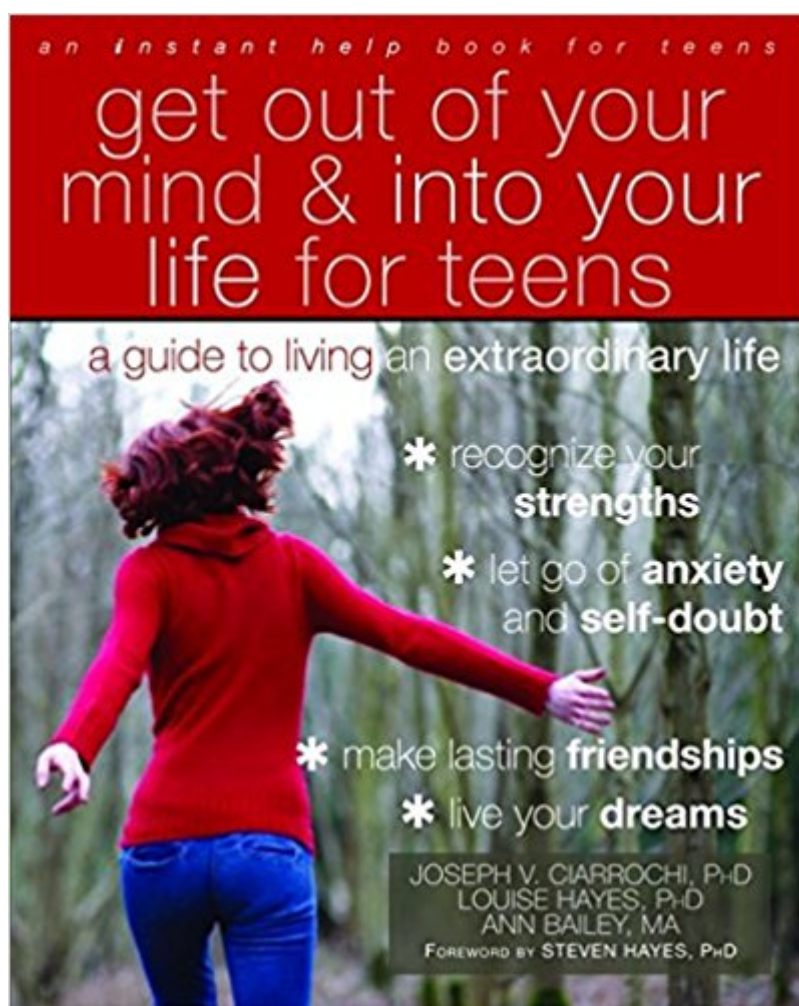


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# Get Out Of Your Mind And Into Your Life For Teens: A Guide To Living An Extraordinary Life (An Instant Help Book For Teens)



## Synopsis

If you could only get past feelings of embarrassment, fear, self-criticism, and self-doubt, how would your life be different? You might take more chances and make more mistakes, but you'd also be able to live more freely and confidently than ever before. *Get Out of Your Mind and Into Your Life for Teens* is a workbook that provides you with essential skills for coping with the difficult and sometimes overwhelming emotions that stress you out and cause you pain. The emotions aren't going anywhere, but you can find out how to deal with them. Once you do, you will become a mindful warrior; a strong person who handles tough emotions with grace and dignity; and gain many more friends and accomplishments along the way. Based in proven-effective acceptance and commitment therapy (ACT), this book will arm you with powerful skills to help you use the power of mindfulness in everyday situations, stop finding faults in yourself and start solving your problems, how to be kinder to yourself so you feel confident and have a greater sense of self-worth, and how to identify the values that will help you create the life of your dreams.

## Book Information

Series: An Instant Help Book for Teens

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## Customer Reviews

"This book is a fantastic resource, full of wisdom, compassion, and extremely practical tools for helping teenagers thrive in the face of life's challenges. It is not only essential reading for teenagers, but also for parents, teachers, and any therapists or counselors who work with this age group." — Russ Harris, author of *The Happiness Trap* and *The Reality*

Slap! – “In *Get Out of Your Mind and Into Your Life for Teens*, Joseph V. Ciarrochi, Louise Hayes, and Ann Bailey provide teenagers with access to the powerful principles of acceptance and commitment therapy. The lessons are broadly applicable to any number of struggles a teen might have. Teens can’t help but recognize their own struggles in the stories told and dare to pursue their own hopes in the exercises offered. Perhaps most importantly, in the midst of a stage when many people’s thoughts and feelings isolate them from the lives they care about, these authors communicate clearly that the readers are not alone and don’t have to struggle. I believe this book will be an invaluable resource for any therapist, parent, family member, or friend who wants to help a teen they care about.

