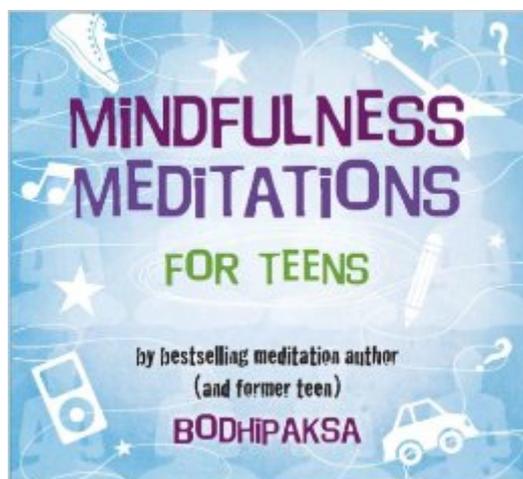


The book was found

# Mindfulness Meditations For Teens



## 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

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Product Dimensions: 5.7 x 0.3 x 5 inches

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

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #43,367 in Books (See Top 100 in Books) #10 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #11 in [Books > Books on CD > Health, Mind & Body > General](#) #12 in [Books > Books on CD > Health, Mind & Body > Meditation](#)

## Customer Reviews

I've recently started meditating with my 13-year-old son to help ease anxiety and the stress of school work. From the very first listen, he became immediately relaxed. Listening to these guided

meditations helps him to clear his mind, control his breathing, and ease his worries. He's learning how to take these tools with him in all aspects of his life. We meditate daily and he's the one who initiates it. "Mom, when are we meditating today?" Seriously! I'm so glad Bodhipaksa has come into our lives. My son instantly connected with his soothing voice and wise words. Highly recommend for families with kids of all ages.

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.

Hi. My name is Chris Sheldon (this is my relative's account, since I don't have my own). I spent last summer at the University of New Hampshire (UNH) as a part of a summer program. I took a few classes while I was there, and one of them was Success Studies. My teacher was Bodhipaksa. At the beginning of each class, we would meditate for a bit. This REALLY helped calm us down and feel at ease and stress free. These meditations are similar to the ones on this CD. All of them really help me relax when I'm stressed, whether it's because of school, family, or friends. I highly recommend buying this CD.

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 YOU BODHIPAKSA!

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.

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 be 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.

This CD is very straightforward and accessible but does not talk down to teens. The tracks are short and simple and straight to the point, yet very calming. I have several other of Bodhipaksa's mindfulness meditation CD's and he comes across as the same person on this CD--he's not trying to be hip or cool (which, let's face it, is an inauthenticity an adolescent can spot a mile off!), which is refreshing in a recording aimed at teens.

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