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Mindful Teen: Powerful Skills to Help You Handle Stress---

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.

The Mindful Teen: Powerful Skills to Help You Handle---

Between school and homework, afterschool activities, family, and college preparation, life is stressful. Teens can definitely benefit from the practice of mindfulness. The book is divided in to 3 parts: Core Mindfulness Skills, Handling Stressful Situations, and Your Life Journey. Dr.

The Mindful Teen: Powerful Skills to Help You Handle---

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" 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 doesn ` t talk down to kids, but speaks up to future adults who deeply desire to overcome the challenges they face and not only succeed ...

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The Mindful Teen: Powerful Skills to Help You Handle---

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 it ` s school, friends, or dating, the teen years are full of difficult changes—both mentally and physically.

Amazon.com: The Mindful Teen: Powerful Skills to Help You---

Mindfulness for Teens Home Being a teen can be really stressful! Mindfulness is a powerful way to handle stress, and live life more fully. Mindfulness is all about living fully in the present moment, without judgment, and with an attitude of kindness and curiosity.

Mindfulness for Teens Home – Mindfulness for Teens

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The Mindful Teen offers straightforward, understanding guidance for teens. Be yourself, find yourself, and create for yourself a lifelong ability to more easily manage the ups and downs of everyday life. " . -Mark Bertin, MD, developmental pediatrician and author of Mindful Parenting for ADHD.

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Dr. Vo is a pediatrician specializing in adolescent medicine at British Columbia Children ` s Hospital and author of The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time. From our presenter: Mindfulness means " Paying attention in a particular way: On purpose, in the present moment, and nonjudgmentally " (Kabat-Zinn).

Mindful Schools Workshop Oct 13: The Mindful Teen---

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