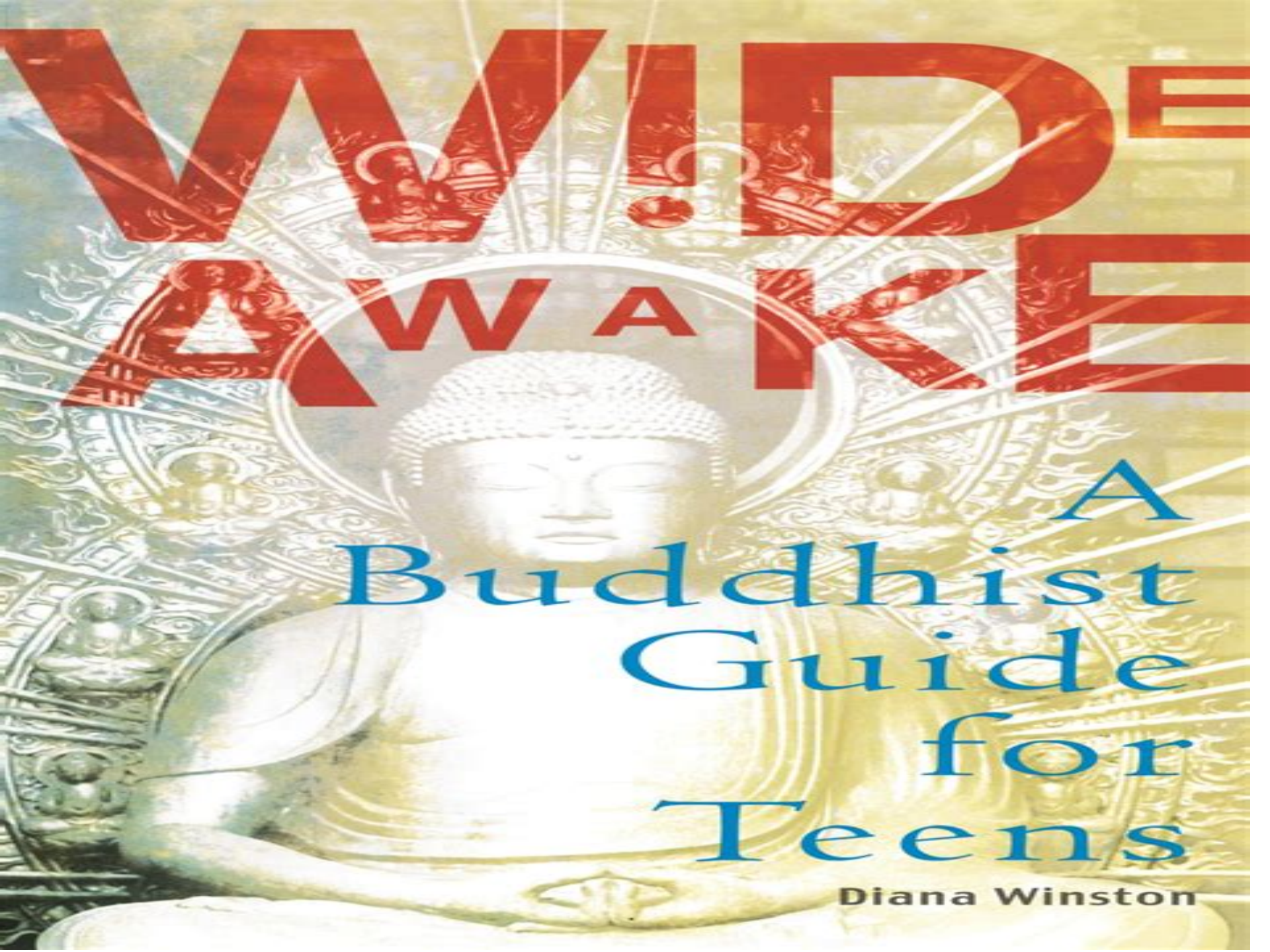




WIDE AWAKE

A Buddhist Guide for Teens

Diana Winston

Wide Awake A Buddhist Guide For Teens

Emily G. Hyde, Margaret O. Hyde



Wide Awake A Buddhist Guide For Teens:

Wide Awake Diana Winston,2003-08-05 Many of today s teenagers are tired of the pressure to compete and consume and are looking for a different way to live their lives This book offers an alternative the 2 500 year old practice of Buddhism Written in a style that will have immediate appeal to young seekers and those wanting to understand the ancient teachings this book addresses such relevant topics as peer pressure emotional difficulties stress fostering peace and even protecting the environment For everyone looking for self help self esteem and self awareness this book offers advice on Discovering truth in a world of hype Finding peace amid the ups and downs of life Accepting ourselves Working with difficult emotions How to meditate Dealing with temptations and making the right decisions about sex and drugs Advice on volunteering working for peace and protecting the environment

