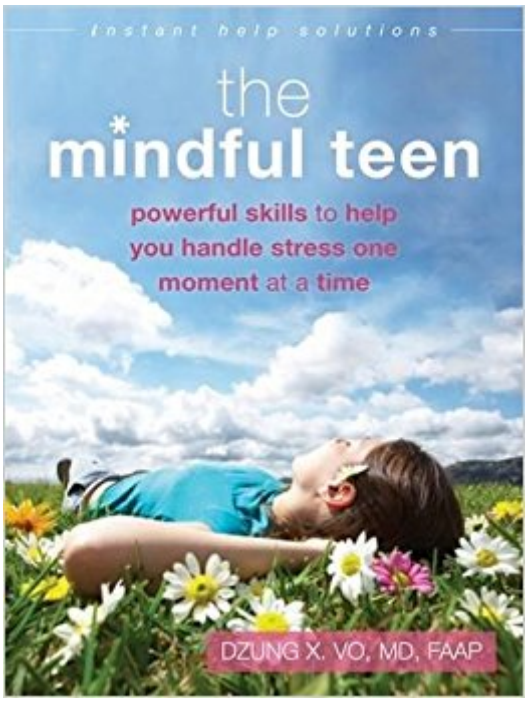
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The Mindful Teen: Powerful Skills To Help You Handle Stress One Moment At A Time (The Instant Help Solutions Series)



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Synopsis

In this powerful book, a pediatrician specializing in teen and adolescent medicine offers a breakthrough mindfulness program to help you deal with stress in healthy ways, improve communication, and reduce conflicts with family and friends. Being a teen is stressful! Whether itÃ¢â ¬â„¢s school, friends, or dating, the teen years are full of difficult changes—both mentally and physically. If youÃ¢â ¬â„¢re like many teens, you may have difficulty dealing with stress in effective ways. You arenÃ¢â ¬â„¢t alone, and there are things you can do to stay calm, no matter how stressful life becomes. All you need to do is stop, breathe, and be mindful and aware in the present moment. The Mindful Teen offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help you deal with stress. The simple, practical, and easy-to-remember tips in this book can be used every day to help you handle any difficult situation more effectively—whether itÃ¢â ¬â„¢s taking a test at school, having a disagreement with your parents, or a problem you are having with friends. If youÃ¢â ¬â„¢re ready to uncover your own inner strength and resilience through mindful awareness and take charge of your life, this book will show you how.

Book Information

Series: The Instant Help Solutions Series
Paperback: 248 pages
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Average Customer Review: 4.6 out of 5 stars 31 customer reviews
Best Sellers Rank: #29,029 in Books (See Top 100 in Books) #6 inÃ Â Books > Teens > Social Issues > Being a Teen #9 inÃ Â Books > Teens > Personal Health > Body, Mind & Spirit #13 inÃ Â Books > Teens > Personal Health > Self-Esteem

Customer Reviews

“A book that establishes a truly wise, empathic, and motivating resonance with teens. It offers a straightforward and commonsensical way to deal with stress of all kinds and afflictive emotions and thoughts by inviting them into awareness and discovering that with a little mindfulness and

