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Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (Instant Help)

By Gina M. Biegel

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (Instant Help), Gina M. Biegel, First, the bad news: your teenage years are some of the most stressful of your life. Up to 70 percent of teens say they're stressed out, and with pressure about grades at school, parents who just don't seem to get it, and friends who drive you crazy, it's no wonder. 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 thirty-seven 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. Ready to get started? Open this workbook and...



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