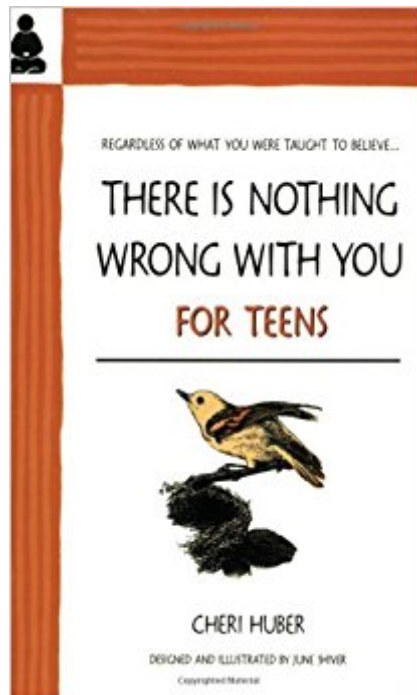




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# There Is Nothing Wrong With You For Teens



## Synopsis

Based on surveys and interviews with hundreds of teenagers about what does and does not work in their lives, how they perceive the adult world they are about to enter, and what they want adults to know about them, *There Is Nothing Wrong With You for Teens* provides communication techniques to empower teenagers to take the lead in the conversation that must happen between teens and adults.

## Book Information

Paperback: 276 pages

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Average Customer Review: 4.6 out of 5 stars 9 customer reviews

Best Sellers Rank: #559,167 in Books (See Top 100 in Books) #6 in Books > Teens > Religion & Spirituality > Eastern #7 in Books > Teens > Religion & Spirituality > Buddhism #146 in Books > Teens > Social Issues > Self-Esteem & Self-Reliance

## Customer Reviews

Grade 9 & Up--Huber explores the Zen perspectives of self-awareness, self-examination, and self-acceptance for this audience with mixed results. She suggests that teens have heard negative comments from their earliest days, which teach a self-hatred that is difficult to refute and leads to attempts to change that fail because they go against an individual's true nature. Instead, she urges readers to accept themselves with compassion. There are kernels of wisdom for those who are willing to delve beneath the psychobabble that permeates this book. For example, Huber says, "We can ask, 'What is outside the realm of compassion? What is not cared for?' And we can bring that into the healing light of compassion by simply acknowledging it, accepting it, allowing it." Some teens may respond to this sort of language by using it as an opportunity for self-examination, but others may get swallowed up in the verbiage and be unable to respond in the manner intended by the author. For inclusive self-help collections.-Susan Riley, Mount Kisco Public Library Copyright 2001 Cahnerns Business Information, Inc.

Cheri Huber is the author of 19 books, including *There Is Nothing Wrong with You*, *When You're Falling*, *Dive*, and *Time-Out for Parents*. She founded the Mountain View Zen Center in Mountain View, California, and the Zen Monastery Practice Center in Murphys, California, and teaches in both communities. She travels widely and often, leading workshops and retreats around the United States and abroad, most recently in Costa Rica and Italy. She founded Living Compassion in 2003, a nonprofit group comprised of *There Is Nothing Wrong With You* Retreats (based on the book); Global Community for Peace: The Assisi Peace Project; The Africa Vulnerable Children Project; and Open Air Talk Radio, her weekly call-in radio show originating from Stanford University. She lives in Murphys, California.

This would be one of the two books that I would give my teenage sons and I did just that. The writing is positive, engaging and intelligent. It is also easy to read. A very powerful message that directly challenges the false assumptions that we make about our personas that cause us to suffer and effect our self image. This is a book that can be read and read again because you will always get more out of it. Cheri Huber is one of the most important thought leaders of our time.

great book for struggling teens

Has been very helpful and healing for me for many years-

I found Cheri's books 9 years ago and benefit from them personally & professionally (I'm a psychologist & refer her books frequently). They are psychologically sound & while they have a Buddhist lens one can be of any belief. The content is simple & profound. The layout is easy & fun to read. Fabulous in every way.

For very low self esteemed teens.

Product as promised, fast shipping.

This book offers valuable considerations for everyone, not just teens. But what a blessing if your teen can learn these lessons early on!

*There Is Nothing Wrong With You: For Teens* is a spiritual, self-help book written to help not just

young people from emotionally abusive backgrounds, but all people who have learned to unfairly and over-harshly criticize themselves. *There Is Nothing Wrong With You: For Teens* is a positive affirmation of the good people have inside, even if they have grave difficulty in seeing it themselves. The atypical typeface resembles hand-printed lettering, conveying emotion but remaining eminently readable. Enthusiastically recommended and a welcome addition to the growing library self-help literature, *There Is Nothing Wrong With You: For Teens* is written in a highly accessible and skimmable style, for readers of all attention spans.

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