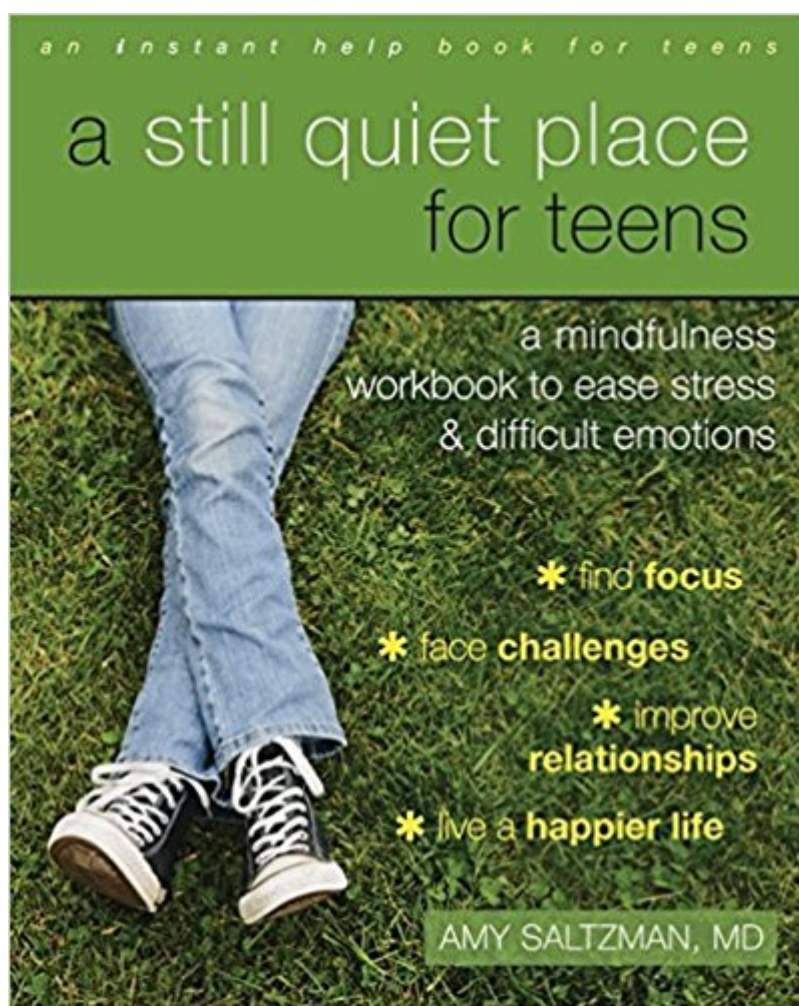


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# A Still Quiet Place For Teens: A Mindfulness Workbook To Ease Stress And Difficult Emotions (Instant Help Book For Teens)



## Synopsis

Being a teen in today's fast-paced, media-saturated world is difficult, and it's not 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.

## Book Information

Series: Instant Help Book for Teens

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Psychology

## Customer Reviews

“In this engaging and highly readable book for teens, Amy Saltzman offers practical mindfulness activities, questions to reflect on, and nuggets of wise guidance. Reading this book and trying the suggested activities is like having a kind and wise friend holding your hand, step-by-step, down the road to less unnecessary stress and greater well-being!

• Dzung X. Vo, MD, author of *The Mindful Teen* “This book is a treasure to explore and absorb. It speaks directly to teens in a clear, respectful, and compassionate way, and invites curiosity and engagement with lightness and without pretense. Amy Saltzman is a gifted teacher of mindfulness and life, and she invites the teen reader to consider what the practice of mindfulness has to offer, to let each reader come to his or her own conclusion about their experience with the practice, and does it with a light touch informed by a deep practice and dedication to the potential of mindfulness. *A Still Quiet Place for Teens* offers a time-proven program that has helped youth of all ages for many years now, and to have a book dedicated to sharing this amazing program with others is a true gift to all who choose to receive it.

• Steven D. Hickman, PsyD, clinical psychologist and executive director at the University of California, San Diego Center for Mindfulness; and associate clinical professor in the UC San Diego departments of psychiatry and family and preventive medicine “With wisdom and compassion, Amy Saltzman invites teens to look squarely at themselves and their relationships, then offers understandings and tools to transform both. Don’t be fooled by the title. This is a book for everyone who has ever been a teen.

• Richard Brady, MS, cofounder of the Mindfulness in Education Network “If you want less stress, more peace, and an easier time navigating the challenging years of adolescence, read this book. Discover and build the wisdom within yourself in Saltzman’s *A Still Quiet Place for Teens*.

• Mark Bertin, MD, developmental pediatrician and author of *Mindful Parenting for ADHD* “Clear, accessible, and to the point, Amy Saltzman’s worksheets deftly translate her years of experience working with youth and supporting mindfulness educators into something every parent, teacher, or clinician can use to share mindfulness with the teenagers in their lives.