Wide Awake Diana Winston,2003-08-01 Written specifically for young seekers and those wanting to understand the ancient teachings this book will guide young people through modern day issues while revealing the fundamentals of Buddhism

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Teens in Japan Sandy Donovan,2007 Learn about what teenagers in Japan do how they live their lives and how they interact with their surroundings

Teaching Mindfulness to Teens as a Path of Empowerment Meghan LeBorious,2024-03-25 Teaching Mindfulness to Teens as a Path of Empowerment is a teacher level perspective on mindfulness instruction that has systems level implications Mindfulness instruction is framed as an ally to social justice and antiracist practice and as a path of empowerment warriorship self healing and collective transformation In stand alone essays that are rich with personal stories and student reflections Meghan LeBorious lays the groundwork for a thriving mindfulness classroom that is highly engaging rigorous student centered and antiracist She inspires readers to dig deep imagine what is possible and collaborate in making the world we want to live in one in which every student is seen supported valued and inspired and is armed with the tools they need to step into their full power and potential

Nixon Under the Bodhi Tree and Other Works of Buddhist Fiction Kate Wheeler,2004-06-15 An exciting inventive and multifaceted

collection that includes everything from visionary shot shorts to fictionalized personal memoirs *Nurturing Child and Adolescent Spirituality* Karen-Marie Yust,2006 *Nurturing Child and Adolescent Spirituality Perspectives from the World s Religious Traditions* provides a forum for prominent religious scholars to examine the state of religious knowledge and theological reflection on spiritual development in childhood and adolescence Featuring essays from thinkers representing the world s major religious traditions the book introduces new voices challenges assumptions raises new questions and broadens the base of knowledge and investment in this important domain of life It specifically and intentionally focuses on theological and philosophical perspectives from within religious traditions creating space for the religious traditions to find their voices *Nurturing Child and Adolescent Spirituality* is firmly grounded in the language and priorities of religious studies and helps stimulate explorations of whether and how religious communities are tapping their own wisdom and strengths in nurturing today s young people in a complex and changing world *Nurturing Child and Adolescent Spirituality* will set the stage for new waves of scholarship and dialogue within and across traditions disciplines and cultures that will enrich understanding and strengthen how the world s religious traditions and others understand and cultivate the spiritual lives of children and adolescents around the globe *Teach, Breathe, Learn* Meena Srinivasan,2014-08-10 In *Teach Breathe Learn* Meena Srinivasan highlights how mindfulness can be an effective tool in the classroom What makes this book truly unique is her perspective as a classroom teacher wrestling daily with the conditions about which she writes *Teach Breathe Learn* provides accessible practical application of mindfulness to overcome challenges faced during the school day Testimonials from students and colleagues are woven throughout the book *Teach Breathe Learn* is designed for educators at all levels parents interested in sharing mindfulness with their children and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others Part 1 helps teachers develop compassion and shift from reacting to responding to demands Part 2 offers techniques for cultivating loving kindness gratitude and seeing students colleagues and parents as oneself The last section of the book introduces a curriculum teachers can use to incorporate mindfulness into their classroom replete with lesson plans handouts and homework assignments *If Your Adolescent Has Depression* Dwight L. Evans,Moirra A. Rynn,Katherine Ellison,2023-05-02 The authoritative guide to understanding and helping a teenager with depression While coping with teenage moodiness can be difficult under any circumstances it can be especially challenging if a teenager has a serious mood disorder This concise readable book is the definitive guide to understanding and getting effective help for adolescents with depression designed for parents and other adults in contact with afflicted teens It combines the most current scientific expertise available today including the newest treatments and medications and the latest research findings on depression with no nonsense hands on advice from parents who have faced this mood disorder in their own children Among other topics the book addresses the roots of depression red flags to look out for treatment options for young people and practical strategies for helping a teen cope at home and at school It concludes on a hopeful note by

reviewing the latest scientific evidence on treating depression A growing body of research now shows that early diagnosis and treatment of depression may reduce the severity of the disease both now and in the future Including chapters on sex drugs and social media and life after high school this book will provide the information and tools parents need to help adolescents achieve the best possible outcome

