



A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions (Paperback)

By Amy Saltzman

New Harbinger Publications, United States, 2016. Paperback. Condition: New. Workbook. Language: English . Brand New Book. Being a teen in today s fast-paced, media-saturated world is difficult, and it s easy to get overwhelmed or stressed out. This breakthrough workbook will help you balance your emotions, stay focused, and experience the natural quietness that lives within you.If you re a teen, you re probably experiencing stress. And is it any wonder? You re juggling schoolwork, friendships, and countless other activities. You get endless messages every day-texts from your friends, advice from your family and teachers, images from television, social media, and advertising about who you could and should be. Sometimes you just need a place to unwind and be yourself!A Still Quiet Place for Teens can be that place. It is a place of peace and calm within. In this workbook, mindfulness expert Amy Saltzman offers a comprehensive program to help you manage daily stressors and challenges in your life, whether at home, in school, or with friends. Using proven-effective mindfulness-based stress reduction (MBSR) techniques, this book will help you be fully present in the moment, cultivate kindness and curiosity toward yourself and others, and find constructive ways of dealing...



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