

Mindfulness For Student Athletes A Workbook To Help Teens Reduce Stress And Enhance Performance By Gina M Biegel

"Descrizione del libro **Stay in the moment, stay in the game! The pressure to perform well-both on the field and in the classroom can leave many teen athletes feeling completely stressed out.** L'autore **Gina M. Biegel, LMFT**, is a psychotherapist, researcher, speaker, and author in the San Francisco Bay Area who specializes in mindfulness-based work with adolescents. She is founder of Stressed Teens, which has been offering mindfulness-based stress reduction for teens (MBSR-T) to adolescents, families, schools, professionals, and the community for over a decade. She created MBSR-T to help teens in a large HMO's outpatient department of child and adolescent psychiatry who were not receiving relief or amelioration of their physical and psychological symptoms with the use of a multitude of other evidence-based practices. She is an expert and pioneer in bringing mindfulness-based approaches to youth. She is author of Be Mindful Card Deck for Teens. She also has a mindfulness practice audio CD, Mindfulness for Teens, to complement the MBSR-T program. She provides worldwide, intensive ten week online trainings, and works with teens and families individually and in groups. Her work has been featured on CNN, Reuters, and in The New York Times. For more information, visit her website at www.stressedteens.com."

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