



A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions

Amy Saltzman MD

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Being a teen in today's fast-paced, media-saturated world is difficult, and it's easy to get overwhelmed or stressed out. This breakthrough workbook will help you balance your emotions, stay focused, and experience the natural quietness that lives within you.

If you're a teen, you're probably experiencing stress. And is it any wonder? You're juggling schoolwork, friendships, and countless other activities. You get endless messages every day—texts from your friends, advice from your family and teachers, images from television, social media, and advertising about who you could and should be. Sometimes you just need a place to unwind and be yourself!

A Still Quiet Place for Teens can be that place. It is a place of peace and calm within. In this workbook, mindfulness expert Amy Saltzman offers a comprehensive program to help you manage daily stressors and challenges in your life, whether at home, in school, or with friends. Using proven-effective mindfulness-based stress reduction (MBSR) techniques, this book will help you be fully present in the moment, cultivate kindness and curiosity toward yourself and others, and find constructive ways of dealing with the pressures of being a teen.

Between school, friends, and dating, there's plenty to feel stressed about! This book will help you find a quiet place inside yourself that you can go back to again and again, no matter how overwhelming life gets.

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