heartfulness, youÃ Â are much much bigger than they are!Ã¢â ¬Â• Ã Â —JonÃ Â Kabat-Zinn, author ofÃ Â Full Catastrophe LivingÃ Â and Wherever You Go, There You Are“Dzung Vo, my student, is a very dedicated and wonderful adolescent pediatrician. He has written this book as a record of experiences working with adolescents. It is a recommended book on mindfulness for teens and a teaching tool for the Wake Up Movement. I highly recommend this book for teens and teen educators.Ã¢â ¬Â• —Thich Nhat Hanh, Zen Master, poet, scholar, activist, and author of Being Peace “Dzung Vo has crafted an invaluable resource for teens everywhere. Inspiring teen voices, along with practical applications, make The Mindful Teen incredibly relevant and accessible. This heartfelt offering to the world is a must-have for teens, the parents of teens, and anyone who works with adolescents.Ã¢â ¬Â•Ã Â —Meena Srinivasan, author of Teach, Breathe, Learn“This clear, simple book is not just for teens! Everyone can benefit from its profound, practical wisdom. I will recommend this to all the teens in my practice.Ã¢â ¬Â• —Kathi Kemper, MD, MPH, director of the Ohio State University Center for Integrative Health and Wellness, and author of Mental Health, Naturally Ã Â “This book can change your life, not because of anything it will convince you to do or believe, but because it offers you the tools to access your own wisdom, to calm yourself, and to find sensible solutions to the challenges you will face.Ã¢â ¬Â• —Kenneth R. Ginsburg, MD, author of Building Resilience in Children and Teens“What teenager hasnÃ¢â ¬â„¢t felt stressed, anxious, angry, or just plain unsettled? The Mindful Teen offers straightforward, understanding guidance for teens.Ã Â Be yourself, find yourself, and create for yourself a lifelong ability to more easily manage the ups and downs of everyday life.Ã¢â ¬Â•Ã Â —Mark Bertin, MD, developmental pediatrician and author of Mindful Parenting for ADHD“The Mindful Teen is a beautifully written book that walks the line between making mindfulness easy and accessible to teens who may or may not be inclined to delve deeply into the topic and providing real substance and depth to a powerful practice and way of living. Full of understandable, doable practices, super relevant examples, and quotes, this book doesnÃ¢â ¬â„¢t talk down to kids, but speaks up to future adults who deeply desire to overcome the challenges they face and not only succeed, but thrive. A valuable guide to living the practice of mindfulness that anyone could benefit from reading.Ã¢â ¬Â• —Steven D. Hickman, PsyD, founder and executive director of the University of California, San Diego Center for Mindfulness, and associate clinical professor at the UC San Diego School of Medicine“Despite the explosion of mindfulness literature in recent years, there are remarkably few high-quality mindfulness resources written specifically for adolescent populations. This gem of a book from Dzung Vo will go a long way in closing that gap. More than a series of techniques and exercises, The Mindful Teen provides the

crucial contextual information necessary to answer the most important question teens have about mindfulness practice—Why should I care about this?Ã¢â ¬Â• —Chris McKenna, program director at Mindful Schools, http://www.mindfulschools.org“A generous gift for the next generation.Ã Â DzungÃ Â Vo offers adolescents a gentle path through a turbulent time, with skills they can use for the rest of their lives.Ã¢â ¬Â• —Christopher Willard, PsyD, Cambridge Health Alliance/Harvard Medical School, author of Child's Mind and Mindfulness for Teen Anxiety“Dr. Vo provides intelligent and compassionate guidance toward mindfulness—a tool that can bring balance back into the increasingly imbalanced world of todayÃ¢â ¬â„¢s youth. As a psychiatrist, educator, and parent, I have been witness to the awesome effects of mindfulness firsthand. This book will change lives!Ã¢â ¬Â• —Shimi Kang, MD, psychiatrist and author of the national bestseller, The Dolphin Way Ã Â “If you are a teenager who wants to live a less stressful, more enjoyable life, I encourage you to read The Mindful Teen. This book offers powerful mindfulness exercises in a clear, simple, friendly, easy-to-use format. Start reading and experience the benefits, now.Ã¢â ¬Â• —Amy Saltzman, MD, author of A Still Quiet Place

Dzung X. Vo, MD, FAAP, is a pediatrician specializing in adolescent medicine at British Columbia Children's Hospital, and clinical assistant professor at the University of British Columbia Faculty of Medicine, Vancouver, Canada. His medical practice, teaching, and research emphasize promoting resilience in young people to help them thrive in the face of complex stress and adversity. He has helped to develop and teach mindfulness training programs for youth with chronic stress, chronic pain, depression, and anxiety. You can find him online at www.mindfulnessforteens.com.

I am a mom to an almost 12 year old and a stepmom to two 14 year olds. I was looking for a book that would help explain the stress response to them in a way that they would be able to understand. This book does a great job of explaining how the primitive "lizard" part of your brain works. It also provides teens with coping tools that they can use to control the "lizard" brain's responses. Each section is presented in a way that allows teens to relate their own experiences to those of the author. I think that the examples from real teens will help my kids connect without feeling that they are being judged. I love that it walks the reader through specific exercises so they can start to put their new tools to use immediately. I'm hoping that this will help my kids understand that they are fully capable of handling whatever life brings them. They don't have to cling to the past or constantly fret about the future. I'm actually planning to pay them $20 each to read this book. That's how much I beleive that this can help them.

