Most of the parents in our workshops have been pretty impatient with the topic of helping children deal with difficult feelings. They’d like to move right on to the next topic: how to get your kids to do what you tell them to do!

Not that we don’t care about how our kids feel. It’s just not generally the first priority for a frazzled parent. Let’s face it, if kids did as they were told, things would go so smoothly we’d all feel great.

The problem is, there’s no good shortcut to getting a cooperative kid. Kids can’t behave right when they don’t feel right. If we don’t take care of their feelings first, we have little chance of engaging their cooperation. All we’ll have left going for us is our ability to use greater force. And since we’d like to reserve our brute force for emergencies such as yanking a child out of traffic, we’ve got to face this feelings thing head-on.

Negative feelings...who needs ‘em?

By Joanna Faber and Julie King

It’s pretty easy accepting our children’s positive feelings: Gosh, Jimmy is your best friend in the world. You love Daddy’s pancakes. You’re excited about the new baby. How nice.

Glad to hear it. It’s when they express negative feelings that we run into trouble: “What? You hate Jimmy? But he’s your best friend!” “You plan to punch him in the nose? Don’t you dare!” “How can you be sick of pancakes? They’re your favorite.” “You want me to give the baby back? That’s a terrible thing to say! Don’t ever let me hear that again!”

The urge to make bad feelings go away

We don’t want to accept negative feelings because they’re so...well...negative. We don’t want to give them any power. We want to correct them, diminish them, or preferably make them disappear altogether.

Sometimes we deny those feelings: “You don’t really hate school. You know you like playing with the blocks.” But has any child ever responded: “Oh yeah, you’re right, Mom. You just reminded me that I do love school.”

Or we offer a bit of philosophy: “Look kiddo, life isn’t fair.” And how likely is it that your child will reply: “Gee, I was upset but now that you’ve explained that to me, I feel better. Thanks, Dad.” Or we ask rhetorical questions: “Why did you throw sand when I just told
you not to?" What child ever says in response, “Hmm, why did I? I guess there’s no good reason. Thank you for pointing that out. It won’t happen again.”

Perhaps a small lecture will do the trick: “You had no interest in that truck a few minutes ago. Why do you always want a toy as soon as your brother starts playing with it?” Where is the child who says: “Do go on, dear mother. Let me just jot down a few notes on my iPad so I can go over these points later.”

None of these strategies will work. So what can we do?

**Acknowledge kids’ feelings with words**

First, grit your teeth and resist the urge to immediately contradict your child. Think about what he or she is feeling. Name the emotion and put it into a sentence.

When your son says he hates his friend Jimmy and will never play with him again, instead of saying, “Of course you will, he’s your best friend,” try, “It sounds like you’re really angry with Jimmy right now.” Or “Something Jimmy did really annoyed you.”

If your daughter says a puzzle can drive a person nuts,” you might reply, “I know how sad you feel when we leave Grandma’s house.”

Before kids can move on to happier feelings, they need to be heard—and we can also give them a crucial vocabulary of feelings they can resort to in times of need. When you hear your child wail, “I AM FRUSTRATED!” instead of biting, kicking and hitting, you will feel the thrill of triumph.

**The power of the pen**

Another way to acknowledge kids’ feelings is through writing. Seeing their feelings and desires written down in black and white can be powerful, even for pre-readers.

Carry paper and pencil when you go shopping so you can add to your child’s “wish list.” It will come in handy when you’re on that unavoidable, dreaded shopping trip to the toy store for a birthday gift for somebody else’s child—and your own child is presented with thousands of temptations and absolutely no understanding of financial limitations.

Instead of explaining why your child should not whine for a new toy because he just had a birthday last month and shouldn’t be acting like such a spoiled brat (has that speech ever worked for anyone?), you can write down everything he wants on his wish list.

It is satisfying to kids to have a physical list of their desires. You can post it on your bulletin board and refer to it when holidays and birthdays come up.

**Fantasy wins the day**

Sometimes a child wants things that you simply cannot provide. Your first impulse is usually to explain for your logic? As soon as you begin your explanation, he may just cover his ears and scream? You are not alone.

Kids in emotional distress are unlikely to be soothed by well-reasoned discourse. A terrific tool for moments like these is to give a child in fantasy what you can’t give in reality.

