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FOR IMMEDIATE RELEASE:

Helping Teens Combat Stress by Staying Cool Under Pressure

The United States suicide rate is at a 30-year-high, and teens are facing more stressors than ever before – with social media, cyber bullying, and the pressure to be perfect. In *Transforming Stress for Teens* (August 1, 2016), leaders from the world-renowned HeartMath® Institute and Clemson University’s Youth Learning Institute team up to teach overwhelmed and stressed-out teen readers how to use proven-effective HeartMath® skills. These tools and techniques will help readers manage daily stress and anxiety and develop resilience by managing emotion.

Scientists at the HeartMath® Institute discovered that your emotions affect your heart rhythms. The research showed that emotions such as frustration, anger, anxiety, impatience, worry, fear and sadness, for instance—the ones that drain your inner battery and that feel lousy—create a heart rhythm pattern that looks disordered and chaotic. That chaotic signal goes straight to your brain, causing a panic mode, preventing you from thinking straight. You can begin to recharge your inner battery by focusing on emotions that feel good to you. Emotions such as kindness, care, courage, appreciation, joy and patience create a smooth and ordered pattern in your heart rhythms. When your heart rhythm is even, you feel more centered, can think more clearly and have greater ability to handle the stressful situations with a lot less emotional drama.

“At the heart of managing stress is how you respond to a situation,” the authors write. “Challenging situations, big and small, are a part of life, no matter how old you are. It’s how you handle those situations that counts.”

What people are saying about *Transforming Stress for Teens*:

“Filled with research-proven, practical suggestions for transforming stress in teens, this insightful book can help you create clarity and calm in the face of the daily challenges of life. This is a step-by-step guide with accessible practices as well as interesting proposals about intuition and relationships, offering new ways of strengthening your mind and improving your life. Dive in and feel the power of this approach!”

—**Daniel J. Siegel, MD**, New York Times bestselling author of *Brainstorm* and *Mind*

“Less stress, less drama, more true friends! Transforming Stress for Teens provides the skills and knowledge teens need to take back their power, and experience both acceptance and understanding. Fit in, be loving, and be loved, yet remain uniquely and genuinely you! A must read.”

—**Becky A. Bailey, PhD**, internationally acclaimed author and speaker, and creator of the Conscious Discipline system of self-regulation for parents, teachers, and students

About the Authors:

Rollin McCraty, PhD, is director of research at HeartMath® Institute Research Center. McCraty, a professor at Florida Atlantic University, is a psychophysiological whose interests include the physiology of emotion. One of his primary areas of focus is the mechanisms by which emotions influence cognitive processes, behavior, and health. Findings from this research have been incorporated by HeartMath® in the development of simple, user-friendly mental and emotional self-regulation tools and techniques.

Sarah Moor is a HeartMath® master trainer and mentor. She is the instructor for HeartMath®’s coach/mentor certification training, assists in program design and development, and coordinates and mentors special HeartMath® projects. She has mentored thousands of individuals in learning how to incorporate the HeartMath® System into their daily lives.

Jeff Goelitz is currently program developer, senior trainer, and education specialist with the nonprofit HeartMath® Institute. He regularly consults with education professionals, mental health specialists, and parents around the United States and Canada to help improve the well-being of youth, parent/child communication, and classroom climate and performance. In the last fifteen years, he has created and contributed to numerous educational curricula and programs designed to improve social and emotional learning, including *The College De-Stress Handbook*.

Stephen W. Lance, MS, has over twenty years of experience in the field of youth development. Lance serves as executive director of Clemson University’s Youth Learning Institute, which serves over 25,000 youth annually in diverse programs ranging from innovative schools, group homes, camping programs, and academic field study experiences.

Transforming Stress for Teens: The HeartMath Solution for Staying Cool Under Pressure

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