The Mindfulness Revolution Barry Boyce, 2011-03-08 A collection of essays on the benefits and everyday applications of mindfulness featuring contributions from Thich Nhat Hanh Jon Kabat Zinn and more A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health Countless people who have tried it say it s improved their quality of life Simply put mindfulness is the practice of paying steady and full attention without judgment or criticism to our moment to moment experience Here is a collection of the best writing on what mindfulness is why we should practice it and how to apply it in daily life from leading figures in the field Selections include Leading thinker Jon Kabat Zinn on the essence of mindfulness stress reduction and positive change Zen teacher Thich Nhat Hanh on the transformative power of mindful breathing Professor of psychiatry Daniel Siegel MD on how mindfulness benefits the brain Physician and meditation teacher Jan Chozen Bays MD on how and why to practice mindful eating Pioneering psychologist Ellen Langer on how mindfulness can change the understanding and treatment of disease Leadership coach Michael Carroll on practicing mindfulness at work Psychologist Daniel Goleman on a mindful approach to shopping and consuming Pianist Madeline Bruser on how mindfulness can help us overcome performance anxiety And much more The Mindfulness Revolution also includes an in depth discussion by writer editor Barry Boyce about how mindfulness is being applied in a variety of professional fields from health care to education from performing arts to business to improve effectiveness and enhance well being

Yoga Journal , 2004-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

A Still Quiet Place Amy Saltzman, 2014-03-01 Today s children and adolescents face intense pressures both in the classroom and at home A Still Quiet Place presents an eight week mindfulness based stress reduction MBSR program that therapists teachers and other professionals can use to help children and adolescents manage stress and anxiety in their lives The easy to implement practices in this guide are designed to help increase attention learning resiliency and compassion by showing children how to experience the natural quietness that can be found within The book also includes links to helpful audio downloads

World Religions 101, 2nd Edition Emily G. Hyde, Margaret O. Hyde, 2013-01-01 Many people search for spiritual meaning hope comfort and inner peace in their personal lives The most common path to spirituality around the world is through religion Although the variety of religions may seem endless many similarities exist among the major religions of the world including the belief in one or more gods and the honoring of rituals stories

ceremonies codes of conduct and doctrines or sets of teachings In this well balanced report respected authors Margaret O Hyde and Emily G Hyde take an honest look at religion in the lives of young people This book explores the many different religions around the world from the ten most common religions Christianity Islam Hinduism Buddhism Sikhism Judaism Baha ism Confucianism Jainism and Shintoism to modern expressions of spirituality and more It also offers fascinating information on a field of research known as neurotheology the study of the neurobiology of the brain and religion Scientists are learning more about where in the brain religious thoughts take place and what it means to be human *Hooked!* Stephanie Kaza,2005-02-08 At one time or another most of us have experienced an all consuming desire for a material object a desire so strong that it seems like we couldn t possibly be happy without buying this thing Yet when we give in to this impulse we often find ourselves feeling frustrated and empty Advertisers of course aim to hook us in this way and from a global perspective our tendency to get hooked fuels the rampant over consumption that is having a devastating impact on the world s stability and on the environment According to the contributors to this unique anthology Buddhism can shed valuable light on our compulsions to consume Craving and attachment how they arise and how to free ourselves of them are central themes of Buddhist thought The writings in this volume most of which have never been previously published offer fresh perspectives and much needed correctives to our society s tendency to believe that having more will make us happier *Hooked* includes a range of writings on how to apply Buddhist thought and ethics to understand and combat the problem of over consumption as individuals and collectively Contributors include popular Western teachers Asian masters scholars and practitioners such as Pema Ch dr n on what is actually happening at the moment we re hooked and how to get beyond that Joseph Goldstein on how mindfulness training can help us stop wanting to want Bhikshuni Thubten Ch dr n on how consumer mentality influences spiritual practice Judith Simmer Brown on how cultivating spiritually based activism and compassionate action can help us address the negative effects of consumerism Rita Gross on how understanding moderation can curb overconsumption Santikaro Bhikkhu on practicing generosity in a consumer world *Fully Present* Susan L. Smalley,Diana Winston,2007-04-03 From Buddhist traditions to daily exercises enhance your physical and mental health with the ultimate practical guide to mindfulness from two leading experts Mindfulness the art of paying attention with an open and curious mind to present moment experiences has attracted ever growing interest and tens of thousands of practitioners who have come to the discipline from both within and outside the Buddhist tradition In *Fully Present* leading mindfulness researchers and educators Dr Sue Smalley and Diana Winston provide an all in one guide for anyone interested in bringing mindfulness to daily life as a means of enhancing well being *Fully Present* provides both a scientific explanation for how mindfulness positively and powerfully affects the brain and the body as well as practical guidance to develop both a practice and mindfulness in daily living not only through meditation but also during daily experiences such as waiting in line at the supermarket exercising or facing difficult news *Bless This Child* Rev. Susanna Stefanachi Macomb,2011-11-09

