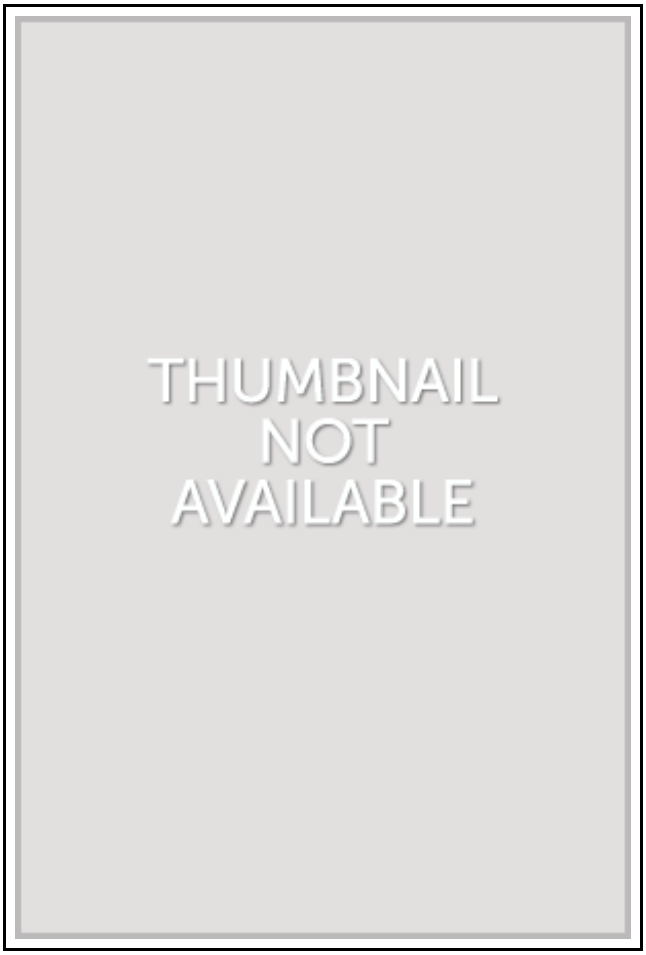
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Reviews

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(Mr. Martin 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 exterminate 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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