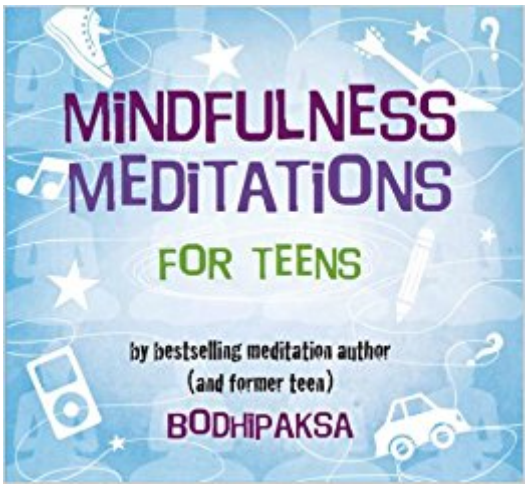
Ebook Directory
the best source of ebook

The book was found

Mindfulness Meditations For Teens



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Studies have shown that teens who meditate are happier, more focused, and less likely to engage in unhealthy behaviors ranging from bullying to bulimia. Not so long ago, many people thought that meditation involved dropping out of society and joining a cult. But most of us don't want to drop out of society -- we just don't want it messing with our heads. Mindfulness is a way of holding on to your sanity when life seems to be going out of its way to make you go crazy -- with people who don't understand you, work, schoolwork, stress, and scheduling challenges that would baffle a super-computer. Mindfulness is a way of getting back control over what goes on in your head, so that your own thoughts and emotions don't drive you insane. Mindfulness can help you discover the real you that's buried below all the junk that life fills your head with. It helps you to be more genuinely yourself. Once you learn to quiet your mind you'll find that there's a calmer, more positive, more creative you just waiting to be let free. Contents: 1. Introduction. 0:31 2. Why Meditate? (And what is mindfulness, anyway?) 5:00 3. Listen Up! (Listening as a mindfulness practice.) 7:27 4. Eye-Max. (A quick way to relax.) 7:48 5. Getting Out of Our Heads. (Meditating on the body.) 16:39 6. Go With the Flow. (Meditating with the breath.) 11:49 7. Shields Up! (Finding peace and security.) 7:43 8. Rewind, Be Kind (Learning to love life -- and yourself) 9:44 9. One Thing at a Time. (Bringing mindfulness into daily life.) 5:01 10. Credits 0:32 Total Running Time: 72:31

Book Information

Audio CD

Publisher: Wildmind (December 9, 2011)

Language: English

ISBN-10: 0972441476

ISBN-13: 978-0972441476

Product Dimensions: 5.7 x 0.3 x 5 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 21 customer reviews

Best Sellers Rank: #60,126 in Books (See Top 100 in Books) #12 inÃ Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #13 inÃ Â Books > Books on CD > Health, Mind & Body > General #13 inÃ Â Books > Books on CD > Health, Mind & Body > Meditation

Customer Reviews

Bodhipaksa is from Scotland, and he started meditating when he was in his teens. He says that meditation has changed his life, and he believes it can change yours as well. Yeah, the name. No,

it’s not Scottish. Bodhipaksa was given his name (it means "Wings of Enlightenment") when he joined a Buddhist order in 1993. It’s now his legal name, and it reminds him of the need to keep balance in life.

This is an excellent support and introduction to mindfulness practice. The way the meditations are shared evidence Bodhipaksa’s involvement and knowledge and experience of practicing this particular type of meditation. The narrative is clear and simply delivered so that adolescents would not balk or take offense. I have heard other CD’s aimed at teens but they were simplistic rather than simple, seemed to talk down to people and were not as succinct or as relaxing as is this CD. There are a multitude of varied meditations with focus on different aspects of mindfulness practice. I appreciate the delivery of a much needed skill from one who is practicing as he speaks. Thank you very much.

My 11y/o son is dealing with generalized anxiety after 2.5 years of chemotherapy for T-cell NHL. He was having trouble calming his mind, and was worrying about everything from dying to the droughts in California. He uses this often to help relax and get to sleep. THANK TOU BODHIPAKSA!

This meditation CD is for beginners, it covers the basics in a way that doesn’t talk down to you or make you feel like the teacher is holier than thou. Bodhipaksa is from Scotland and has a Scottish accent. I found it very pleasant, not at all distracting. My teen son loves this CD and uses it frequently.

I sampled a few meditation/ relaxation tapes - many geared for adolescents. This is my favorite so far. It’s simple in format - just this Buddhist from Scotland giving a little explanation and facilitating several techniques in Mindfulness. No music - no back ground - and he’s great! His voice and delivery radiate centeredness and mindfulness. He does not patronize youngsters - but presents clearly and understandably. It can Used and enjoyed by parents and grandparents too!

We love the guy’s soothing (and Scottish??) accent. Very relaxing. I highly recommend this cd. My 13-year-old listens to it before she goes to bed.

Great for boys, great for mums!Good variety of meditations and variations of time.Great that it’s a male leading the meditations.Even explains why and what is mindfulness!

I play this soothing cd while the kids are getting ready for bed and anytime they need to calm themselves. Our kids are ages 13-9 and the all like it

The files on this CD are not recognized by iTunes on my computer, which is where I play music from. They are in .cda format. This CD is useless to me.

Download to continue reading...

Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Mindfulness Meditations for Teens The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions (Instant Help Book for Teens) 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) Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologuesfor Teens by Teens (Young Actors Series) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn 10-Minute Mindfulness: 71 Habits for Living in the Present Moment (Mindfulness Books Series Book 2) Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present moment) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2018: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day Meditations on Intention and Being: Daily Reflections on the Path of Yoga, Mindfulness, and Compassion (An Anchor Books Original) The Mindfulness in Knitting: Meditations on Craft and Calm Meditations on Intention and Being:

Daily Reflections on the Path of Yoga, Mindfulness, and Compassion

Contact Us

DMCA

Privacy

FAQ & Help