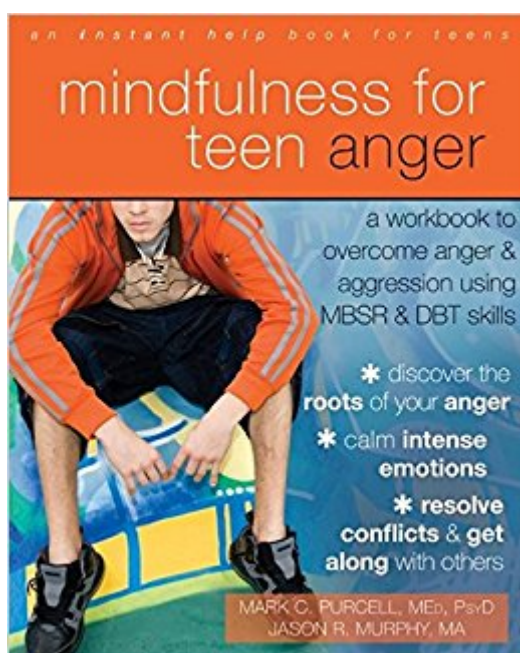


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# Mindfulness For Teen Anger: A Workbook To Overcome Anger And Aggression Using MBSR And DBT Skills



## Synopsis

Do you ever feel so frustrated with school, friends, parents, and life in general that you lose control of your emotions and lash out? You shouldn't feel ashamed. Being a teen in today's world is hard, but it's even harder when you're unable to keep your cool in stressful situations. Fortunately, there are things you can do to make positive changes in your life. Using proven effective mindfulness-based stress reduction (MBSR) and dialectical behavioral therapy (DBT), *Mindfulness for Teen Anger* will teach you the difference between healthy and unhealthy forms of anger. Inside, you'll learn how to make better choices, how to stop overreacting, find emotional balance, and be more aware of your thoughts and feelings in the moment. You'll also learn skills for building positive relationships with peers, friends, and family. As a teen, the relationship skills you learn now can help you thrive in the future. With a little help, and by cultivating compassion and understanding for yourself and others, you will be able to transform your fear and anger into confidence and kindness.

## Book Information

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## Customer Reviews

“This is not a book; it is a life raft, a survival kit, and a refuge. Mark C. Purcell and Jason R. Murphy have offered us the most precious gifts possible: tools for finding inner freedom and meditation techniques that will surely lead to a greater sense of happiness and well-being.” *Mindfulness for Teen Anger* is the book I needed as a confused youth sitting in juvenile hall trying to figure out how to save my own life with meditation. • Noah Levine, author of *Dharma Punx*, *Against the Stream*, *Heart of the Revolution*, and *Refuge*

Recovery&#147;At last, a nonjudgmental and systematic approach for dealing with anger! This comprehensive and wise workbook offers an array of practical tools and meditations to help understand, work with, and transform our anger. It's geared to teens but truly useful for any age.

• Diana Winston, director of mindfulness education, UCLA Mindful Awareness Research Center, and author of Fully Present: The Science, Art, and Practice of Mindfulness

• This book fills an important gap in the treatment landscape for teens. Many teens have difficulties managing anger and its attendant urges and behaviors, but not everyone has access to the relief that mindfulness and other DBT skills can bring. The idea of an instant help book for teens is a perfect format for today's fast-paced world, and Murphy and Purcell have helpfully broken up complex concepts into easily digestible chunks for any teenager who is even slightly open to decreasing their anger and aggression. Highly recommended.

• Esme A.L. Shaller, PhD, director of the dialectical behavior therapy program at University of California, San Francisco, and assistant clinical professor at University of California, San Francisco and Berkeley

• Mindfulness for Teen Anger is an important book to help one live better with anger. Through down-to-earth stories and practical exercises and skills, one can learn to transform anger into deeper understanding and peace. This book will be highly recommended to any teen living with anger and hostility who wants to get at its root cause to live a freer and happier life.

• Bob Stahl, PhD, coauthor of A Mindfulness-Based Stress Reduction Workbook, Living with Your Heart Wide Open, Calming the Rush of Panic, and A Mindfulness-Based Stress Reduction Workbook for Anxiety

• This is a great book. Anger is a normal part of growing up, but everyone can master skills to cope with such a stressful emotion. This book helps readers understand anger and how to master it. The simple exercises coach teens to develop healthy emotional coping skills. This book is a fabulous resource.

• Kellen Glinder, MD, pediatrician and department chair at the Palo Alto office of the Palo Alto Medical Foundation

• Mindfulness for Teen Anger is one of the most comprehensive approaches to adolescent anger I have found. It not only provides practical tools to help teens understand and manage their anger, but goes deeper to help them develop emotional resilience. Using real-life examples and an engaging style, this book teaches teens how to improve their emotional control with strategies ranging from trusting your wise mind and thinking cool thoughts, to practicing guided meditations and assertive communication. This book is so much more than just an anger management workbook; it is an instruction manual for social and emotional health.