Congratulations on the birth of your baby In this child you see in nite potential and you place great hope And now youre preparing to celebrate what is perhaps the most joyous rite of passagethe baby blessing ceremony Like many parents you may wish to plan a personalized ceremony that re flects who you are as a family and what you believe In Bless This Child author Susanna Stefanachi Macomb presents a comprehensive selection of ceremonial elements for baby blessings She has culled from the best traditions around the world and developed new ones combining spiritual as well as humanist aspects This guide includes poetry prose scripture prayers vows opening words and closing blessings moving rituals including candle lighting naming and anointing suggestions on embracing grandparents godparents and siblings practical advice for working with of ciants and locales language appropriate for an interfaith intercultural assembly of family and guests sample ceremonies that demonstrate how creative alternatives and traditional aspects can blend to create a memorable event Warm and encouraging Bless This Child provides a guidebook for parents who wish to create a special way of welcoming their child into the world Bless This Child is also an excellent resource for clergy and humanist of ciants who perform interfaith baby blessing ceremonies A Study Guide for Linda Pastan's "I Am Learning to Abandon the World" Gale, Cengage Learning,2016

Spirituality in Young Adult Literature Patty Campbell,2015-06-24 In a time when almost any gritty topic can be featured in a young adult novel there is one subject that is avoided by writers and publishers Faith and belief in God seldom appear in traditional form in novels for teens The lack of such ideas in mainstream adolescent literature can be interpreted by teens to mean that these matters are not important Yet a significant part of growing up is struggling with issues of spirituality The underlying problem of course is that there are so few writers who are willing to talk to teenagers about God even indirectly or who themselves have the religious literacy for the task Spirituality in Young Adult Literature The Last Taboo tackles a subject rarely portrayed in fiction aimed at teens In this volume Patty Campbell examines not only realistic fiction but young adult literature that deals with mysticism apocalyptical end times and even YA novels that depict the Divine Encounter Campbell maintains that fantasy works are inherently spiritual because the plots nearly always progress toward a showdown between good and evil As such the author surmises that the popularity of fantasy among teens may represent their interest in the mystical dimensions of faith and the otherworldly In this study Campbell examines works of fiction that express perspectives from Christianity Judaism Islam Buddhism Hinduism and Sikhism Distinguished YA novelist Chris Crowe provides a chapter on Mormon values and Mormon YA authors and how their novels integrate those values into their books By looking at how spirituality is represented in novels aimed at teens this book asks what progress if any has been made in slaying the taboo Although most of the books discussed in this study are recent an appendix lists YA books from 1967 to the present that have dealt with issues of faith A timely look at an important subject Spirituality in Young Adult Literature will be of interest to young adult librarians junior and senior high school teachers and students and instructors of college courses in adolescent literature as well as to parents of teens *Right Here with You* Andrea

Miller, Editors of the Shambhala Sun, 2011-08-09 In recent years scientists have discovered that mindfulness can reduce stress improve mood and enhance our sense of well being In this book readers learn how mindfulness can be brought to bear in our relationships to increase intimacy strengthen communication and help us to find greater fulfilment Topics in this collection include how to open your heart and develop lovingkindness for yourself and others how to improve communication through mindful speech and deep listening noticing and counteracting destructive patterns and discovering how intimate relationships can become a rich form of spiritual practice Chapters and contributors include Zen teacher Thich Nhat Hanh on what mindfulness is and why it lies at the heart real love Psychotherapist David Richo on finding a partner Psychotherapist and meditation teacher Tara Brach on the power of forgiveness Rabbi Harold Kushner on striving to give love rather than get it Novelist Jane Hamilton on a marital meltdown and recovery Meditation teacher Susan Piver on the value of heartbreak Psychologist John Welwood on relationships as a path of personal and spiritual growth

Embracing the Tune of Appearance: An Mental Symphony within **Wide Awake A Buddhist Guide For Teens**

In a global consumed by displays and the ceaseless chatter of quick interaction, the melodic splendor and emotional symphony created by the published term often disappear in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Wide Awake A Buddhist Guide For Teens** a wonderful literary value full of fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this captivating masterpiece conducts visitors on a mental trip, well unraveling the concealed tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the touching evaluation, we shall discover the book is key harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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