



Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience

Christopher Willard

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The American Psychological Association's 2014 survey on stress made an alarming discovery: America's teens are now the most stressed-out age group in the country. *Growing Up Mindful* shows parents and professionals alike how to model and teach the skills of mindfulness that will empower our youth for the rest of their lives with greater self-awareness, resiliency, and confidence.

While many adults now understand how mindfulness practice helps us alleviate the stress and anxiety of our busy modern lives, getting a typical teenager on board is another story. Dr. Christopher Willard draws on his work with hundreds of young children, tweens, and teens—along with countless hours training parents, teachers, and other counselors—to make the principles and practices of mindfulness accessible, entertaining, and cool for people of all ages and interests.

Features dozens of exercises to incorporate mindfulness into daily life (in class, extracurricular activities, among peers), specific meditations and movement practices, compassion training, and more.

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