



# **The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series)**

*Dzung X. Vo*

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**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.

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