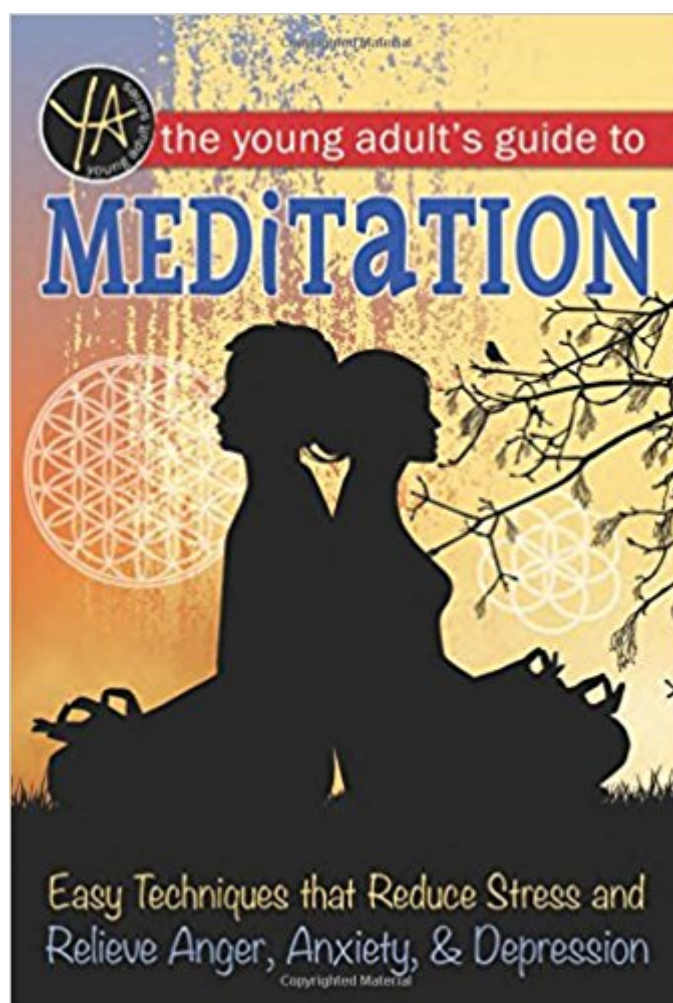


The book was found

The Young Adult's Guide To Meditation: Easy Techniques That Reduce Stress And Relieve Anger, Anxiety, & Depression



Synopsis

The United States is the second most stress-ridden country in the world. This book can help teens and young adults from becoming a part of that statistic. In a simple, step-by-step format, this book helps beginners increase focus and decrease stress through the art of meditation. You will learn what meditation is, why you get stressed out in the first place and how meditation can truly help calm your nerves. You will also learn the answers to many common questions: How is meditation different from relaxation, concentration, and self-hypnosis? Which techniques are right for you? How can meditation become a part of a daily routine? This book offers a natural way to ease stress, focus your mind and balance your life.

Book Information

Paperback: 212 pages

Publisher: Atlantic Publishing Group Inc (August 9, 2016)

Language: English

ISBN-10: 1601389876

ISBN-13: 978-1601389879

Product Dimensions: 6 x 0.6 x 8.9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,718,797 in Books (See Top 100 in Books) #56 in [Books > Teens >](#)

[Personal Health > Fitness & Exercise](#) #264 in [Books > Teens > Education & Reference >](#)

[Social Science > Psychology](#) #2947 in [Books > Teens > Social Issues](#)

Customer Reviews

The Young Adult's Guide to Meditation lives up to its title as a reader-friendly, step-by-step, introduction to the practice of meditation. Written to be thoroughly accessible to teens and pre-teens, The Young Adult's Guide to Meditation discusses how to prepare one's body and consciousness for meditation, how to incorporate meditation into one's everyday life, the qualities of mindfulness and loving kindness, in meditation, and more. Black-and-white photographs, a glossary, a bibliography, and an index enrich this excellent guide, highly recommended for both high school and public library collections. --Midwest Book Review

Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become

a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

While this book is part of a Young Adult series it didn't feel like it was written for a "typical" young adult. It approaches the topic of meditation in a very mature and pragmatic way. So it may not be the best option for a YA reader that just wants a quick and easy read on meditation. That being said, this book is actually quite thorough. The author has done a nice job of providing context and background without getting too caught up in the philosophy or science in a way that makes the reading dull or overwhelming. And there are plenty of pointers to outside sources for further exploration. I think of it as a small reference book...a good companion for a meditation practice, as it is something you'll want to go back to as you progress over time. Though the topics are obviously rooted in many Eastern traditions, it's written in a way that encourages the reader to adapt the practices to the tradition most familiar to them. Aside from a number of typos, this is a well written book that I would recommend to individuals of any age interested in beginning a meditation practice.

[Download to continue reading...](#)

The Young Adult's Guide to Meditation: Easy Techniques That Reduce Stress and Relieve Anger, Anxiety, & Depression
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)
Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness)
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)
Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace)
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)
Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety
Hypnosis Beginners Guide:: Learn How To Use Hypnosis To Relieve Stress, Anxiety,

Depression And Become Happier Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2) Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Anxiety Cure Secrets: 10 Proven Ways to Reduce Anxiety & Stress Rapidly Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Mindfulness for Beginners Blueprint: 40 Steps to Become More Present in the Moment Through Meditation ? Anxiety ? Exercise - Reduce Stress - Happiness Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)