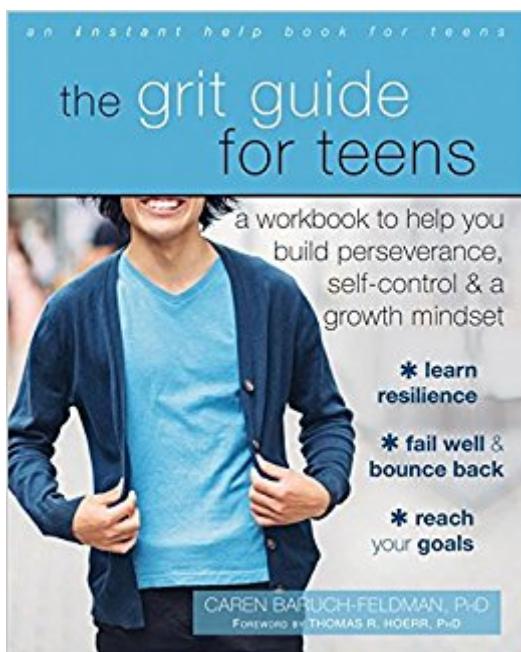


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The Grit Guide For Teens: A Workbook To Help You Build Perseverance, Self-Control, And A Growth Mindset



Synopsis

When the going gets tough, it's time to get gritty. Written by a clinical-child and school psychologist and based in the latest research, *The Grit Guide for Teens* will help you build perseverance, resilience, self-control, and stamina. As a teen, setting and reaching goals is an important part of growing up. Whether you want to do well in school, get into a good college, make friends, excel in sports, or master the fine arts or music—you know you need to persevere in order to succeed. You've probably heard the term “grit” at school or from your parents, but what does it really mean? Made popular by Angela Duckworth in her *New York Times* bestseller, the term “grit” embodies all the characteristics that help people accomplish the things they want, such as self-control, tenacity, and the ability to fail well. Using the skills outlined in this book, you'll develop both grit and a growth mind-set—a way of thinking that focuses on improvement and hard work in order to achieve any goal you set for yourself. You'll learn how to make grit an everyday habit, turn disappointments into opportunities, embrace challenges, manage stress, and be the very best version of you that you can be. Studies show that grit isn't something you have to be born with—it can be taught and learned! This book will give you everything you need to get gritty, open your mind to all life's possibilities, and succeed in everything you do.

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Customer Reviews

“Caren Baruch-Feldman has synthesized a masterful workbook that will prepare young people to thrive in both good and challenging times. There are so many books written for adults on

how to shape teens. Finally, here is one written for youth in a respectful, understandable, actionable tone that inherently recognizes young people as experts in their own lives who will take the reins when offered the tools to become their best selves.Â Bravo.Â•Â•Kenneth Ginsburg, MD, MS-Ed, author of *Building Resilience in Children and Teens* and *Raising Kids to Thrive*Â“As a forty-year, veteran educator that has worked with Angela Duckworth since she was in graduate school, I am pleased to endorse *The Grit Guide for Teens*. Baruch-Feldman incorporates strategies such as flow charts, goal setting, sentence completion, and self-reflection and writing exercises that will engage teenagers, and lead them to self-discovery and growth. *The Grit Guide for Teens* is an essential tool for educators, parents, and anyone seeking to better grasp and assist young people in their path to success.Â•Â•David Meketon, school research liaison to Duckworth Lab in the department of psychology at the University of PennsylvaniaÂ“TodayÂ•Â•s world is filled with stress and pressureÂ•Â•acutely felt by many teens. Caren Baruch-Feldman has written a truly remarkable book that provides teens with realistic and practical strategies for managing challenging situations and developing perseverance, grit, and resilience. Baruch-FeldmanÂ•Â•s empathy for the world experienced by teens and her clinical acumen, warmth, and humor are apparent throughout this book. In addition, her online recommendations for parents and teachers to nurture grit in adolescents serve as a wonderful resource.Â•Â•Robert Brooks, PhD, faculty member at Harvard Medical School, and coauthor of *Raising Resilient Children*Â“Teens todayÂ•Â•more than everÂ•Â•need to think about the long-term, persevere in the face of setbacks, and grow from their mistakes. Caren Baruch-FeldmanÂ•Â•s *The Grit Guide for Teens* provides a road map to help teens meet the challenges of todayÂ•Â•s competitive world. *The Grit Guide for Teens* has taken the latest research in the fields of cognitive behavioral therapy (CBT), behavior change, and grit, and has made it accessible. This skills-building approach will help teens learn to grow psychologically. St. JohnÂ•Â•s University and The Albert Ellis Institute are proud to include Baruch-Feldman as one of their graduates. *The Grit Guide for Teens* is a must-have for todayÂ•Â•s teens and the individuals who care about them.Â•Â•Ray DiGiuseppe, PhD, ABPP, professor and chair of the department of psychology at St. JohnÂ•Â•s University, past president of the Association for Behavioral and Cognitive Therapies, and director of professional education at The Albert Ellis InstituteÂ“*The Grit Guide for Teens* is a gift for adolescents and their parents! Caren Baruch-Feldman has written an essential survival guide for life! Easy to read and eminently helpful, high schools everywhere would do well to make this a life course!Â•Â•Bob Ditter, MEd, LCSW, child-adolescent therapist, and national camp trainer and

