



# Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills

*Mark C. Purcell, Jason R Murphy*

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Do you ever feel so frustrated with school, friends, parents, and life in general that you lose control of your emotions and lash out? You shouldn't feel ashamed. Being a teen in today's world is hard, but it's even harder when you're unable to keep your cool in stressful situations. Fortunately, there are things you can do to make positive changes in your life.

Using proven effective mindfulness-based stress reduction (MBSR) and dialectical behavioral therapy (DBT), *Mindfulness for Teen Anger* will teach you the difference between healthy and unhealthy forms of anger. Inside, you'll learn how to make better choices, how to stop overreacting, find emotional balance, and be more aware of your thoughts and feelings in the moment. You'll also learn skills for building positive relationships with peers, friends, and family.

As a teen, the relationship skills you learn now can help you thrive in the future. With a little help, and by cultivating compassion and understanding for yourself and others, you will be able to transform your fear and anger into confidence and kindness.

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