



Mindfulness for Teen Worry: Quick and Easy Strategies to Let Go of Anxiety, Worry, and Stress (Paperback)

By Ph.D. Jeffrey Bernstein

New Harbinger Publications, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Is your worrying keeping you from reaching your goals? In Mindfulness for Teen Worry, a clinical psychologist offers quick, easy-to-learn mindfulness skills teens can use anytime, anywhere to stop worries from growing and taking over. Let's face it-being a teen isn't easy. And if you're like a lot of other teens, you probably worry about getting good grades, fitting in with a certain crowd, or what the future will bring after high school. These are all completely normal worries, and signs that you are tuned in to your life and thinking about your goals. But what about chronic worrying-the kind that keeps you up at night, ruminating about that paper you just turned in, or that thing your friend said to you at lunch (what did she mean by that?), and so on. Sometimes worrying isn't helpful. In fact, it can get in the way of living your life! So, how can you start putting worry in its place before it takes up too much head space? Mindfulness for Teen Worry will show you how living in the moment will dissolve...



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