For example, when children are crying in the car because they’re thinking about the candy you didn’t buy them at the store, it’s not the right time for a lecture on tooth decay.

Admit it! Candy tastes good! Wouldn’t it be nice if we could eat candy every day and nothing bad would happen to our teeth? What would we have for breakfast? M&M’s or lollipops? And how about lunch?

Encourage your child to chime in. I recall a memorable ride home when my three boys happily imagined a world where the car itself was made out of sweets and even the road was paved with candy. You could take a rest stop and nibble on the bumper, or crumble off a little piece of pavement if you felt like having a snack.

—Adapted from the authors’ forthcoming book “How to Talk So LITTLE Kids Will Listen” (Scribner). See We Recommend on page 8.

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**Art to the rescue**

Sometimes words are just not enough to express a strong feeling. If you’re feeling creative, try art. You don’t have to be Rembrandt—stick figures will do. For example, three-year-old Benjamin was having tantrums many times a day. His mom told us this story:

“Benjamin is obsessed with trains. He loves to make elaborate tracks and crossings and push the trains uphill and down, but sometimes the trains or tracks fall apart. It’s amazing how quickly he can melt down into a major tantrum, and then the trains and tracks go flying.”

“The other day I was at the train table and sure enough, the trains crested the hill and started falling apart on the way down. I could see that Benjamin was about to lose it, but since I’d just taken a workshop, I did not say ‘It’s okay, we can fix it, don’t worry.’ This time I said, ‘This is frustrating! You don’t like the trains coming apart.’

“He looked at me and didn’t scream. I had a blackboard next to the table, so I grabbed it and said, ‘Let’s draw how you feel.’ I drew a sad face. ‘Is this how you feel?’ He nodded. I drew a tear coming out of the eye and he said, ‘Draw another one.’ I drew more tears.

“He reached for the chalk and I could see him get a little glimmer in his eye. He drew some gigantic tears. Then I drew another face that wasn’t quite as sad. Benjamin had the hint of a smile at this point so I drew a happy face.

“He started giggling. We went back to playing with the trains. Tantrum averted.”

—Christopher Harrison, Ph.D. & Rachel A. Hulin, M.S.
A healthy lifestyle can delay dementia

Our readers write:

Last month you wrote about how exercise can make us better learners (A Healthy You, November issue). I’m a personal trainer in New York, and I would like to take your idea a step further.

Major new research suggests there’s a lot we can do—in terms of maintaining a fit and healthy lifestyle—that can help us prevent or delay cognitive decline.

The New England Journal of Medicine published the study, which is considered very strong because it looked at all the new dementia cases using data from the large Framingham Heart Study that’s been following patients and their offspring since 1948.

Granted, the dementia study does have some caveats: the participants were largely white and suburban, with at least a high school education. And it’s important to note that the findings do not give the impression that we can make Alzheimer’s or dementia go away.

On the contrary. Because of our growing population of older people, the number of those with dementia problems will continue to go up.

But the new research showed that the prevalence of dementia has declined, especially among those who took positive steps to improve their heart health through diet, exercise and medical care.

Education is big deal, too. The more, the better, the study found. The theory is that education may help to delay dementia because it improves economic opportunity, which leads to healthier habits and medical access.

Plus, as you pointed out last month, learning generates neural connections. It allows the brain to compensate longer when our memory and thinking falter.

One more thing about dementia, we still can’t predict who’ll get it or the form it will take. But it will not be as bad as it would have been if we live healthier.

RESEARCH REVIEW

Major stress comes from minor hassles

The greatest toll in our daily lives comes not from traumatic events such as a divorce, a serious illness or the loss of a job. It’s the minor problems that get us down—like getting into an argument with a coworker or friend, being stuck in traffic, or hearing a neighbor’s noise, according to a study in the journal Psychosomatic Medicine.

Penn State and Columbia University researchers have reported that the cumulative impact of relatively unimportant day-to-day hassles can be harmful to our health—increasing the risk of high blood pressure, chest pain and asthma attacks. They say it depends a lot on how we perceive and cope with the unavoidable little problems that arise.

The study focused on the impact of daily events on heart rate variability (HRC). A higher HRC is a sign of the heart’s ability to respond to challenges and, more generally, of a healthy nervous system. A lower HRC is associated with depression, negative emotional states and increased cardiovascular risk.

