



# **Mindfulness for Teens: 7 Mindfulness Secrets for Parents of Kids and Teens (Mindfulness for kids Book 1)**

*Caleb Lea*

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**Mindfulness for your teens. This is what you want right? You want your teens to benefit from mindfulness and to be happier whilst fully enjoying the present moment. You want to shift your relationship with your teens from combative to cooperative, from controlling to free with limits, from disrespect to respect, and from difficult to easy?**

You're tired of the bickering, the attitude, the constant disrespect, the mutual yelling, and the feeling that you're holding on to a tiger by its tail.

**You just want your teens and kids to continuously experience joy in the present moment is that really too much to ask for?**

Mindfulness will give you an incredible advantage to being able to handle the few years that you have with your teens. The power of mindfulness will make all the difference in the world as to how you experience these 7 years of time with your incredible teenager.

So, wouldn't you rather enjoy this time rather than allow it to become your main problem in life?

For beginners, mindfulness, may seem like a rather strange and odd concept. The definition of mindfulness is to simply be mindful, or aware of every moment, and to live in the present moment.

But aren't we all living in the present moment? Yes, of course, but also, no. When your thoughts are either on the past, or on the future, then you are not being mindful, or living in the present moment.

Have you ever had this happen to you where you were in the middle of a conversation, but the other person was rather a bit involved in their own monologue, and then suddenly, they asked you a question, but you weren't listening?

It's a rather embarrassing situation to be in! Either you have to fess up and apologize that you weren't paying attention, or you have to pretend that you were listening and try to answer the question, or handle it some way.

What happened in this case was that you weren't living in the present moment. It's very understandable, and don't beat yourself up on the matter. It's simply just an example of not being mindful.

With the ever so stressful time your teens are having in the difficult transition period to adulthood, it's no wonder they may struggle to be mindful and sometimes react with anger or experience anxiety

My name is Caleb Lea, I have spent more time than I'm willing to admit researching and writing books to help people like you.

A few things you'll get from mindfulness book

- Understand What Teens Need Most!
- Mindfulness for beginners
- Learn how to Stop Bad Behavior & Improve Communication
- Mindful Meditation
- 60 Mindfulness Tips and Mindfulness Quotes for 60 Days

**Buy this mindfulness for teens book now and let's get started :)**

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