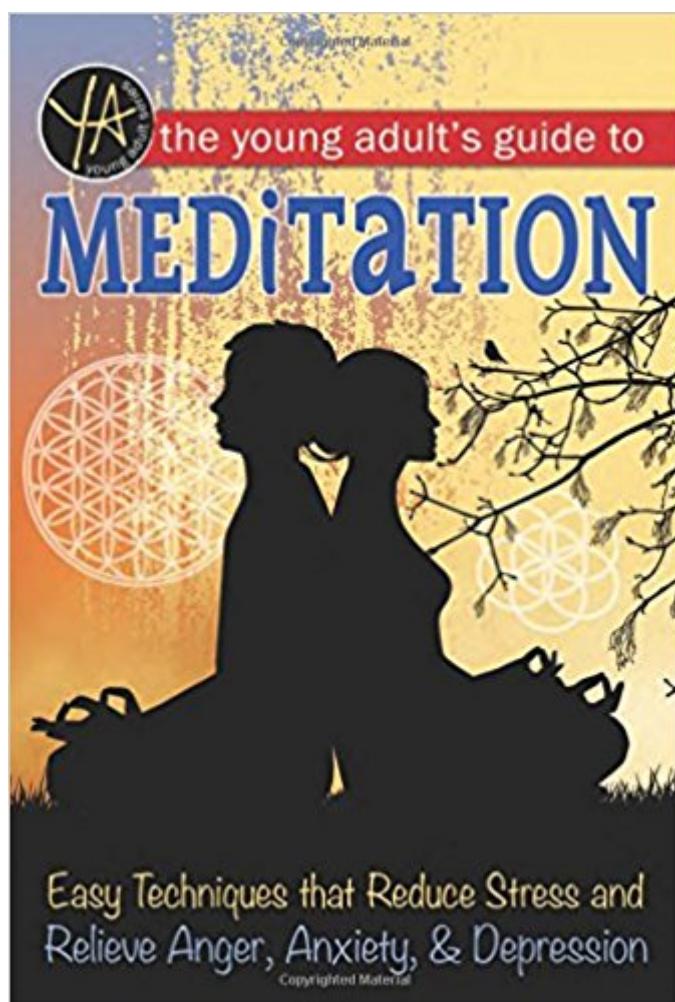


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# The Young Adult's Guide To Meditation: Easy Techniques That Reduce Stress And Relieve Anger, Anxiety, & Depression



## **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**

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## **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.

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