We are using this amazing book with my 9th-12th grade students this upcoming year! I love the way the information is organized and presented. I had several of my students look it over late spring of last year. They liked it so much, that I actually had more students sign up for my classes this year because of it. The author is a complete delight as well. He offered to skype with my classes as we progress through the chapters. They are going to be thrilled. Can't wait for the school year to begin! It is going to be great.

My 13 year old son absolutely loves this book. Checked it out 3 times from the library before purchasing. Highly recommend.

As an Adolescent Medicine MD, I prioritize approaches that focus on positive youth development and resilience vs. targeting risky behavior. That's what I love about this book. Dr. Vo provides a roadmap for how to give adolescents the life skills they need to manage stress in a positive, centered way, vs. mal-adaptive avenues. Parents, teens, and professionals will all find practical information here to apply to their work and life with teens. Thanks Dr. Vo!

I have been reading this book on my way to work each day while sitting on the bus. In doing so, it's made my commute that much more fun. I have taken the lessons from the book and applied it throughout the day. One thing that stood out in particular is the section on mindful eating. Since sharing the lesson with my six year old son, he responds to me differently when I ask him to hurry his breakfast. He replies " I am mindfully eating." and it reminds me to let him be. This book is a gem for anyone at any age. The simple language and relevant life examples makes the book engaging. I highly recommend it!

Book Review: The Mindful Teen by Dzung X. Vo, MD, FAAPI was so excited to receive my copy of The Mindful Teen by Dzung X. Vo MD, FAAP. I am currently creating and implementing a yoga and mindfulness program through Open Spirit Center's Nourishing Teachers, Strengthening Classrooms project into the Framingham, MA public school system and this books title grabbed me and I knew it would become an invaluable resource.The chapters are clearly thought through and touch on everything from every day stressors to in-school stressors to home stressors and the exercises offered help you to flex your mindfulness muscles with techniques to awaken the wisdom inside you and like all exercise, lead you to a sense of well-being, inner calmness, increased kindness to

yourself and to others and increased resilience to stress.The questions posed in the book are there to aid you in identifying your own experiences and to help guide you to deeper self-reflection. I love the Teen Voices boxes as they offer personal stories in a teen voice that express strong testaments to other teens. This book does not lecture but rather offers simple strategies to access mindfulness in daily life. This book gives teens the means to embrace the "now" engaging them to look for the wisdom and strength they possess to heal themselves from all that life throws at them.I highly recommend this book to teens and adults alike. It is so accessible an user friendly and just full of insight and meaningful and practical ways to make the mindfulness connection. There are many great ideas that I have already stared using in my own teen and education based mindfulness program. I see this book as a necessary addition to libraries, to schools, to yoga teachers, to parents and to anyone who is or who works with teenagers.Full Disclosure: The authors provided me with a copy of The Mindful Teen to review. All opinions expressed are my own.

It took me awhile to read through, The Mindful Teen. It’s an immense guidebook complete with teaching, research, practices, vignettes, and in essence, lesson plans that can help do exactly what the title infers. As a counselor-in-training, I have found, The Mindful Teen, to be beneficial as I begin work in the field as a therapist and specifically with adolescents. It helped me to bridge what I already knew about mindfulness practice and helped me to apply it as a body-centered mindfulness practice facilitator. I think it could be a generous addition to helping professionals’ library, and a resource for teens who might want to learn more about themselves and what has been helpful for other teens who have benefited or could benefit from a mindful approach.

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Chicken Recipes, Slow Cooker 5) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) The Mindful Twenty-Something: Life Skills to Handle Stress…and Everything Else The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) Instant Pot Cookbook: Chef Approved Instant Pot Recipes Made For Your Instant Pot Ã¢â ¬â œ Cook More In Less Time (Instant Pot Pressure Cooker Recipes Cookbook) The Teen Girl's Survival Guide: Ten Tips for Making Friends, Avoiding Drama, and Coping with Social Stress (The Instant Help Solutions Series) Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series) Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can (The Instant Help Solutions Series) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant PotÃ Â® Electric Pressure Cooker) Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure Cooker: (Instant Pot Cookbook 101, Instant Pot Quick And Easy, Instant Pot Recipes) Instant Pot Electric Pressure Cookbook: Incredibly Easy & Healthy Mouthwatering Instant Pot Recipes For Quick Scrumptious Meals (Instant Pot, Instant Pot Cookbook, Electric Pressure Cooker, Paleo) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Instant Pot Cookbook: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook)

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