


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

Amy Saltzman

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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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From Reader Review A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions for online ebook

Nina says

I would like to say Thank you to NewHarbingerReplications inc. for sending me a free copy of this book for a review. When I first received this book I automatically had high hopes because I am a teenager who stressed over the littlest things and wanted to find effective ways around that and I can honestly say this book has helped. When I first opened this book and saw " Welcome and Congrats" right away I could tell I would like it because when I see the word "congrats" I feel as though that's setting me in the right place of accomplishments and pride. I feel as though letting teens know that they have done something and being recognized for I think makes the biggest difference in their outlook on things. Also, having the downloadable audios are super helpful because it makes the book portable even if they don't want to carry around an actual copy, it gives them a support team. Another thing I loved and enjoyed about this book is that there are many activities throughout it and I feel as though that keeps the reader engaged with the book since they can expect something new coming each time they turn a page. All in all, I would recommend this book as I did see it to be helpful.

Susan Walker says

This is a good workbook for teens who are facing stress with school, home, or just life in general. The book is easy to read and has some simple activities. Good read for all teenagers.

Janine Brouillette says

A good eight part workbook for teens to help them ease the stress in their life and deal with difficult situations and emotions they may encounter. Each of the eight parts have basic concepts, activities, reflections, and practice. Some of the sections are listening to yourself, music, examining what stresses you out, thinking outside the box, facing challenges, mindful eating, understanding your emotions, self esteem, impulses, communication, feelings, , and unpleasant events.