For their study, researchers used electrocardiograms to measure the resting HRC levels of 909 people from ages 35 to 85. Then, for eight days, they interviewed the participants about any stressful events they had experienced. They were asked to rate how stressful they perceived each event and also to rate the negative emotions such as anger or sadness they had felt each day.

The key finding was that the study participants who perceived daily annoyances as more severe—and who reported more negative reactions—had a lower HRV on average than those who were better equipped to handle day-to-day challenges.

Yet again, we’re hearing that it’s not the common everyday annoyances and disruptions that cause us the most trouble, it’s how we respond to them. In terms of cardiovascular health, the bottom line is that stress is very subjective. What one person sees as a huge crisis can be a non-event for someone else.

The report suggests that our perceptions are based on our background, personality and what the rest of the day was like. The good news, the researchers say, is that while we can’t avoid daily hassles, we can do something about how we react to them and the effect those hassles have on our lives.

The way to lighten the burden of inevitable daily annoyances is to strengthen our coping mechanisms through anger management or relaxation techniques such as meditation.

Give a little and you might get a little more

Giving to others is known to be a mood booster for both giver and receiver. New research now suggests some ways to make helping even more of a win-win.

Set a concrete goal. A study in the Journal of Experimental Social Psychology found that people who pursued a specific altruistic goal, like buying a meal for a homeless person, felt better.

Spend time on others. A study in Psychological Science found that people who were instructed to write a note to a sick child felt like they had more time on their hands than those who completed a mindless task, though both activities took only about five minutes.

Share the wealth. Another study reported that college students who were given money to spend on someone else reported being in a better mood through the day than those who spent it on themselves.
Enhancing the lives of older people through creative arts

It’s no secret that people are living longer and are active into their late 80s, 90s and beyond. But have you noticed the folks who are truly aging well? They’re singing, dancing, painting, knitting, sewing, writing, playing music and working on crafts projects.

“Exercising our creative selves enhances quality of life and nurtures overall well-being,” writes Barbara Bagan, PhD, an expressive arts therapist and a working artist herself. “Creative art pursuits provide older adults with multiple benefits, not the least of which is enhanced cognitive function.”

What the arts offer

The fields of art and music therapy have long since confirmed their positive impact on psychological and physical healing. Arts therapy has been shown to work in a variety of settings—from independent living facilities and nursing homes to elder care programs at schools, churches and community centers. It can improve the lives of active seniors in good health as well as patients with Alzheimer’s and Parkinson’s disease, among other degenerative conditions.

Involvement in expressive arts offers real benefits. It can:

Help people relax
Provide a sense of control
Reduce depression and anxiety
Encourage socialization, a sense of humor and playfulness
Improve cognition
Offer sensory stimulation
Foster self-expression
Promote a sense of identify and self-esteem
Reduce boredom and improve communication with others
Nurture spirituality

What the research shows

Our brains inevitably decline with aging, but not our creativity, says neurologist Bruce Miller of the UC San Francisco Medical Center. In fact, he says that creative arts activities allow the brain’s two hemispheres to work more in tandem, which is a good thing.

Music and Memory, a nonprofit group, trains nursing home staff, elder care professionals and family caregivers to create and provide personalized play lists on iPods and other digital systems to enable those struggling with Alzheimer’s, dementia and other cognitive and physical challenges to reconnect with the world through music-triggered memories. For details, go to www.musicandmemory.org

Alive Inside, an award-winning documentary film, shows what music can do to stimulate and bring joy to vulnerable elders, including those with advanced dementia. For more about seeing, buying or arranging for a screening of the film, visit www.aliveinside.us.

The EngAGE program’s mission is to transform aging and the way we think about it by turning affordable senior apartment communities into vibrant centers of learning, wellness and creativity.

Through EngAGE in Southern California, a 90-year-old former sign painter is decorating rooms at the Burbank Senior Artist Colony (where he lives) with oil paintings, and a former schoolteacher in her 80s is writing and directing a screenplay performed by her fellow residents. Check out www.engagedaging.org.

Elders Share the Arts runs intergenerational community programs in Brooklyn that bring old and young together through a unique synthesis of oral history and the arts. It works with senior centers, libraries, NORCs (naturally occurring retirement communities), long term care facilities and community sites. See Elders Share the Arts on Facebook.

