

THE MINDFUL TEEN

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

DZUNG X. VO, MD, FAAP



About the Author

DZUNG X. VO, MD, FAAP

is a pediatrician specializing in adolescent medicine at British Columbia Children's Hospital, and clinical assistant professor at the University of British Columbia Faculty of Medicine, 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.

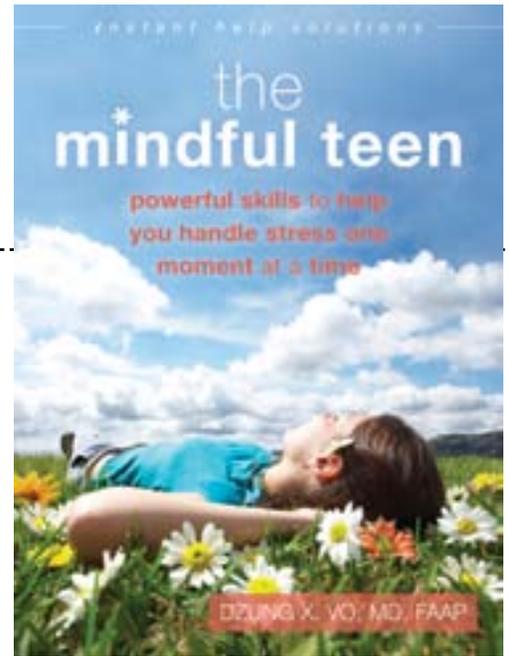
Teens face so many stressors, including: academic stress, family conflicts, dating and relationships. When teens deal with these stressors in unhealthy ways run the risk of engaging in risky behaviors (such as drug and alcohol use) or experiencing unwanted medical symptoms, such as headaches and stomach aches.

The solution: Quick overview of treatment approach

Mindfulness is emerging as a powerful tool for stress management in teens. Estimates of rates of stress in teens vary widely, due to the challenges inherent in defining and measuring stress.

Interest in mindfulness with children and youth is exploding in religious, educational and health care, juvenile justice, and community settings. Accompanying this is a rapid growth in visibility in the popular press and culture. Many excellent books describe mindfulness practice with children and youth, but most of these books are written primarily for parents, educators, and health professionals. Examples of this are *Planting Seeds* (Thich Nhat Hanh, Parallax Press) and *Child's Mind* (Christopher Willard, Parallax Press).

This book is based on the author's MARSA program (Mindful Awareness and Resilience Skills for Adolescents) originally a hospital-based 8-week outpatient mindfulness training program adapted from MBSR and MBCT, but specifically for adolescents with depressive symptoms and stress. MARSA differs from MBSR and MBCT in the style and content: the formal mindfulness practices are shorter and taught in a more developmentally appropriate manner; the background information is drawn from the author's experience working with teens with stress, depression, and pain; MARSA also draws more heavily from cognitive therapy than MBSR.



FOR AN INTERVIEW REQUEST *or*
MORE INFORMATION CONTACT:

Cassie Kolas 510-594-6142
cassie.kolas@newharbinger.com

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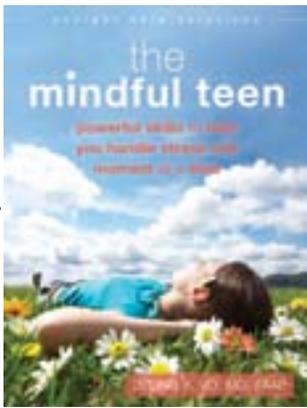
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MINDFULNESS WILL HELP TEENS TO:

- Feel Calm
- Manage Stress With Awareness and Kindness
- Handle Repetitive Negative Thinking That Can Lead to Increased Stress
- Manage Difficult Moods and Emotional Distress
- Manage Physical Pain That is Often Stress Related
- Learn Healthy Alternatives to Handling Stressful Feelings
- Improve Communication
- Improve Emotional Self-Regulation
- Sleep Better
- Recognize Early Signs of Stress and Depression

Praise

“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

“Dzung Vo, my student, is a very dedicated and wonderful adolescent pediatrician. He has written this book as a record of experiences working with adolescents. It is a recommended book on mindfulness for teens and a teaching tool for the Wake Up Movement. I highly recommend this book for teens and teen educators.”

— THICH NHAT HANH, ZEN MASTER, POET, SCHOLAR, ACTIVIST, AND AUTHOR OF BEING PEACE

“Wise and helpful – these teachings are really practical to make life run better.”

What is Instant Help?

Young people today need mental health resources more than ever. That’s why New Harbinger created the Instant Help Solutions Series especially for teens. Written by leading psychologists, these evidence-based self-help books offer practical tips and strategies for dealing with a variety of mental health issues and life challenges teens face, such as depression, anxiety, bullying, eating disorders, trauma, and self-esteem problems.

Studies have shown that young people who learn healthy coping skills early on are better able to navigate problems later in life. Engaging and easy-to-use, these books provide teens with the tools they need to thrive—at home, at school, and on into adulthood.

This series is part of the New Harbinger Instant Help Books imprint, founded by renowned child psychologist Lawrence Shapiro. For a complete list of books in this series, visit newharbinger.com.

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