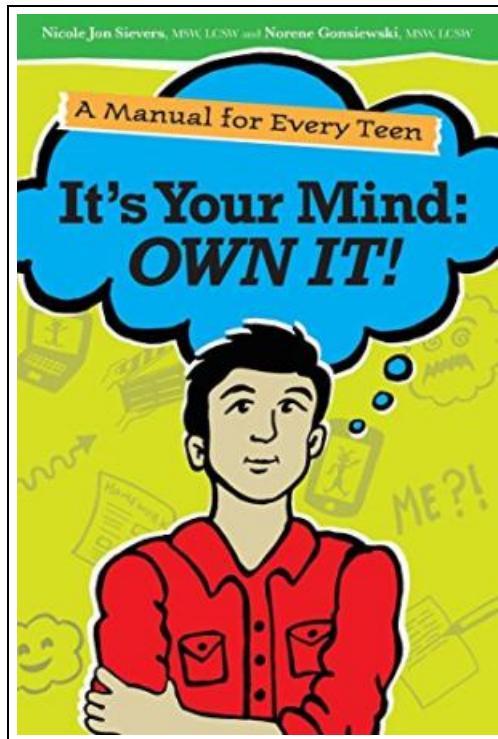


It's Your Mind: Own It!



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Reviews

This is an remarkable publication that I have ever read. Indeed, it is actually engage in, nevertheless an interesting and amazing literature. I am just happy to inform you that this is the best publication i have got go through during my personal lifestyle and may be he finest ebook for actually.
(Toby Baumbach)

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Innovations in Counseling Inc, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Adolescence isn't easy. But the youth-friendly **It's Your Mind: Own It!** can help every teen have an awesome life. Written by veteran therapists Nicole Jon Sievers and Norene Gonsiewski, **It's Your Mind: Own It!** is a treasure chest of neuroscience-based information to help youth 1) understand why they're thinking what they're thinking and why they're feeling what they're feeling, 2) learn to extinguish automatic negative thoughts (ANTS), and 3) master strategies for dealing with setbacks and for embracing challenges. This innovative manual for teaching teens to take control of their roller coaster of feelings is grounded in Cognitive Behavioral Theory and delightfully illustrated with some of life's pests such as Inner Critic, Inner Rebel, Mother of All Criticism, and the ANTs of Should, Taking Things Personally, and Jumping to Conclusions. Featured topics include understanding the brain, coping with anger, managing anxiety, dealing with depression, getting motivated, finding success in failure, practicing compassion, maintaining balance in life, managing stress, and living with gratitude. Time-tested exercises supplement each of the 12 chapters, reinforcing the concepts for the reader. Youth, for example, are encouraged to practice labeling their ANTs and rewriting their stories with realistic, balanced thoughts. Ultimately, the authors challenge youth to own their minds, by which they can find their inner power and create a life they love. ADVANCE REVIEWS The ultimate road map for a teenager. . . . Information that will help teenagers and young adults find their inner power, their sense of can do, their strength and courage to seek out their own success. BILLY MORRISON -- Artist, actor, and guitarist for Billy Idol and...

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