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Between school and homework, afterschool activities, family, and college preparation, life is stressful. Teens can definitely benefit from the practice of mindfulness. The book is divided in to 3 parts: Core Mindfulness Skills, Handling Stressful Situations, and Your Life Journey. Dr.

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Dr. Vo is a pediatrician specializing in adolescent medicine at British Columbia Children's Hospital and author of The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time. From our presenter: Mindfulness means □Paying attention in a particular way: On purpose, in the present moment, and nonjudgmentally□(Kabat-Zinn).

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