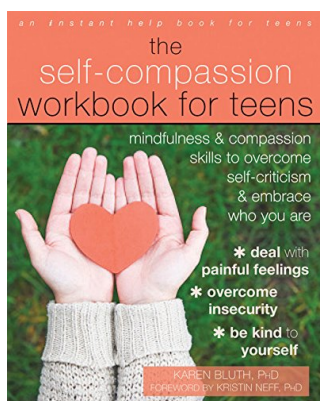


[PDF] The Self-Compassion Workbook For Teens: Mindfulness And Compassion Skills To Overcome Self-Criticism And Embrace Who You Are

Karen Bluth PhD - pdf download free book



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Description:

Your teen years are a time of change, growth, and—all too often—psychological struggle. To make matters worse, you are often your own worst critic. *The Self-Compassion Workbook for Teens* offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and self-criticism, cultivate compassion toward yourself and others, and embrace who you really are.

As a teen, you're going through major changes—both physically and mentally. These changes can have a dramatic effect on how you perceive, understand, and interpret the world around you, leaving you feeling stressed and anxious. Additionally, you may also find yourself comparing yourself to others—whether its friends, classmates, or celebrities and models. And all of this comparison can leave you feeling like you just aren't enough. So, how can you move past feelings of stress and insecurity and start living the life you really want?

Written by psychologist Karen Bluth and based on practices adapted from Kristin Neff and Christopher Germer's *Mindful Self-Compassion* program, this workbook offers fun and tactile exercises grounded in mindfulness and self-compassion to help you cope more effectively with the ongoing challenges of day-to-day life. You'll learn how to be present with difficult emotions, and respond to these emotions with greater kindness and self-care. By practicing these activities and meditations, you'll learn specific tools to help you navigate the emotional ups and downs of the teen years with greater ease.

Life is imperfect—and so are we. But if you're ready to move past self-criticism and self-judgment and embrace your unique self, this compassionate guide will light the way.

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