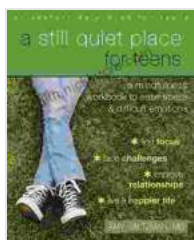


Mindfulness Workbook To Ease Stress And Difficult Emotions

Mindfulness is the practice of paying attention to the present moment, without judgment. It can help us to become more aware of our thoughts, feelings, and body sensations, and to respond to them with compassion and acceptance.



A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions (Instant Help Book for Teens) by Amy Saltzman

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1317 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray for textbooks	: Enabled
Word Wise	: Enabled
Print length	: 179 pages



This workbook is designed to help you develop mindfulness skills to ease stress and difficult emotions. It includes exercises and activities to help you:

- * Become more aware of your thoughts, feelings, and body sensations *
- Respond to thoughts and feelings with compassion and acceptance *
- Develop a more positive and realistic view of yourself and the world *
- Cultivate a sense of calm and well-being

Section 1: Understanding Mindfulness

In this section, you will learn about the basics of mindfulness and how it can help you to ease stress and difficult emotions. You will also explore some of the common challenges to mindfulness and how to overcome them.

Section 2: Exercises and Activities

This section contains a variety of exercises and activities to help you develop mindfulness skills. The exercises are designed to be brief and easy to fit into your busy schedule.

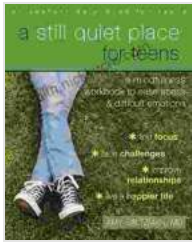
Section 3: Putting Mindfulness into Practice

In this section, you will learn how to apply mindfulness skills to everyday life. You will explore how to use mindfulness to cope with stress, difficult emotions, and physical discomfort. You will also learn how to integrate mindfulness into your relationships, work, and personal life.

Mindfulness is a powerful tool that can help you to ease stress and difficult emotions. By practicing the exercises and activities in this workbook, you can develop mindfulness skills that will benefit you for a lifetime.

About the Author

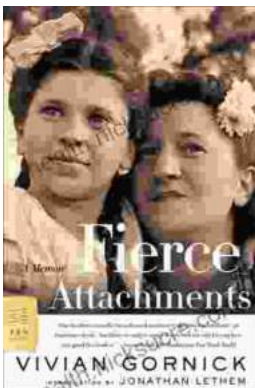
[Author's name] is a certified mindfulness teacher and therapist. She has over 10 years of experience teaching mindfulness to individuals and groups. She is passionate about helping people to develop mindfulness skills to live happier and more fulfilling lives.



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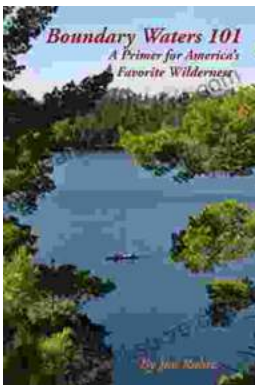
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