



## **Be Mindful & Stress Less : 50 Ways to deal with your ( crazy) life.**

*Gina Biegel*

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The demands and pressures of everyday life can really stress you out! School, work, relationships, social media, and the like can leave you pulled in so many directions it can make your head spin. When you need help fast, these simple accessible mindfulness-based practices will help bring you relief and ease right away. If you make these mindfulness and self-care practices part of your routine, you'll discover little life-hacks to get through even the toughest days.

## Be Mindful & Stress Less : 50 Ways to deal with your ( crazy) life. Details

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Author : Gina Biegel

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# **From Reader Review Be Mindful & Stress Less : 50 Ways to deal with your ( crazy) life. for online ebook**

## **Donna Foster says**

Basic ideas, techniques and inspirations for a more meaningful impact on less stress in your everyday life.

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## **LA says**

This book didn't contain anything ground breaking, but the chart in the back that breaks down various success strategies based on personal obstacles (such as PTSD, TBI, anxiety, and such) was an innovative and creative inclusion worth of reviewing.

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## **Vera says**

Won a copy of this. Lots of kids have limited reading time, so the author has thought about this. Each section is very short. Some neat little ideas, so should be helpful to teens. All have a stressful life at times, and need a short break.

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## **Emily Kamminga says**

Good tool for anyone!

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## **Radym says**

Biegel's work is extremely accessible, and although her professional focus is on teens, I found the advice just as relevant to adults. One of the reasons that I found this book so accessible is its attractive cover and layout which includes "mindful takeaways" at the end of each chapter. Each chapter is short which gives the reader time to digest the content at his/her own pace. The short chapters also allow the reader to make use of the practical advice given.

The book is broken down into three parts: 1) PAWS - pay attention with senses; 2) Self-CARE - self-compassion, self-acceptance, self-respect, self-esteem; and 3) ACORN - Always consider other responses now. This division makes it easy to go back and reference tactics and ideas that make sense when life becomes stressful.

As someone who does not read a lot of self-help books, but is always looking for ways to stress less, I actually enjoyed creating my own toolbox of practices that can help me get through tough work days and other stressful situations. If you consider yourself a skeptic of this genre, I would recommend picking this up

and giving it a try - there's something in here for everyone. This book was received for free through #GoodreadsGiveaway.

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### **Amy says**

This little book is packed full of tips and tactics aimed at a YA audience for being mindful and stressing less. Lots of acronyms are included to list out processes for dealing with certain situations, but it could be hard to keep them all straight. The book's tips are certainly helpful and it does offer an accessible introduction to mindfulness that would be applicable to readers of any age. While the chapters are very short, making the book easy to pick up or put down, as a whole it may be a bit more of an undertaking for a teen than the author intended.

*I received a copy of this book as a Goodreads giveaway in exchange for an honest review. Thanks to the author/publisher for participating in the giveaway.*

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### **Jenny Ashby says**

I was allowed to read an ARC of this book in exchange for an honest review. While looking through available ARCs this title with the word "mindful" caught my eye immediately. I'm a big believer in mindfulness even though it's something with which I struggle pretty much all the time so I was attracted to this book, thinking it might offer some new kind of tips that were going to blow my mind open and make mindfulness super easy to achieve. And since I've been clenching my teeth recently thanks to even more stressors than usual (thank you censorship at work and politics in general), the promise of less stress was equally appealing. Sign me up, please!

The book is described as "accessible" and "user-friendly" and I can agree with that. There is no difficult jargon to grasp and the basics of mindfulness and Buddhism - impermanence, loving compassion - are introduced in an easy to grasp way. The ARC was less user-friendly thanks to formatting errors but no doubt that will all be fixed and columns will line up in the actual book. However, there were a few word clouds that I struggled to decipher in my copy.

The information in the book is very helpful and presented in short chapters which would make it easy for someone to use almost as a daily affirmation-type book. In fact, I think that would be a better way to absorb the information in this book. Although the exercises are tried and true practices that help with caring for yourself and letting go of stress, nearly every chapter includes an acronym to help you remember the steps for that particular activity. Acronyms are great tools, but when there are twenty different ones, they lose their effectiveness. For me, at least. I'm not sure if I ought to be using HOT or ACORN or STOP or one of the others for each situation. If those could be condensed down to perhaps three, total, I think they would be much more effective for the reader.

This book is clearly aimed at teens and some issues specific to teens rather than just a mindfulness book for the general population. Sprinkled in with information about self-care and treating yourself as you would a

good friend, there was a mention of trying some other strategies rather than relieving stress in a self-harming way with some negative behavior examples. Those examples pulled me out of the book a little bit since they felt very specifically aimed at teens but as someone who works with teens, I can really appreciate that they were included. It's not a lecture about "here are some positive things to do rather than cutting yourself" but rather a subtle message about loving yourself without skirting around the issue.

In the end, MY mind was not magically blown open as I was hoping, but I can always use a reminder of the principles I am trying to embody. This is a quick read that I think will be helpful to those teens who are open to trying the exercises within.

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### **Jdonahou says**

It did have some good ways to promote mindfulness so kudos for that. It was also a little repetitive and the chapters were so small the boxes at the end of each to sum up what the chapter said were completely unnecessary.

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