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the trauma & adversity workbook for teens

mindfulness-based skills
to overcome & recover from
prolonged toxic stress

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GINA M. BIEGEL, MA, LMFT, is a psychotherapist, researcher, speaker, and author specializing in mindfulness-based work with adolescents. In 2004, she founded and created the evidence-based mindfulness-based stress reduction for teens (MBSR-T) program. She is author of *Take in the Good*, *Be Mindful and Stress Less*, and *The Stress Reduction Workbook for Teens*.

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This engaging workbook offers powerful skills to help teens overcome the effects of trauma and adversity—and thrive. They'll learn all about how their mind and bodies respond to stress, how to identify emotional triggers, and how to stay grounded when life feels too big to handle. If they're struggling with the effects of toxic stress, they should know that they are not alone, and there is nothing to be ashamed of. With this workbook, teens can start moving through their trauma and toward the life they want.

THIS WORKBOOK CAN HELP TEENS:

- * Cultivate confidence and self-compassion
- * Move past self-harming behaviors
- * Manage intense thoughts and feelings
- * Find inner calm when they need it most

“Hope and healing are just moments away in this fabulous manual to move from struggling with trauma to living freely and fully with strength and joy.”

—DANIEL J. SIEGEL, MD, *New York Times* bestselling author of *Brainstorm*



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