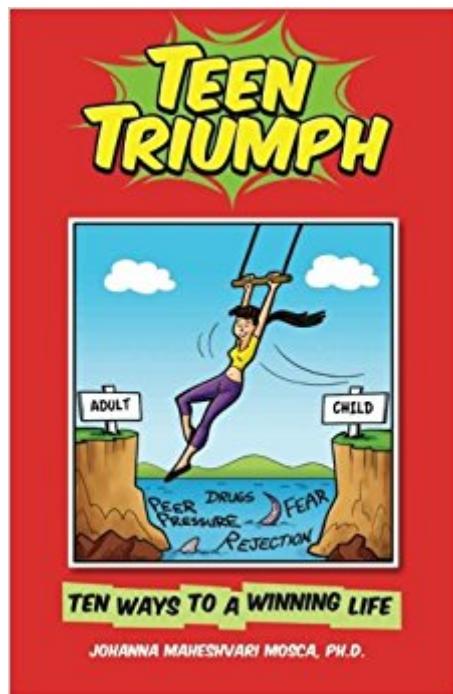


The book was found

Teen Triumph



Synopsis

Teen Triumph: 10 Ways to a Winning Life brings the wisdom of ancient Yoga sages to empower teenagers to handle life's ups and downs. The book has an upbeat voice and lots of fun illustrations to demonstrate ten basic Yoga principles for maintaining well-being throughout life's challenges. The principles, shared by wandering sages for thousands of years before Christ, were recorded in Patanjali's Yoga Sutras and have been practiced worldwide for centuries. There are five principles for getting along well with others and five principles for making yourself the best person you can be. The book contains a lively review of each principle with potholes to avoid, tips to follow, reflection questions, and ways to contribute to others. Author, Johanna Mosca, a former, longtime high school English teacher, urges teens to develop inner strength. She guides teens to think positive, quickly release negativity, stay grateful, practice forgiveness, question their perceptions, contribute good energy, and like themselves every day. Dr. Mosca reminds teens that she is the messenger, bringing ancient wisdom to them, and that she is not telling them how to live their lives but inviting them to go inside and find out.

Book Information

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Customer Reviews

Johanna Maheshvari Mosca, Ph.D. is an accomplished writer, Yoga master and a teacher of teachers. She has extensive background in education, human resource development and public speaking. Her passion is writing to share the ancient wisdom of Patanjali's Yoga Sutras for living in greater peace, harmony and integrity. Johanna's first career consisted of twenty-five years as a high school English teacher, staff developer, graduate writing instructor and educational consultant. She earned her Ph.D. in Writing Research and Theory from New York University. In 1992, after passing

two license exams to become a NYC Public High School Principal, Johanna vacationed in Sedona, Arizona, and was inspired to move there. After enjoying fourteen months camping out in the desert forest of Sedona and doing Yoga on the red rocks, Johanna became inspired to launch her retreat business, Sedona Spirit Yoga & Hiking. Johanna is the author of two previous books, *YogaLife: 10 Steps to Freedom and Cultivate Contentment: Using Ancient Wisdom to Thrive in Today's World*. Her third book, *Teen Triumph: 10 Ways to a Winning Life*, brings this ancient wisdom to teenagers. Currently, Johanna enjoys leading self-renewal retreats in Sedona, Arizona, and doing her writing and private consulting part-time in Encinitas, California.

I purchased this book for my niece ... a young teen with growing awareness of the world around her. She absolutely loved the book and said it helped her in ways she couldn't even imagine. Like any teen, she struggles with how she looks, budding attractions, arguing with her parents, resisting people telling her what to do, etc. *Teen Triumph* helped her to see that there are ways of looking at strife in her life differently and valuable ways to deal with situations that she didn't know about. Never mind that her mother tried to help her with similar principles in her own way! Sometimes kids just need to find the information on their own. Her mother also said that she was shocked her daughter talked with her about the book and even asked her opinion on some of the concepts. I wish this book was around when my child was entering their teenhood. It is a great tool and wonderful ally for younger and older teens. I highly recommend it.

I was attracted by the cover. Showing A teen on a trapeze crossing the challenges between childhood and adulthood. Skimming the contents I was impressed by the illustrations. I bought two copies for friends teenagers. The teenage girls have been absorbed reading them. *Teen triumph* is a great book to help teenagers deal with the struggles of adolescents and realize they are not the only ones facing challenges. I highly recommend it. My son sayed he wish he had this book in his teen years.

As an educator who works with youth on a daily basis, I found *Teen Triumph* to be very insightful and full of helpful information for young men & women trying to make their way through the maze of adolescence. It's a fast and informative read with fun illustrations that make the book all the more entertaining.

Teen Triumph: 10 Ways to a Winning Life by Johanna Maheshvari Mosca Ph.D. We all need tools for

life, especially as we navigate our teenage years. But somehow neither we, nor our parents received such a tool belt when we were born, or started into our adolescence years. So it's wonderful news that Johanna Mosca has provided us with a manual that sets forth ten primary tools to help our kids develop strong values and a sense of equanimity as they traverse the daily challenges of adolescence. As a clinician, parent, and educator, I love this book because it's simple and straightforward, easy to read, and provides a rich assortment of pictures that are worth a thousand words. This is not just a guidebook for teens, but for parents and clinicians, too, who should be reading this manual alongside their kids. This is the kind of book I loved handing out to all the parents, future parents, and teens who I saw in the heydays of my clinical practice working with couples and teens. If not for your teenager, buy it for yourself. It's a manual we can all use to navigate the ins and outs of daily life, so that at night, we can go to sleep with a smile, knowing we did good in each instance we faced during our day. •Richard Miller, PhD. Clinical Psychologist, Educator and Developer of iRest Meditation.

Johanna is a masterful Yoga teacher and this insight is coupled into excellent discussion and advice for teenagers. This book was originally for my 16 year old granddaughter. She really liked it. The younger 11 year old wanted to read this "teen" advice book too! That was wonderful! This is a well thought out book that will add to your teen's tool bag of life skills.

I was introduced to this book by my librarian at the Fallbrook High School. I can truly say that this book was enlightening. The situations that the author described were similar to what i as a teen feel. i felt that i could resonate with what the author was conveying to me. The pictures in the book were helpful as well because it laid out a visual image of what the text was saying. I really appreciated the images. The steps she describes are simple there not hard tasks, it is something that anyone can do. :3 :3

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