Arts for the Aging, based in Maryland, works in DC area adult day centers, nursing homes, assisted living and community and public housing programs to engage older adults in health improvement and life enhancement through participation in the arts.

“Our programs capitalize on assets that remain, not on what’s been lost,” says director Janine Tursini. “We get groups of older adults involved in art making through music, dance, painting and storytelling.” For more information: www.aftarts.org.


How to start an art program for seniors

There’s a wealth of online information about elder arts programs around the world, how to set them up and which ones work best. Check out www.expressiveartworkshops.com.

Expressive arts programs typically involve social engagement, which studies have found to prolong life and enhance healthy aging. Clinically, these programs have been linked to lower blood pressure, reduced stress and increased levels of the so-called “happiness hormones.”

“The arts open people up, giving them new vehicles for self-expression and a chance to tell their stories,” says program director Tursini.
College student coming home for the holidays?

The year-end break has gotten longer for many college students. It's common these days for students to arrive home—post-finals and sleep-deprived, with a pile of laundry and a month or more on their hands.

Many colleges schedule their winter break from Thanksgiving week through the New Year—or late December through most of January. A family reunion that begins happily can become nerve-wracking by the end.

Fortunately, there’s a cottage industry of books and blogs as well as parent services provided by colleges. And one thing they all suggest is to encourage students to do something constructive with their break time: do some volunteer work or find an internship or temporary job.

What to expect

With all the media that’s keeping everyone texting and talking on a daily basis, some parents say it feels like their college students never actually left home. But they did—and, especially for freshmen, their time away may have been turbulent.

“Some parents expect the person who comes home to be the same one they dropped off in September,” says Vicki Nelson of Curry College in Massachusetts, who founded the online resource www.collegeparentcentral.com. “They don’t realize how much has changed.”

In their book The Launching Years: Strategies for Parenting from Senior Year to College Life, Laura Kastner, PhD and Jennifer Wyatt, PhD describe some classic re-entry patterns from returning college students. Here are some of the variables they encourage parents to look out for:

Did anything change? If you altered your student’s room or a younger sibling moved in, brace yourself for a response. In their transition to greater independence, college freshmen in particular like their home base to stay the way it was. If a major change was made, it should not come as a surprise.

It can go the other way as well. Some students are so oblivious to their surroundings, they don’t notice what’s going on at home.

Room service please. Some young people arrive at home as if they were checking into a hotel, coming and going at their leisure and leaving the “maid” to clean up while they hang out with their friends. After being responsible for their experience together.

They may feel scattered. Often, students come home from college feeling knocked out by exams, the social scene and their living arrangements. They may want to “veg out” and try put the pieces of their experience together.

To complicate matters, their circadian rhythms may be altered. They’re exhausted during the day and wide awake at 2 am, feeling dislocated because they can’t wander down the hall and find someone who’s also up and wants to talk or get something to eat.

Still important to set limits

As parents, we like to preserve the image of home as a safe haven, but if it starts to feel like too much take and not enough give, you’ll need to negotiate some limits.

Some trusting parents extend “free agent” status to a returning student. But as a matter of courtesy and for safety’s sake, most parents ask for a higher level of accountability. And because we all have mobile phones, it’s easy to ask, “Call me when you get there.”

You may also suggest something like, “I know you don’t have a curfew at school, but I don’t sleep well knowing that you’re out. So please be in by 1 am or call me if you change your plans.”

While technology enables you to always be in touch with your kids, it can be a kind of technical “hovering” that hampers a young person’s sense of independence.

A time of transition

Young people are maturing quickly at this time in their lives, but habits don’t change overnight. Parents, too, can lapse into nagging, asking intrusive questions or trying to control behavior.

What becomes clear during a winter break from college is how tricky parenting can be during the transition from adolescence to adulthood. Parents need to ask themselves: Am I treating him or her too much like a child? Too much like an adult? How can we best communicate?

“Having your college student back home can feel like a mixed blessing,” say Drs. Kastner and Wyatt. “Just remember that we are our kids’ lifelong family, the known quantity they can count on always being there—and that feeling of security is what allows them to spread their wings.”

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If you’re sharing a student with an ex

Divorced parents may have to share their returning student with another set of moms, dads, grandparents and friends.

