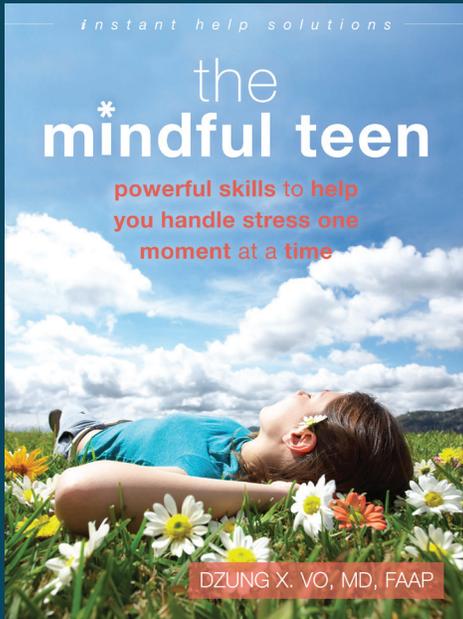


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The Mindful Teen

Powerful Skills to Help You Handle Stress One Moment at a Time

by DZUNG X. VO, MD

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about the author

DZUNG X. VO, MD, is a pediatrician specializing in adolescent medicine at British Columbia Children's Hospital, and a clinical assistant professor of pediatrics at the University of British Columbia Faculty of Medicine, in Vancouver, Canada. His medical practice, teaching, and research emphasize promoting resilience in young people to help them thrive in the face of complex stress and adversity. He has helped to develop and teach mindfulness-training programs for youth with chronic stress, chronic pain, depression, and anxiety.

about the book

Being a teen is stressful! Whether it's school, friends, or dating, you're dealing with tons of difficult changes—in both your body and brain. And if you're like many teens, everything becomes harder when you're stressed. The good news is there are things you can do to stay calm, no matter how stressful life becomes. All you need to do is stop, breathe, and slow down in the present moment.

This fun and unique guide uses mindfulness-based techniques to help keep stress from getting the best of you. The simple and easy-to-remember tips in this book can be used every day to help you handle life's toughest situations—whether it's taking a test at school, dealing with parents, or navigating drama with friends. This book will show you how to stay cool, calm, and collected, no matter what life throws your way.

"A book that establishes a truly wise, empathic, and motivating resonance with teens. It offers a straightforward and commonsensical way to deal with stress of all kinds and afflictive emotions and thoughts by inviting them into awareness and discovering that with a little mindfulness and heartfulness, you are much much bigger than they are!"

—**Jon Kabat-Zinn**, author of *Full Catastrophe Living* and *Wherever You Go, There You Are*

"I highly recommend this book for teens and teen educators."

—**Thich Nhat Hanh**, Zen Master, poet, scholar, activist, and author of *Being Peace*

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