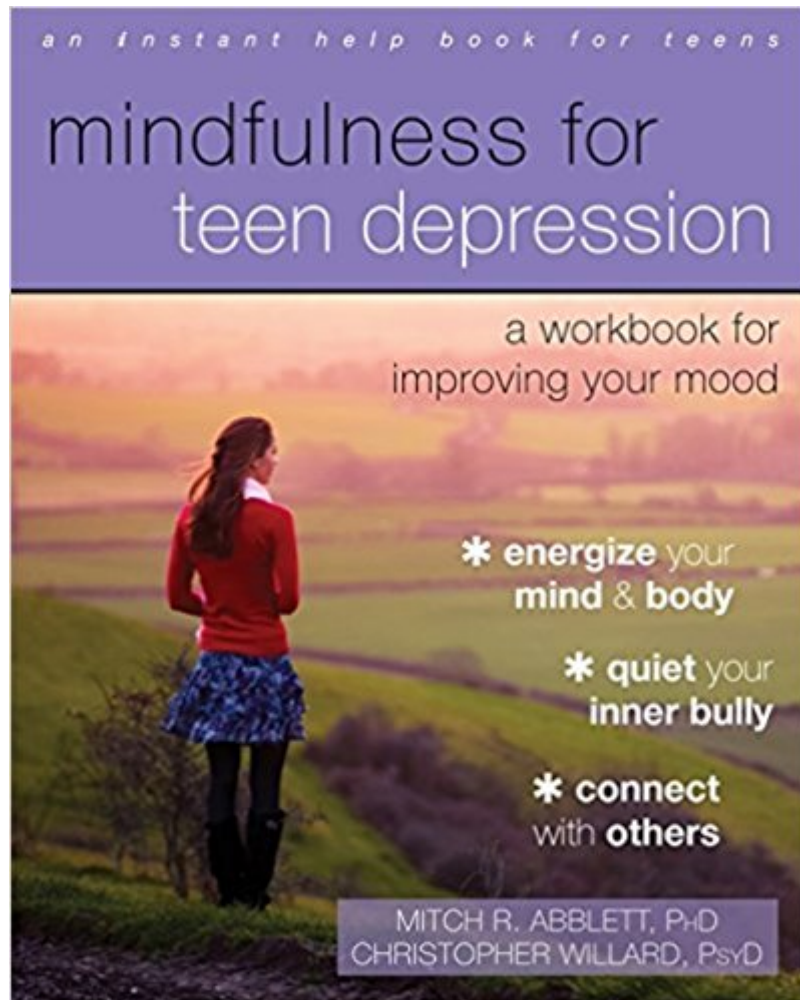




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# Mindfulness For Teen Depression: A Workbook For Improving Your Mood



## Synopsis

In *Mindfulness for Teen Depression*, two teen experts offer powerful tools based in mindfulness and positive psychology to help you ease symptoms, work through troubling thoughts and feelings, and thrive in all aspects of life. If you're a teen with depression, you may often feel sad, lonely, and unmotivated. And it can be especially difficult to do well in school, make friends, and take those important steps toward adulthood. But it's important for you to know that your depression is not your fault, and that it doesn't have to define you. Most importantly, there are steps you can take to feel better. With this powerful workbook, you'll learn effective skills based in mindfulness and positive psychology to help you manage difficult emotions, gain distance from negative thoughts, and enhance your awareness of the present moment. You'll also discover tons of activities and exercises—such as mindful meditations, walking, yoga, healthy eating and sleeping tips, and more—to help you care for your body as well as your mind. Depression can make it seem like you're viewing the world through dark or distorted glasses. When you're depressed, it's even hard to see yourself clearly. This book will empower you to feel better, more energized, and start reaching for your goals—one step at a time.

## Book Information

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## Customer Reviews

"If you are a teen living with depression and ongoing negative internal chatter, this book is for you. It offers simple, straightforward, doable suggestions and practices for taming your internal critic, and moving from feeling down and out to being up and in touch with your best self,

and engaged in a meaningful, satisfying life.

