BPL Stoop Meditation 2019: Teens

A book list paired with our the program Stoop Meditation Summer Series 2019.
bklynlib.org/stoopmeditation This list is for teens.

Created by EMShaw5

Tell us something true
Reinhardt, Dana, author.
eAUDIO

Superhero therapy: mindfulness skills to help teens & young adults deal with anxiety, depression & trauma
Scarlet, Janina, author.
616.852 S

The mindful teen: powerful skills to help you handle stress one moment at a time
Vo, Dzung X., author.
155.518 V

Just as you are: a teen's guide to self-acceptance & lasting self-esteem
Skeen, Michelle, author.
155.5182 S

This moment is your life (and so is this one): a fun and easy guide to mindfulness, meditation, and yoga
Gates, Mariam, author.
613.7046 G