



Wide Awake: A Buddhist Guide for Teens

Diana Winston

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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

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John Townsend:

Typically the book Wide Awake: A Buddhist Guide for Teens has a lot info on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. The writer makes some research just before write this book. This book very easy to read you can obtain the point easily after perusing this book.

Keith Abell:

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Ruth Snider:

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