• Amy Saltzman, MD, author of *A Still Quiet Place for Teens* “This book provides a gentle introduction to mindfulness, weaving the practice through traditional approaches to the treatment of depression for teens.

• Lisa M. Schab, LCSW, psychotherapist and author of *The Self-Esteem Workbook for Teens*, *The Anxiety Workbook for Teens*, and *Beyond the Blues* “This wonderful book is the voice of a wise and caring friend. This friend believes in you, knows your strengths, and can support and guide you to free yourself from the weight of depression, and experience the joys of life again.

• Dzung X. Vo, MD, FAAP, author of *The Mindful Teen* “Using down-to-earth language and engaging, adolescent-friendly exercises, Mitch Abblett and Christopher Willard draw on their extensive clinical experience to present a comprehensive array of techniques that address the particular challenges of depression. One key feature that sets this book apart from other workbooks on depression is the authors’ infusion of mindfulness and positive psychology throughout. Threaded throughout the book is the image of Sergeant Mind, the misguided but powerful inner critic whose influence maintains the depressive state. In its emphasis on the power of the mind, the authors’ demystify the characteristics of depression, and help youth move toward a more decentered perspective. This resource, which can be a particularly helpful adjunct to therapy, offers young people body-centered, mental, and interpersonal tools to help them move forward more confidently, capitalize on personal strengths, and act in ways that undercut the power of Sgt. Mind.

• Trish Broderick, PhD, clinical psychologist and research associate at the Bennett Pierce Prevention Research Center at The Pennsylvania State University, author of *Learning to Breathe*, and coauthor of *The Life Span* “Want to take charge of your own life and improve your mood? Pick up *Mindfulness for Teen Depression*. It offers realistic, accessible ways to feel less overwhelmed and down on yourself and more confident and at ease. Mitch Abblett and Christopher Willard have once again created an easy-to-read book that sets things out in straight-forward fashion. I imagine anyone, not only teens, will find *Mindfulness for Teen Depression* both useful and inspiring.

• Mark Bertin, MD, author of *Mindful Parenting for ADHD*

Mitch R. Abblett, PhD, is a clinical psychologist and clinical director of the Manville School, a therapeutic day school program in Boston, MA, serving children and adolescents with emotional, behavioral, and learning difficulties. He maintains a private practice, and has written regarding mindfulness, clinical work, and youth mental health needs. He conducts national and international trainings on mindfulness and its applications. Christopher Willard, PsyD, is a psychologist and

educational consultant based in Boston, MA, specializing in mindfulness. He has been practicing meditation for over fifteen years, and leads workshops internationally on the topic of mindfulness for treating young people. He currently serves on the board of directors at the Institute for Meditation and Psychotherapy, and the Mindfulness in Education Network. His thoughts on mental health have been featured in The New York Times, on cnn.com, and elsewhere. Willard is author of Child's Mind, Growing Up Mindful, and three other books. He teaches on the faculty of Harvard Medical School.

Great series, easily relatable and easy to do - just have to do it!

Its a great book to work with teens who have depression

This workbook has been great to use with my teenage clients! It's really well written, and is definitely age appropriate for teenagers. I've been trying to introduce my teen clients to mindfulness and most that I've tried to use this with have really connected to the mindfulness exercises. It has been really helpful to use them to introduce mindfulness to those who don't know much about it. I can also imagine a teen working through this on their own or with a parent. Overall, very helpful!

As a professional counselor who works with children and teens, I feel this is a great resource for both therapists and their clients. This book will be useful to me in one-on-one interventions as I help my clients understand and respond to depression in healthy ways. It would also be a great resource for my clients to work on at home between sessions. Recommended!Note: I received a complementary e-ARC of this book for review through NetGalley.

Very helpful. Has some nice activities and information. I would have like a little more on mindfulness techniques/activities and a little less on the depression, but overall it is a great overview for teens.I received an ARC of this on Net Galley.

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