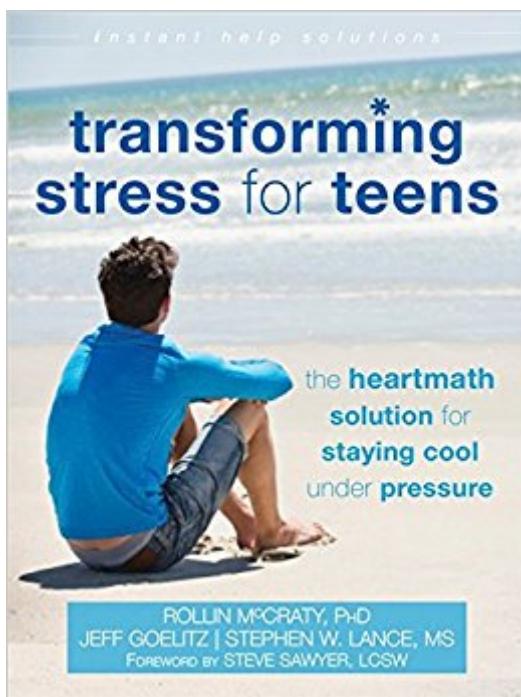


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# Transforming Stress For Teens: The HeartMath Solution For Staying Cool Under Pressure (The Instant Help Solutions Series)



## Synopsis

It's stressful being a teen! In *Transforming Stress for Teens*, leaders from the world-renowned Institute of HeartMath and Clemson University's Youth Learning Institute team up to teach overwhelmed and stressed-out teens how to use HeartMath skills—proven-effective tools and techniques to help you manage daily stress and anxiety, and develop resilience by managing emotion. The teen years are a time of significant change and growth, and teens face numerous stressors like homework overload, conflict with friends and family, balancing school and other responsibilities, and dealing with the all-too-common feeling of being left out or of not belonging. Emotions can "drain your battery," and many teens struggle when it comes to managing their everyday stress. Some withdraw or even turn to destructive behaviors in an effort to feel better. Following the success of *Transforming Stress*, this book is the first to provide teens with the life-changing, proven-effective HeartMath skills for reducing stress. Using these practical evidence-based concepts and techniques, this book will help you manage stress by showing you how to manage your emotions. And with these emotion regulation skills, like the relaxing heart-breathing technique, you'll feel calmer, be more confident, think more clearly, bounce back from challenging situations, and enjoy life with a new understanding of what's really important to you. *Transforming Stress for Teens* will help you recognize the mental, emotional, and physical impact of stress, and guide you toward finding balance, clarity, and self-assurance with the proven HeartMath tools. When you feel better, you do better—this book will show you how.

## Book Information

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## Customer Reviews

Gr 9 Up  A common complaint among teens is that too many things stress them out. Without a proper definition and understanding of stress, it is easy to understand why students do not know how to approach and remedy the situation. McCraty, Goelitz, Moor, and Lance define stress as a feeling or emotion in response to an external event or happening. The authors go on to outline steps and strategies such as heart-focused breathing and better communication skills. Most of the content follows the HeartMath System  a process developed by the HeartMath Institute, a nonprofit research organization. VERDICT While the text is accessible, the different exercises may be somewhat overwhelming to average teens on their own; better suited for group participation.  Jeanette Lambert, Nashville-Davidson County Schools, TN

 Filled with research-proven, practical suggestions for transforming stress in teens, this insightful book can help you create clarity and calm in the face of the daily challenges of life. This is a step-by-step guide with accessible practices as well as interesting proposals about intuition and relationships, offering new ways of strengthening your mind and improving your life. Dive in and feel the power of this approach!  Daniel J. Siegel, MD, New York Times bestselling author of Brainstorm and Mind  Less stress, less drama, more true friends! Transforming Stress for Teens provides the skills and knowledge teens need to take back their power, and experience both acceptance and understanding. Fit in, be loving, and be loved, yet remain uniquely and genuinely you! A must read.  Becky A. Bailey, PhD, internationally acclaimed author and speaker, and creator of the Conscious Discipline system of self-regulation for parents, teachers, and students  Accessible and engaging, this book provides what today's teens need  practical tools to help them manage emotions, navigate their world with greater ease, and be more of who they truly are. It is a gem, and I will wholeheartedly recommend it to the teens and parents I work with.  Judy Grupenhoff, MS, MEd, youth specialist at Providence Behavioral Health Hospital  Transforming Stress for Teens sets itself apart from the large number of available books and workbooks for adolescents on managing stress, by moving beyond simple discussions of relaxation and awareness strategies, and additionally explaining and emphasizing the key role that emotional experience and emotional regulation play in truly mastering stress in all aspects of life. I find this book to be unique among self-help books for adolescents in its discussion of fascinating (and important) topics such as coherence, the heart-brain connection,

