images, giving children a creative, internal, loving guide to self discovery. Her books flow from her life as a mother, teacher, integral hypnotherapist, inner child facilitator, and mental health researcher. She lives in central Ohio with her family, and writes books when she is not walking their nature-loving dog.



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Book Information

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