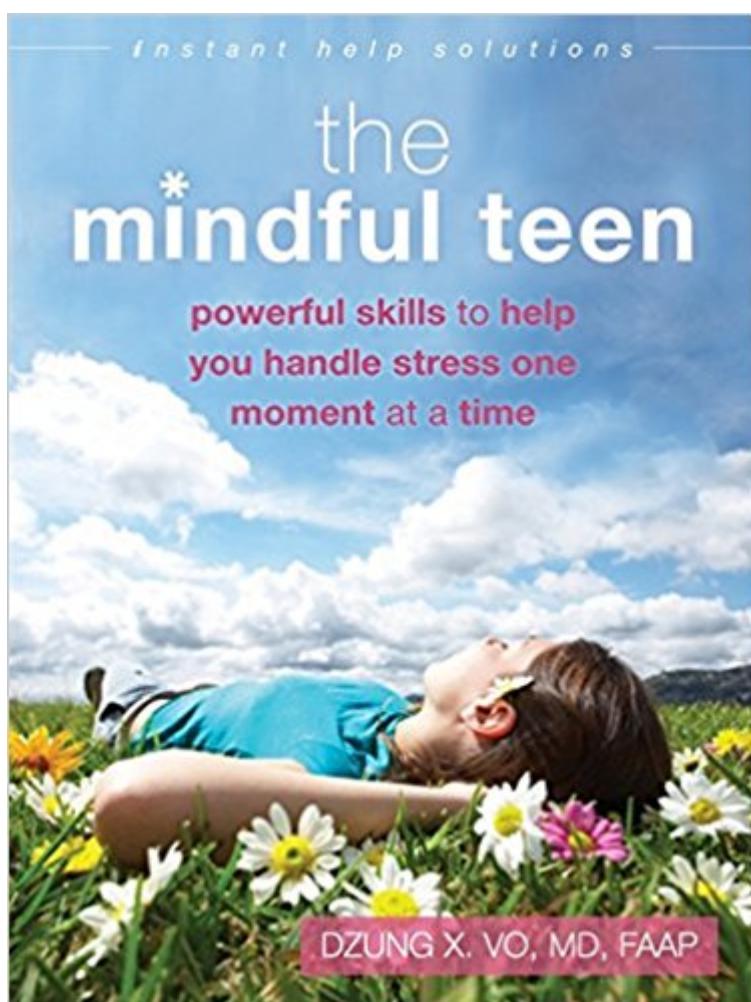


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# The Mindful Teen: Powerful Skills To Help You Handle Stress One Moment At A Time (The Instant Help Solutions Series)



## 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 it's school, friends, or dating, the teen years are full of difficult changes; both mentally and physically. If you're like many teens, you may have difficulty dealing with stress in effective ways. You aren'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 it's taking a test at school, having a disagreement with your parents, or a problem you are having with friends. If you'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

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Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (25 customer reviews)

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## Customer Reviews

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!

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 believe that this can help them.

Book Review: The Mindful Teen by Dzung X. Vo, MD, FAAP I 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 started 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.

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.

I am an adolescent medicine doctor who focuses a lot of my energy with my patients on helping them thrive through good and bad times. Mindfulness is one of the most powerful tools a person (young or old) can have to manage stress and achieve a state of general well-being. In my dreams, I would send all of my patients to a mindfulness course. Dr. Dzung has given us all a gift. This incredibly well written book allows any young person to teach him or herself this strategy to be their better selves, regardless of life's curveballs. I have reviewed this book thoroughly, and have spent time on his website. I genuinely feel like I am able to be a better healer now because I can offer this book as a walk away toolkit that I KNOW will benefit the adolescents I serve.

This is an excellent guide to mindfulness and Dr. Vo does a great job making it applicable to the young adults of today. I actually recommended it to some teachers to use in their classrooms (but for them to read too :) because it is so clear. One of the best books I've read on mindfulness to date. I think anyone working with kids or young adults should get a copy. It will help you help them and give you more mindfulness skills to use too.

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