intuition, and communication in very clear language with great real-life examples. The authors do an exemplary job making the chapter topics interesting and relevant for teens in their day-to-day experience, and then provide tools and techniques that are time-efficient and easy to use.â••  
â•• Timothy Culbert, MD, FAAP, developmental/behavioral pediatrician and medical director of the Integrative Medicine Program at PrairieCare Medical Group in Minneapolis, MNâ•“Itâ•“s a factâ•“ teen life is stressful! It seems the pressure is always on to make (and keep) friends, make the grades, make the team, and, most importantly, make sure parents are pleased. Research indicates that adolescents who learn to identify and overcome everyday stressors now, are better able to navigate through tough situations, reduce stress, and remain resilient as adults. *Transforming Stress for Teens* is the perfect guide to help teens learn easy-to-use tools and techniques to beat stress and thrive for the rest of their lives.â••  
â•• Susan Alford, state director of South Carolinaâ•“s Department of Social Servicesâ•“For the last several years at Olympia Sports Camp, we have taught the ideas and tools found in this book to thousands of youth to help them learn how to manage their emotions instead of just reacting to life situations. With *Transforming Stress for Teens*, teens can become the hero of their own journey by learning the qualities of their deeper hearts while on the path of discovering who they really are. I highly recommend this book.â••  
â•• Dave Grace, founder and director of Olympia Sports Camp in Ontario, Canadaâ•“Young people today experience a high level of stress. This greatly affects their potential for optimal performance.â• I have found HeartMathâ•® techniques to be both practical and simple for their day-to-day lives.â• I highly recommend this book toâ• every young person in search of a techniqueâ• for copingâ• with stress.â••  
â•• Jorge Calzadilla, MEd, vice president of the Division of Public Service at Florida Atlantic University, former executive director of Clemson Universityâ•“s Youth Learning Institute (YLI), and board member of The Conservation Fundâ•“s National Forum on Children and Nature, Institute of HeartMathâ•®, and the National Youth Advocate Programâ•“*Transforming Stress for Teens* is a wonderful resource of practical strategies and tools to help teens reduce their stress and build resilience. I love how each chapter reinforces the concepts and tools presented in previous chapters. The exercises are thoughtful, practical, easy to complete, and will help teens make healthier decisions with a renewed sense of hope and self-reliance. I am confident that thousands of teens will greatly benefit from the practical advice laid out in this book.â••  
â•• Jacqui Letran, NP, teen confidence expert, speaker, and author of *I Would, but My Damn Mind Wonâ•“t Let Me!* and *Five Simple Questions to Reclaim Your Happiness*“From academics to athletics to music lessons and more, todayâ•“s

adolescents carry a heap of responsibility, often not in line with their own objectives. Here, McCraty (director of research, HeartMath Inst.) with a team of other educators aims to help teens manage stress, anxiety, daily emotions, and more. Based primarily on techniques involving emotional regulation skills, the work assists young people in understanding their emotions, listening to their inner voices, communicating with integrity, and developing healthy relationships. Differentiating between statements such as 'chill out' and actually relaxing, the authors seek to put life into perspective and to show teens how to do right by themselves by taking a step back and listening to their inner selves. VERDICT Recommended for YA collections in high school and public libraries." —Library Journal

It's a gift. Teens struggle daily with decisions. This may help to pave the way toward a better understanding of why they think and do things the way they do. I'm interested in reading it too.

Great book. I like getting the teens started early doing Heart Math and becoming more self aware! It puts them in the drivers seat of their own lives!

Thank you

Written for teenagers, this is more than a self-help book. It offers professional guidance and inspiration for overcoming the usual stress the teens are dealing with on a daily basis. It focuses on the strengthening of the individual and an efficient emotions management. The writing is accessible yet maintaining a scientific level. Strongly recommended to any teen trying to find his or her way out of this time of uncertainties in a smooth and less confrontational way. Disclaimer: Book offered by the publisher in exchange for an honest review

I have been using the HeartMath techniques for over twenty years and specialize in working with high school students. My tag line is "Resilience Creates Brilliance". I have found that Transforming Stress for Teens is a brilliant compilation of precisely how to do this. Teens are always telling me about the challenges they face on a daily basis including school, homework, tests, quizzes, SAT/ACT, sports performance, artistic performance, relationships, health, college applications, and all the doubts and fears of the future. Overwhelm and anxiety are all too familiar feelings. Transforming Stress for Teens teaches practical tools and techniques to help them navigate all the emotional and mental turbulence. The HeartMath system is evidence-based. This is

so important in today's world. My wish for this book and this system is that it be adopted in every school!M. Patrice Khan PhD Head and Heart Intelligence[...]

As an educator of teens with special needs, I found Transforming Stress for Teens to be an invaluable guide for providing beneficial tools to relieve the everyday stress of my students. It provided practical techniques through challenging scenarios that I employ in my classroom and which my students continue to use at home and in their daily lives.

As an Early Childhood Behavior Specialist, I found this book to be a great catalyst not only to practice the tools that lead to coherence, but also as a conversation starter for both teens and their families. Working in the field of mental health, this easy to read, relevant "teen language", addresses life's challenging growing pains with simplicity; this can lead to confidence which in turn can lead to coherence. I appreciate the authors' intentional "can do" approach to supporting teen mental health! Truly an evidence-based resource that should be shared with families, schools, and colleagues!Amy Tamsen MS-ECE; MS-MHCPEOPLE GURU, LLC

This book should be in every high school! The practical and easy steps in obtaining heart coherence are wonderful tools for staff as well as students. I worked with teens for 17 years in public schools and saw the positive transformation in students when they applied the HeartMath techniques. When students used the techniques and had a little success, that just gave them motivation to continue applying the techniques while gaining self-confidence. HeartMath tools help students gain and maintain emotional control.Kathleen Gordon, LCSWTucson, AZ

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