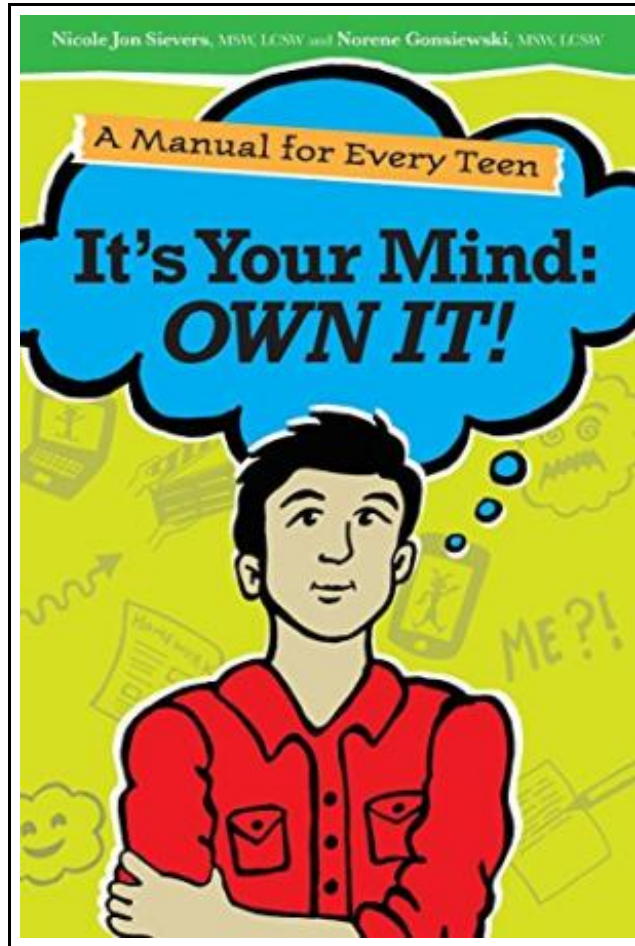


It s Your Mind: Own It!



Filesize: 3.84 MB

Reviews

This written publication is wonderful. It is probably the most incredible publication i actually have read through. Its been written in an extremely basic way in fact it is merely following i finished reading this publication where basically transformed me, alter the way i believe.

(Adan Fritsch)

IT S YOUR MIND: OWN IT!

[DOWNLOAD](#)

Innovations in Counseling Inc, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Adolescence isn't easy. But the youth-friendly It s Your Mind: Own It! can help every teen have an awesome life. Written by veteran therapists Nicole Jon Sievers and Norene Gonsiewski, It s Your Mind: Own It! is a treasure chest of neuroscience-based information to help youth 1) understand why they're thinking what they're thinking and why they're feeling what they're feeling, 2) learn to exterminate automatic negative thoughts (ANTs), and 3) master strategies for dealing with setbacks and for embracing challenges. This innovative manual for teaching teens to take control of their roller coaster of feelings is grounded in Cognitive Behavioral Theory and delightfully illustrated with some of life's pests such as Inner Critic, Inner Rebel, Mother of All Criticism, and the ANTs of Should, Taking Things Personally, and Jumping to Conclusions. Featured topics include understanding the brain, coping with anger, managing anxiety, dealing with depression, getting motivated, finding success in failure, practicing compassion, maintaining balance in life, managing stress, and living with gratitude. Time-tested exercises supplement each of the 12 chapters, reinforcing the concepts for the reader. Youth, for example, are encouraged to practice labeling their ANTs and rewriting their stories with realistic, balanced thoughts. Ultimately, the authors challenge youth to own their minds, by which they can find their inner power and create a life they love. **ADVANCE REVIEWS** The ultimate road map for a teenager. . . . Information that will help teenagers and young adults find their inner power, their sense of can do, their strength and courage to seek out their own success. **BILLY MORRISON** -- Artist, actor, and guitarist for Billy Idol and...

[Read It s Your Mind: Own It! Online](#)[Download PDF It s Your Mind: Own It!](#)

See Also



Chicken Licken - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

[Read Document »](#)



From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Read Document »](#)



Polly Oliver s Problem: A Story for Girls

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator....

[Read Document »](#)



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

[Read Document »](#)



The Village Watch-Tower (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Read Document »](#)