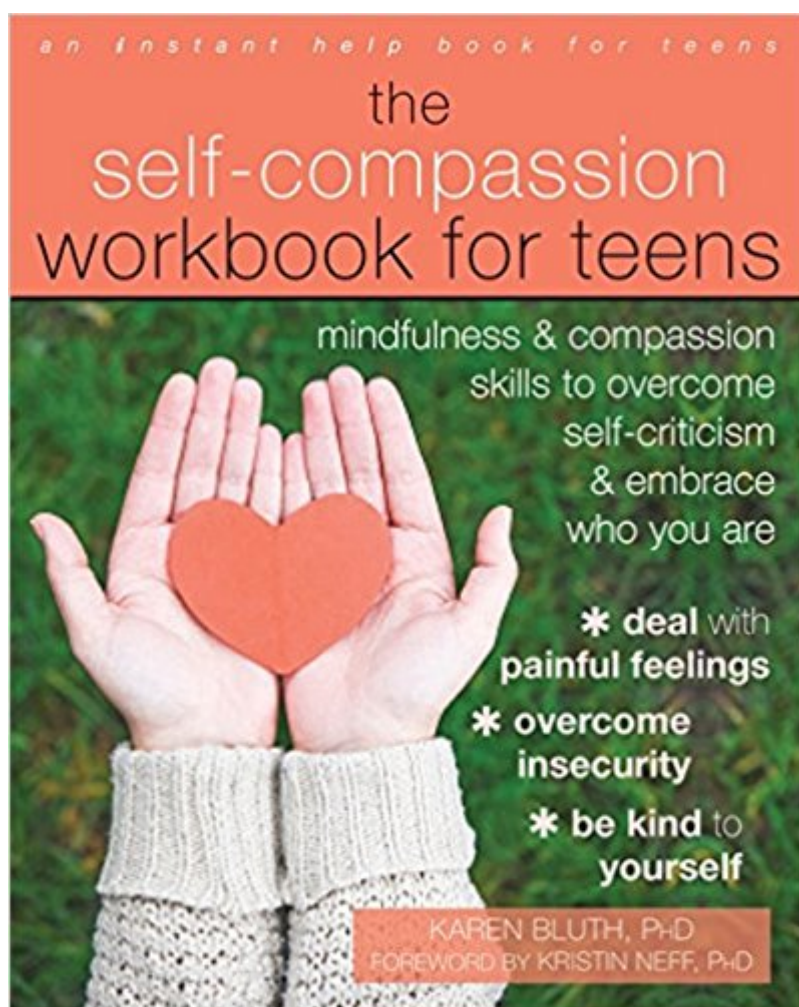


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# The Self-Compassion Workbook For Teens: Mindfulness And Compassion Skills To Overcome Self-Criticism And Embrace Who You Are (An Instant Help Book For Teens)





## Synopsis

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.

## Book Information

Series: An Instant Help Book for Teens

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## Customer Reviews

Karen Bluth, PhD, earned her doctoral degree in Child and Family Studies at the University of Tennessee. She is currently part of the research faculty in the Program on Integrative Medicine in the School of Medicine at University of North Carolina, Chapel Hill. Her work focuses on the roles that mindfulness and self-compassion play in promoting wellbeing in teens. Bluth was awarded a Francisco J. Varela research award from the Mind and Life Institute in 2012, which allowed her to explore the effects of a mindfulness intervention on adolescents' well-being through examining stress biomarkers. In spring, 2015, she was the recipient of an internal University of North Carolina grant to explore relationships among mindfulness, self-compassion, and emotional well-being in teens in grades 7-12. In addition to her research, Bluth regularly teaches mindfulness and mindful self-compassion courses to both adults and teens in the Chapel Hill, NC area and regularly gives talks and leads workshops at universities and schools. In collaboration with Lorraine Hobbs, Bluth has adapted Kristin Neff and Christopher Germer's Mindful Self-Compassion program for an adolescent population. A former educator with eighteen years classroom experience, Bluth is currently associate editor of the academic journal, *Mindfulness*. Foreword writer Kristin Neff, PhD, is currently associate professor of educational psychology at the University of Texas at Austin. She is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago. In addition to writing numerous academic articles and book chapters on the topic, she is author of the book *Self-Compassion: The Proven Power of Being Kind to Yourself*, released by William Morrow. In conjunction with her colleague Christopher Germer, she developed an empirically supported eight-week training program called Mindful Self-Compassion, and offers workshops on self-compassion worldwide. Neff is also featured in the bestselling book and award-winning documentary *The Horse Boy*, which chronicles her family's journey to Mongolia, where they trekked on horseback to find healing for her autistic son.

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