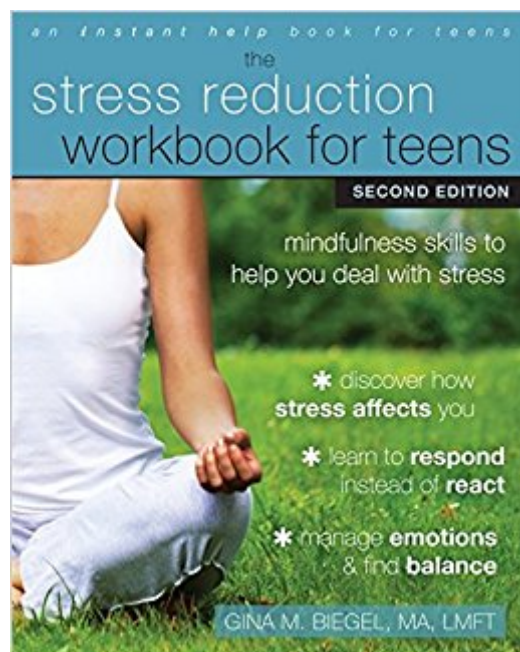




The book was found

# The Stress Reduction Workbook For Teens: Mindfulness Skills To Help You Deal With Stress (An Instant Help Book For Teens)



## Synopsis

Between school, friends, and planning for the future, it's easy to feel stressed out. Written by a psychotherapist specializing in mindfulness-based stress reduction (MBSR) and featuring brand new exercises, *The Stress Reduction Workbook for Teens, Second Edition* shows how mindfulness skills can help you relax, prioritize, and keep calm during stressful times. Your teenage years are some of the most stressful of your life. With pressure about grades at school, parents who just don't seem to get it, dating, and friends who drive you crazy, it's no wonder. But here's the good news! If you learn a few strategies for getting stress under control now, you'll have the skills you need to deal with problems and difficult feelings that life sends your way in high school and beyond. *The Stress Reduction Workbook for Teens* is a collection of simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. Mindfulness is a way to be aware of your thoughts and feelings in the present moment. You can use mindfulness when you start to feel as though things are spinning out of control, so you can stop worrying about what might happen and focus instead on what's happening now. If you're like many people, you find it easy to look at your negative qualities or feel there is no way to fix your problems or stress. This book is about building on the resources, skills, and positive qualities that you might not even realize you have. It is a way to move from "I'm powerless" thinking to "I can do it!" thinking. Hundreds of teens in mindfulness-based stress reduction classes have used activities like the ones in this book, and here is what some of them have said: "I have learned to let things go and move on from bad experiences." "I felt that the coping skills learned are easy enough and effective enough to be used when I need. I now feel at the very least that I have the ability to reduce my stress." "I learned new and different ways to stay relaxed and how to deal with stress and now I don't worry much." "If they can do it, so can you! By practicing the skills outlined in this workbook, you'll be well on your way to developing lasting resilience and a new kind of strength—one that comes from within. Why not get started today?"

## Book Information

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## Customer Reviews

“Warm, inviting, and helpful, this gem of a book brings mindfulness down to earth for adolescents and young adults. Gina Biegel is a world-class expert on this subject, and she writes straight from her own heart, offering simple and powerful ideas and practices. Teens are under more pressure than ever these days, and this book is a wonderful resource.”

•Rick Hanson, PhD, author of *Buddha’s Brain* “I have found the benefits of mindfulness to be indispensable in my personal and professional life. I only wish I had known about this practice when I was younger. Gina Biegel’s book serves as an excellent resource for young folks looking to integrate this transformative practice into their own lives. With peer pressure, information overload, and constant connection to social media an ever present reality, I would recommend it to any student.”

•Tim Ryan, congressman and author of *A Mindful Nation* “In the updated edition of her popular stress reduction workbook, Gina Biegel offers teens a set of practical and powerful tools to help them recognize their problems and resolve them in a healthy way.”

•Susan Kaiser Greenland, author of *Mindful Games* ;and *The Mindful Child* “Gina Biegel’s book is a must-have for all adolescents. From her letter to teens in the beginning addressing social media, to the engaging activities throughout the book, teenagers will recognize their own personal issues and begin to understand that they aren’t alone. The activities are accessible and the explanations easy to understand. These activities, many of which are new in this second edition, provide adolescents with a myriad of tools to address teen stressors, problems, and angst. I can imagine this becoming teens’ favorite self-help book, as it provides much needed relief. I wish it had been around when I was a teen, and I really wish I had had this tool when my own children were teenagers. I heartily endorse Biegel’s book and I encourage you to give it to every teen you know!”