Some typical issues may arise. For example: What if your daughter is scheduled to spend half of her winter break with each parent, and she wants to go on a ski trip with friends during her time with you? You could try to negotiate a bit of extra time with the other parent, but an adversarial ex-spouse may be unwilling to budge.

Just be aware that it’s not in your college student’s best interest to become the intermediary between dueling parents during school break. Move beyond wanting “my” time with “my” child because of “my” needs. Have empathy for what your child is experiencing.

Difficult as it may be, try to show the same kind of generosity you would have wanted from your parents when you were that age.
Getting people to really listen to your message

Ours is a world of virtual meetings, greetings, talks and research—and we’re good at it. We can accomplish so much by tapping in quick messages, sending email and doing online searches. But we expect speedy answers, which has made us impatient, and we are constantly competing with technology for people’s attention.

What used to be accepted ways of imparting information (talking, narrating, explaining) are no longer our first choice. This is a real challenge at the workplace and at home as well because there are times when we really do need someone to listen to us and stay tuned to what we are saying about a new product or service or how to perform a specific task.

What makes people listen

How do you decide whom to call back or what to do over the weekend? Think about it. If you eliminate the things you do for purely altruistic reasons or because you absolutely must, most of us make decisions based on personal wants and needs: Is it important to me? Do I want to do it? Will it be fun? Worthwhile? So, if you really want people to listen to you, it helps to tap into their self-interests.

Finding out what someone cares about on the job is not as hard as you might think. It begins with a recognition of what we all have in common: the desire to feel secure, competent, effective and on the move. We want to learn new skills to make our work easier and more efficient. Chances are, we would also like to increase our understanding of what it takes to get along with others.

Just look at what you share with your coworkers: a common workplace culture, the mechanics of getting things done, an awareness of people’s habits and interests and an understanding of the issues your company or department faces. Tap into all of this information.

Let coworkers or clients know that what you have to say fits their needs, concerns and desire for information, guidance, or getting whatever it is they want. But just telling someone “this will be good for you” or “you should do this” almost never works.

Who’s doing the telling?

“Paying attention to just anyone is not something most of us do willingly,” says Sonya Hamlin, author of How to Talk So People Listen: Connecting in Today’s Workplace. “Our attention can be a hard-won prize. So, if you are delivering a message or giving a formal presentation, people need to know who you are. This means relating to them as human beings, not just as a message-giver.”

People are more likely to listen to someone they like, trust, respect, feel good about and recognize as a fellow human being. We look for human qualities in any speaker, because most of us feel before we think. We are programmed to like, trust, believe and follow people because our instincts—our sensory antennae—tell us we should.

That’s the first part. The next test is to let people know that you know what they care about—and you know enough about the subject to make it worth their while to stay and listen.

Use plain talk

If people do not easily or readily understand what you are saying, they may just stop listening. They might think, for example, “This feels way over my head” or “he isn’t talking to me.”

For example, the use of unfamiliar, fancy words, obscure acronyms and a lot of jargon will widen the gap between a speaker and listener. People may also think you’re trying to show off.

Use real talk. Speak naturally. For example, say “before” and “after” instead of “prior” and “subsequent.” And, if you must use an acronym, a new word or “get technical,” explain the meaning right away.

Less is more. In this era of instant messaging, people get bored very quickly. Cut your verbiage to the bone. Get to the point right away. Then say what you need to say (and no more)—while the person is still tuned in.

Know what your listener knows. Before you launch into a major pitch, find out what your audience already knows and what else they need to learn. Provide any background and contextual information first to get people grounded—and try to make those comments interesting. Then tailor your language accordingly to keep listeners with you.

Don’t count on people taking you up on your offer to answer their questions if they did not understand you or your message—especially if you’re speaking to a large group. Saying “what did you mean by...?” can be embarrassing for many people. Think ahead and clarify yourself, in advance.

Keeping an audience with you

After you’ve engaged an audience with plain talk and related to them as real people, here’s how to get easily distracted listeners to pay attention—and stay with you to the end.

Hit your main point first. Then explain it. Be succinct. Be clear. Don’t waste people’s time. Think and talk in visual terms. Grab them at the beginning, before they zone out.

Approach subjects in new ways, not just by talking. Provide some excitement. Make people feel like participants, not passive listeners.

