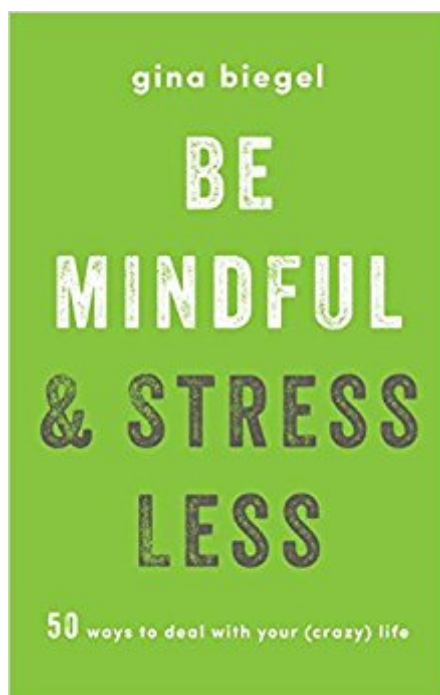


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# Be Mindful And Stress Less: 50 Ways To Deal With Your (Crazy) Life



## Synopsis

Simple mindfulness practices for teens that build self-esteem, grow compassion, and reduce stress. This accessible, user-friendly toolbox for teens introduces them to mindfulness practice and shows them how it can ease their fears and anxieties, reduce their impulsivity, help them develop a more measured response to the stressors around them, and build strong relationships. In fifty very short activity "chapters," mindfulness teacher and family therapist Gina Biegel offers meditations, breathing and thought exercises, and stress-reducing solutions that can be done as an ongoing practice or in the moment. The book is divided into three parts. Part One introduces mindfulness and builds an understanding and foundation for going forward. It invites the reader to begin to integrate mindfulness into their life in quick and easy ways. Part Two offers activities for teens to build mindful relationships with themselves and with others. This section focuses on compassion, acceptance, respect, and self-esteem--qualities that are tremendously important for teens to learn as early as possible. Planting these seeds will allow teens to flourish and build more balanced relationships. Part Three includes activities that focus on the cognitive aspect of mindfulness. Teens learn how to use mindfulness to manage difficulties they have in thinking (judgments, negative coping) and reactivity. Self-regulation is an important skill for teens to learn, and mindfulness is a first step to responding consciously rather than reacting automatically.

## Book Information

Paperback: 144 pages

Publisher: Shambhala (February 6, 2018)

Language: English

ISBN-10: 1611804949

ISBN-13: 978-1611804942

Shipping Weight: 13 ounces (View shipping rates and policies)

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## Customer Reviews

“This book brings mindfulness down to earth with many wonderfully simple ways to savor life and come home to yourself. It’s also rich with methods for self-compassion and self-care. Gina Biegel writes with remarkable clarity, simplicity, and heart. A truly beautiful, thorough, helpful

book. •Rick Hanson, Ph.D., author of *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*

GINA M. BEIGEL, MA, LMFT, is a psychotherapist who teaches Mindfulness-Based Stress Reduction (MBSR) in multiple settings. She adapted the MBSR program typically for adults for a teen population, and created Stressed Teens. She conducts workshops and conferences on MBSR/MBSR-Teens with a variety of populations including professionals, teachers, parents, and teens in the US and internationally. She is the author of *The Stress Reduction Workbook for Teens*.

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