•Laurie Grossman, director of program development and outreach at Inner Explorer, cofounder of Mindful Schools, and coauthor of *Master of Mindfulness* “As a

mindfulness researcher and the mom of a teen, I am so glad that Gina Biegel has penned this workbook. It's accessible, user-friendly, and offers mindfulness training in a manner that resonates with teens. As he or she works through this book, you will see your teen transform from stressed out and distracted to attentive and self-aware. A must-have for every adolescent wellness toolkit!

• Amishi Jha, PhD, University of Miami

“Gina Biegel's The Stress Reduction Workbook for Teens is the go-to book for teens wanting to lower their stress and navigate the challenges of life with more skill and resilience. Written in a way that is very accessible and relevant to teens, the book empowers teens to access inner resources to manage difficult situations and make wise choices. An excellent resource for teens and those who care about them.”

• Lidia Zybowska, MD, associate professor in the department of psychiatry at the University of Minnesota, founding member of the University of California, Los Angeles Mindful Awareness Research Center, and author of The Mindfulness Prescription for Adult ADHD

“In The Stress Reduction Workbook for Teens, Gina Biegel offers a dynamic and engaging resource for adolescents struggling with stress and what teen isn't struggling with stress these days? This book has the potential to empower young adults to find healthy relationships with their bodies, hearts, minds, and their relationships with others. Gina writes from her many years of expertise as a researcher and mindfulness practitioner.”

• Daniel Rechtschaffen, MFT, author of The Way of Mindful Education and The Mindful Education Workbook

“Gina Biegel offers us key tools for teens to bring mindfulness into their lives in order to manage everyday stressors, reduce self-harm, and increase their toolkit of positive coping strategies. I find this book to be accessible to all teens!”

• Elisha Goldstein, PhD, author of Uncovering Happiness, and coauthor of MBSR Every Day

“A gift for our stressed-out teens and the grown-ups who work with (or live with) them!”

• Christopher Willard, PsyD, author of Mindfulness for Teen Anxiety and coauthor of Mindfulness for Teen Depression; Cambridge Health Alliance/Harvard Medical School

“This is a useful workbook for teens. It draws on and distills decades of experience and research on mindfulness and self-regulation, and shows teens how to do it!”

• Trudy Goodman, PhD, founding teacher at insightLA.org

In The Stress Reduction Workbook for Teens, a psychotherapist specializing in mindfulness-based stress reduction (MBSR) shows overwhelmed and stressed-out teen readers how mindfulness skills can help them relax, prioritize, and keep calm during stressful times. --This text refers to an out of print or unavailable edition of this title.

I find this to be a good book for teens. It provides some good basic skills which they can practice to increase their skills at being present in the moment. I have used this for teens I work for who have experienced trauma and for ADHD youngsters to assist them with being in the moment.

Purchased for my teen nieces after a particularly difficult and protracted divorce "battle" threw their world into a spin. Not only did they utilize them... the workbooks received rave reviews from their family counselor! (She called me to "source them", as she plans to use them in her practice.) Definitely worth the price to help a beloved niece, nephew, or other burdened teen make his/her way through the various and difficult challenges faced by so very many of today's youth!

An awesome variety of activities to help improve my quality of life! Stress has been a hugely negative part of my life for years and things just seemed hopeless. However, this book and family/friend support has brought me so much closer to a comfortable balance with stress. The activities are interesting, unique, and eye opening. The book helps you understand what's really bothering you, and helps you to learn how to deal with future stress. It was a huge part in my recovery process!!!

I am a high school teacher and use this curriculum it is simple and to the point. It really gets my students thinking about who they are and what they want.

As a therapist that frequently works with teenagers, I found this book to be of immediate clinical use. The activities in this book are easily used with adolescents that are motivated to change and with some creativity less motivated adolescents will engage in the stress reduction activities. It is written in a simple, easy to read language that is appropriate for a 13-17yr old. Further, many of the activities are consistent with Acceptance and Commitment Therapy (ACT) and can be used as part of a Cognitive Behavioral Therapy (CBT) treatment plan. Well worth the price!!

Looks great so far. Have not had a chance to use it yet, but will when I have the opportunity. Nice to have ready made activities. Keep in mind though that I have only perused the book so far, but I like what I see. The test in the use of the strategies which I have not yet applied!

useful

Good

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at School, and Everywhere Else (An Instant Help Book for Teens) Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens)

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