Establish your credibility through objective sources. Provide backup data. Remind people of their own experiences. Pause and recap to make sure everyone’s still on the same page.
The doctor will (virtually) see you now

The emerging new world of telemedicine is also known as e-health, telehealth and virtual health care. It’s the practice of medicine that involves connecting to a “live” health care provider by phone, web chat, video conference or wearable device.

It is currently being used in the U.S. in the following ways:

- **If you have a minor condition** (a cold, pinkeye, upset stomach, fever, sinus infection, twisted ankle), an online doctor can diagnose and treat you.
- **If you have a rash**, you can send a digital image, with your medical history, to a doctor who will review it, give you a diagnosis and prescribe medicine, as needed.
- **If you have hypertension or diabetes**, you can wear a monitor that tracks your blood pressure or blood sugar level and transmits the readings to your doctor.
- **If you have had surgery**, you can check in with your doctor for follow-up care.
- **If you need the expertise of a specialist**, your regular doctor can connect online to get an opinion on more advanced care.

**Virtual pros and cons**

The “pros” of telemedicine are fairly obvious: no travel or waiting room time and no long waits for an appointment. It could be helpful in rural areas with too few doctors, particularly specialists, as well as for people in the military, in college or in prisons. It may also save money, although the jury is still out on the economics of this new field of medicine.

**Looking ahead**

Countries with single-payer health systems have been early proponents of telemedicine, according to a New English Journal of Medicine (NEJM) review. So far, in the U.S., 29 states require insurers to cover telemedicine services just as they do in-person care.

United Healthcare, the largest U.S. health insurer, has partnered with telemedicine companies and expects millions of enrollees to use their smartphones to consult health care providers in the near future.

Kaiser Permanente of Northern California expects more virtual than in-person visits this year, and the Mayo Clinic plans to serve 200 million patients from around the world, most of them remotely.

Most state Medicaid programs cover some telemedicine services while Medicare lags behind. Some states, such as Texas and Iowa, have passed specific legal restrictions to remote care. But perhaps the biggest limitation is social, says the NEJM review. Groups that have limited access to in-person health care now are also least likely to have high-speed Internet access and digital devices.

**Why it’s a good idea to step on the scale often**

A Cornell University study reported in the Journal of Obesity found that people who weigh themselves daily and track their results are more successful in losing weight and keeping it off than those who do not.

The Consumer Reports newsletter On Health says here’s how to do it the right way:

- **Use your scale first thing** in the morning, as soon as you’ve woken and gone to the bathroom.
- Make sure your scale is on a surface that is even and hard. A wobbly or tilted scale can give you an inaccurate reading.
- Stand still with your weight distributed evenly on your feet.
- Think twice about using a body-fat scale. At-home models are not very reliable, according to research done by Consumer Reports. Even the most accurate ones were off by more than 20 percent.
A survival guide to life with children from 2 to 7

This wonderful new book is a follow-up to the mega best-seller *How to Talk So Kids Will Listen*, but the focus now is on little kids—children from ages 2 to 7.

Written by Joanna Faber, a daughter of one of the original authors, along with Julie King, another parenting expert, the book is divided into two parts. The first describes the basic equipment that you’ll need in your “tool-box,” as the authors phrase it. For example:

- Tools for resolving conflict…replacing punishment with more peaceful effective solutions.
- Tools for engaging cooperation…getting kids to do what they have to do.
- Tools for handling emotions…when children don’t feel right, they can’t behave right (see front page story).
- Tools for praise and appreciation…ways to praise that will help not hinder.
- Tools for children who are “differently wired”…modifications for kids with autism and sensory issues.

The second part addresses specific challenges the authors have found to be the most common themes of early childhood: Eat, get dressed, get out of the house, stop hitting, brush your teeth and go to sleep.

Each topic—sibling rivalry, shopping with children, doctor’s orders, temper tantrums, weaponry/war games, clean-up, and parents have feelings, too—is full of real-life examples and strategies illustrating how parents can apply the tools to everyday situations.

*How to Talk So Little Kids Will Listen* is truly reader-friendly. Important learnings are highlighted and the key points in every chapter are summed up in humorous cartoons and a straightforward list of what to remember. This is a truly indispensable book for parents and for anyone else who interacts with young children.

*How to Talk So Little Kids Will Listen* will be released on January 10, 2017. It’s available for preorder in bookstores and online in hardcover, paperback, Kindle and Audio CD editions.