• Emily K. Sandoz, PhD, assistant professor of psychology at the University of Louisiana at Lafayette – “It’s hard being a human, and it’s not easier being a teenager. Ciarrochi, Hayes, and Bailey clearly know what they’re talking about from their own experiences and from working with youths who struggle. This is a book that should have been written long ago. I wish someone had given it to me when I was a teenager.

• Rikard K. Wicksell, PhD, licensed clinical psychologist and a clinical researcher at Karolinska University Hospital and the Karolinska Institutet in Stockholm, Sweden – “An extraordinary resource for teens and adolescents who are struggling with everything from the trials of being a teenager to more serious problems. The authors provide an engaging, compassionate, and understandable road map with practical suggestions and exercises that any teen will want to explore. It is an amazing gift to have such a useful book to recommend to teens and their families.

• Jennifer Gregg, PhD, associate professor at San Jose State University and coauthor of *The Diabetes Lifestyle Book*; *Get Out Of Your Mind and Into Your Life for Teens* is an extraordinary guide for teenagers pursuing extraordinary lives. Ciarrochi, Hayes, and Bailey offer practical exercises and introduce us to characters who use **warrior’s** skills to pursue more intentional and meaningful lives. In so doing, they lessen the stigma most teens feel when they struggle with common problems, such as rumors, loneliness, and harsh criticism from others. My hope for this book is that it will become a textbook for high school and college students all over the world.

• Patricia J. Robinson, PhD, coauthor of *The Mindfulness and Acceptance Workbook for Depression and Real Behavior Change in Primary Care*

Joseph Ciarrochi, PhD, is professor of psychology at the University of Western Sydney and an active researcher with numerous national competitive grants. His research focuses on understanding and developing social and emotional well-being. Ciarrochi has written over eighty international journal articles, books, and book chapters, and is regularly invited to speak at

conferences and leading universities and institutions around the world. He has authored and edited eight books related to the promotion of mental health and well-being. Louise Hayes, PhD, is a clinical psychologist and academic with the University of Melbourne in Australia. She has devoted her career to helping young people and their families. She is a leader in adapting acceptance and commitment therapy (ACT) for adolescents, researches the outcomes of ACT for young people, and conducts ACT training for professionals internationally. Ann Bailey, MA, is an experienced clinical practitioner who helps people manage their emotions and live more vital lives. Foreword writer Steven C. Hayes, PhD, is Foundation Professor of Psychology at the University of Nevada, Reno. He is the author of innumerable books and scientific articles, including the successful ACT workbook *Get Out of Your Mind and Into Your Life*.

Pleasantly surprised by the quality of the questions, exercises and information in this teen guide. I had worried that it would be a little "cheesy" and although any teenager will find some fault with it and find some of the exercises a little annoying, there is plenty of opportunity to write, to adapt the material to your life, and to take what you need from this guide. Over all a good buy, and my daughter agreed that it was helpful. Any time a sixteen year old agrees in an area like this, I think you have found something worth buying.

I read it first to see what i thought. I thought authors made a complicated clinical subject into a simplified guide of how the mind works and provided practical strategies to support the change in thinking needed to manage the stresses of teenage lifeMy 16 year old daughter is half way through it, and said she thinks it is good

I am a school psychologist and so far have had positive responses with kids. This is a wonderful application of ACT geared towards teens. I found the book applicable, using real stories that my kids really related to. The book also uses a metaphor of a peaceful warrior, that works well with teens. The book uses empowering language that helps teens take responsibility for there own life. Offers effective strategies for managing difficult emotions.

This is a great therapy book to use in and out of session for adolescents. I love the worksheets that come along with the chapters. While I usually teach the ACT skill first and then go over the worksheets verbally, you can use the entire chapter with kids in session. Teaches ACT perfectly to kids and adolescents.

Excellent workbook. My teenage daughter got a lot of good information in this book.

this book is really helping my teenage daughter. Really good information presented in a fantastic format. I love that everything revolves around teenagers and how they are reacting to life.

I am working through this book with my 10 year old son. He is a gifted boy with a tendency to get stuck in negative thoughts and emotions. This book presents Action Commitment Training (ACT) in an accessible and practical way. Although it is pitched at teens, my young son can recognise himself in the anecdotes and is using the techniques.

I'm a social worker in private practice who works with teens. Hands down one of the best books ever! I use it almost daily. The kids love the concepts.

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