• Susan Kaiser Greenland, author of *The Mindful Child*, and cofounder of Inner Kids “Amy Saltzman has offered yet another invaluable resource for teens dealing with struggles of adolescent life, from test-anxiety to trauma. This workbook offers practical, easy-to-read activities and practices that are innovative and accessible to teens of all different sorts of backgrounds. These time-tested mindfulness practices—from easily remembered acronyms to innovative ways for understanding and practicing mindfulness—can help teens deal with the struggles of daily life and become aware of the power they have inside themselves. Highly recommended for teens,

parents, educators, and therapists.

• Sam Himmelstein, PhD, psychologist at the Alameda County Juvenile Justice Center, founder of the Center for Adolescent Studies, and coauthor of *Mindfulness-Based Substance Abuse Treatment for Adolescents*

• Amy Saltzman has again provided the world with a wonderful contribution, revealing how teens can learn a no-nonsense way to reduce overwhelming stress and bring more focus, health, and resilience into their lives. What is also in it for you as teen, or for anyone who might care to learn from this magnificent teacher, is a self-knowledge and set of social and emotional skills that will last a lifetime. You will learn from a kind and thoughtful teacher how to build these same qualities in yourself. What are you waiting for?

• Daniel J. Siegel, MD, author of *The Mindful Brain*, *The Mindful Therapist*, *The Developing Mind*, *Brainstorm*, and *Mindsight*; executive director of the Mindsight Institute; founding codirector of the UCLA Mindful Awareness Research Center; and clinical professor at the David Geffen School of Medicine at UCLA

• Amy Saltzman's workbook is an incredible way for you to learn skills for staying calm and present through any challenging situations life will eventually throw your way—in school, at parties, or on the field. Mindfulness doesn't need to be complicated, time consuming, or weird, and Saltzman can help you fit it into all of the important aspects of your life. I look forward to sharing this gift with my own teenaged clients and students.

• Christopher Willard, PsyD, author of *Child's Mind and Mindfulness for Teen Anxiety*

• "In this book, Dr. Amy talks about many of the things I learned in my one-on-one sessions with her. It was a great refresher on my mindfulness skills, and I think this book will successfully lead many other teens into living mindfully.

• Francesca, age twelve, nationally competitive diver

• "I love Dr. Amy's view of mindfulness and loving-kindness as skills which you can learn, practice, and hone—and that the gift of mindfulness is something you can always give yourself, even in the span of just a few breaths. The book gives clear, simple, and relatable instructions and activities that ease you into mindfulness practice. I really, truly enjoyed *A Still Quiet Place for Teens*; Dr. Amy's voice comes through so sincerely. I know the book is addressed to teens but I still feel like I personally got a lot out of it, and I think pretty much anyone I know, at any age, would benefit from reading the book and following along with the activities.

• Cora, age twenty-one, first-year master's degree student at the University of California, Santa Barbara's Bren School of Environmental Science and Management

Amy Saltzman, MD, is a holistic physician, mindfulness coach, scientist, wife, mother, devoted

student of transformation, longtime athlete, and occasional poet. Her passion is supporting people of all ages in enhancing their well-being and discovering A Still Quiet Place within. She is recognized by her peers as a visionary and pioneer in the fields of holistic medicine and mindfulness for youth. She is founder and director of the Association for Mindfulness in Education, an inaugural and longstanding member of the steering committee for the Mindfulness in Education Network, and a founding member of the Northern California Advisory Committee on Mindfulness. She lives in the San Francisco Bay Area with her husband and two teenaged children. For more information, visit <http://www.stillquietplace.com>.

If you are new to mindfulness, it might seem odd, but give these activities a try. You won't have regrets

looks like a great, very helpful book for my anxious teen son who is interested in meditation.

useful.

Amy is a skilled mindfulness practitioner and teacher. This book has been a wonderful support as I usher my eldest son through adolescents and support many others as a family coach. So many resources, practices and guidance in one small offering. Thank you Amy!

I use this with my teen and adolescent clients. This workbook provides information and guidance in learning skills in becoming more relaxed in your daily living and dealing effectively with the stress that comes your way.

This is a wonderful book for teaching teens about mindfulness. I think perhaps it is dummed down the way it was written though. I purchased the book with the hopes of using it for college age students but am unable to do so since it seems that it was written more for middle school level than even high school, so certainly not college age. But if you are looking for a workbook that explains mindfulness easily and with great exercises for practice, this book will work well.

I purchased this for a young teenage lady that has moved into our home. Unable to get her the counseling that she really needs...the closest I can get are these great workbooks. This book is written in a way that encourages teens to keep reading. Learning how to step back from the busy

crazy world the teens live in now is not a task that a lot of teens know how to do. However, this book teaches them relaxing techniques. It has been great. The first of many workbooks we will be purchasing. Great tool for teens to learn to address the issues that they have buried. Thanks

Great resource! Excellent tools. I am using this in a class of middle schoolers.

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Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) Surviving the Emotional Roller Coaster: DBT Skills to Help Teens Manage Emotions (The Instant Help Solutions Series) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens)

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