• Holly Pedersen, PhD, MFT, director of community education and the bullying prevention program at Jewish Children and Family Services in Palo Alto,

CA#147;Mindfulness for Teen Anger is the kind of book I would recommend because it is truly directed at a teen. It talks to you, not at you like so many other teen workbooks. In addition, it gives information and ideas, allowing the reader to draw their own conclusions about their actions, reactions, thoughts, and feelings. It is a versatile book#151;one that could be read and used by teens alone, one that could help parents, one a therapist could use with a teen, one a teacher could use with a class, and the list goes on.~ç~ -Â• #151;Susan M. Howe, LMFT, licensed marriage and family therapist and director of transitional age youth services at Edgewood Center for Children and Families#147;After reviewing this book I was very excited about the potential it has to help children cope with and regulate their emotions. It provides a very good source workbook for any teen trying to understand and work through anger issues.~ Â The key to controlling anger is in our thinking. The approach in this book helps teens [cultivate] mindfulness, which allows them to pay attention to the present and observe and understand their thoughts and feelings. This awakens them to their experiences in a very pragmatic way. I highly recommend this book to anyone interested in helping a teenager cope with anger and aggression.~ Â It is practical and understandable, and will provide direct assistance to teens in establishing the thought control necessary to change their behavior." #151;Joseph J. Cozzo MA, MS, LMHC, president and CEO at Buffalo Hearing & Speech Center#147;An easy-to-read manual for adolescents dealing with anger problems. There is a great need for a self-help book like this for dealing with anger. A practical and accessible guide.~ç~ -Â• #151;Omid J. Naim, MD, adult, child, and adolescent psychiatrist at Hope Integrative Psychiatry#147;This is an immensely useful resource for both psychotherapists and clients. [Purcell and Murphy's] book provides an excellent explication of cutting-edge knowledge of the mindfulness approach and its value for effective treatment of adolescent issues. We in the mental health profession will be grateful beneficiaries in years to come.~ç~ -Â• #151;Benjamin R. Tong, PhD, professor of clinical psychology at the California Institute of Integral Studies

I want to take this opportunity to thank all of you who have supported this workbook. We Mark and I believe that this book is helpful for young and older people alike. It is our hope that this is the beginning of series of books using the modalities of MBSR and DBT to help navigate the challenges young people face in this life.~ Â Thanks again for your support.Jason Murphy-Pedulla MA, MFTI

I work with teens with anger issues. One teen I work with doubted working through this book would be any more beneficial than the other anger management programs he has been through. He read

the intro and then I asked him if his past anger management programs focused on behaviors he can do to manage his anger like deep breathing and counting, to which he replied "Yes." I asked him if he had ever gone through a program based on developing insight and getting to the root causes of his anger, to which he replied "No." When he realized this book works on anger from a different perspective than the programs he has been through, he was hooked. It is written perfectly for the teen crowd.

I am a therapist and use this book with adolescent clients. I have found it to be very useful in helping clients understand their anger. It is a good supplement to other interventions and I recommend to anyone working with teenagers.

This book is helpful for me, as a therapist, working with teenagers who experience anger and struggle with controlling it in a safe fashion. However, it can be a little tough for some kids to understand, it is definitely not for those whose intellect is lower than your average 16-18 year old kid. Also, I cannot imagine a 16 year old boy, for instance, willingly doing this on his own, but it is a great tool for a therapist.

This workbook has multiple exercises to help a teen or an adult identify triggers, physical sensations of anger, and shares great coping skills to overcoming anger and violent behavior. I'll be using this at work with my teens.

This is an incredible book. I highly recommend it as a self-help/self-exploration workbook. The teen years are often filled with frustration, anger and internal rage. This book is a great tool that allows the teen to work on and through the most difficult times. It is obvious to me that this book was created from years of training and experience working with troubled youth. It definitely exhibits the expertise that is required to provide such powerful healing material.

Very fast shipping. Bought this book as a recommendation from my brother's counselor. Seems to work well for him.

This book has been so helpful in my practice because it says things in a way teens understand.

Down-to-earth, simple and straight-forward, this book is written in a way that speaks directly to

teens. Yet, at the same time, it offers tools and techniques for ANYONE who struggles to find healthier, wiser ways to deal with anger. Tested through the authors' personal and professional experiences, the book offers over 40 activities for understanding and working through anger, and provides links to downloadable guided meditations. As a mindfulness instructor, I appreciate this very valuable resource.

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The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook)  
Assessing Aggression Thresholds in Dogs: Using the Assess-a-pet Protocol to Better Understand Aggression  
The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook)  
Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges  
The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance  
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Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls  
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Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen)  
Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series)  
DBT™ Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT

STEPS-A) (The Guilford Practical Intervention in the Schools Series) Don't Let Your Emotions Run Your Life for Kids: A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings

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