



Mindfulness for Teen Depression: A Workbook for Improving Your Mood

Christopher Willard, Mitch R. Abblett

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In *Mindfulness for Teen Depression*, two teen experts offer powerful tools based in mindfulness and positive psychology to help you ease symptoms, work through troubling thoughts and feelings, and thrive in all aspects of life.

If you're a teen with depression, you may often feel sad, lonely, and unmotivated. And it can be especially difficult to do well in school, make friends, and take those important steps toward adulthood. But it's important for you to know that your depression is not your fault, and that it doesn't have to define you. Most importantly, there are steps you can take to feel better.

With this powerful workbook, you'll learn effective skills based in mindfulness and positive psychology to help you manage difficult emotions, gain distance from negative thoughts, and enhance your awareness of the present moment. You'll also discover tons of activities and exercises—such as mindful meditations, walking, yoga, healthy eating and sleeping tips, and more—to help you care for your body as well as your mind.

Depression can make it seem like you're viewing the world through dark or distorted glasses. When you're depressed, it's even hard to see *yourself* clearly. This book will empower you to feel better, more energized, and start reaching for your goals—one step at a time.

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Jeff Cunningham:

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Jesus Rhode:

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