consultant. "Caren Baruch-Feldman does an excellent job of taking the latest research on grit and turning it into an accessible, user-friendly workbook for teens" - the very people who can benefit most from a boost in grit and resilience. "How do you turn knowledge into skills, and skills into life? How do you find and grab the knowledge you need when you need it? In *The Grit Guide for Teens*, Caren Baruch-Feldman is funneling important information about grit and how to build it to adolescents, their parents, and teachers. The why, the what, and the how of grit is the scaffold for this important story about how to build a life of passion, persistence, and purpose, developing skills that will help teens (and anyone) to navigate life in all its glory" - chaos, opportunity, trouble and luck! In increasingly uncertain times, building a strong inner life and a healthy psychological core will help. *The Grit Guide for Teens* is gold! "Gabrielle Kelly, director of the Wellbeing and Resilience Centre at the South Australian Health and Medical Research Institute" - "Everywhere teens look, they are facing seeming catastrophes. This book is a much-needed guide to navigate the tumultuous emotional waters of youth. Caren Baruch-Feldman offers a highly creative, versatile conception of grit" - one that can help teenagers step up to life and fully realize their possibilities! "Scott Barry Kaufman, scientific director at the Imagination Institute at the University of Pennsylvania and author of *Ungifted*" - "Caren Baruch-Feldman has packed a lot of research, worksheets, and practical information into this important and timely book. Research shows that grit is considered the key to success, and having this workbook during the formative teen years could positively impact the rest of a person's life." "Caroline Adams Miller, MAPP, author of *Getting Grit* and *My Name is Caroline*, and coauthor of *Creating Your Best Life*" - "Just when you thought gritty kids were an endangered species, Caren Baruch-Feldman delivers a concise and engaging guide to teenage happiness. That's right, brooding and complaining are not the default teenage mindsets. Success comes from perseverance, and Baruch-Feldman writes the ideal prescription. Drawing on scientific research without sounding stuffy for a second, Baruch-Feldman shares her winning formula through interviews with real teens, exercises for the reader, and goals that extend far beyond the pages of the workbook. Buy this book for every teen you know and watch inspiration turn to effort, skill, and achievement!" "Christopher Thurber, PhD, ABPP, psychologist at Phillips Exeter Academy, coauthor of *The Summer Camp Handbook*, and cofounder of www.expertonlinetraining.com

Caren Baruch-Feldman, PhD, is a clinical psychologist and a certified school psychologist. She

maintains a private practice in Scarsdale, NY, and works as a school psychologist in Harrison, NY. Baruch-Feldman has authored numerous articles and led workshops on topics such as cognitive behavioral therapy (CBT) techniques, helping children and adults cope with stress and worry, helping people change, and developing grit and self-control. She is a fellow and supervisor in rational emotive behavior therapy (REBT), a type of CBT. Visit her online at www.drbaruchfeldman.com. Foreword writer Thomas R. Hoerr, PhD, is emeritus head of New City Schools, and scholar-in-residence at University of Missouri-St. Louis. He is author of *The Formative Five*, *Fostering Grit*, and *The Art of School Leadership*.

As an actual teen doing the workbook (Someone who is actually part of the targeted demographic of the work book) I found this less then bearable. Initially upon opening the book, you see reviews from all "experts" who apparently know what's best for me apparently despite knowing nothing about me. Once you make it to the "work" part of the workbook read, I instantly felt the tone of someone talking down to me. Something you probably shouldn't do considering the targeted age demographic. Additionally the author's attempt to cater to the demographic by inserting references to social medias and such made me feel like the author was extremely out of touch with how people my age think. (Similar to the Hillary Clinton 2016 presidential campaign.) Overall I found this an extremely tedious book to complete as the author words the book as if it's catered to impress her colleagues rather then actually help teens.

A very accessible activity book that is truly teen-friendly. Dr. Baruch-Feldman draws upon authentic examples to which real teens can relate. The exercises are thought-provoking and not too overwhelming for teens to complete. The tone is optimistic and Dr. Baruch-Feldman provides the evidence-based research upon which this book is based in plain English and in a way that is meaningful and motivating. As a parent, I found this workbook to be very practical and realistic, and would definitely recommend purchasing this for your teenager!

This guide is a wonderful resource for teens, college students, young adults and parents. My daughter found it engaging and relatable and I loved the easy to understand advice and guidance to empower her to build her own self-confidence and Grit! There is also a fantastic online section for parents and educators with very helpful information and resources.

This book is not like other activity books. It has a "can do" upbeat attitude which is truly accessible

and friendly. Parents and their teenage kids learn great tips and skills of how to really persevere to overcome any challenge that stands in their way. Also, the activities are not long or drawn out. They are really practical, thought provoking and stick with the reader after they have put the book down I enjoy Dr. Baruch-Feldman's drawing on her and her own kids' struggles and experiences. A really helpful workbook!

As a psychologist who regularly works with teenagers I want to applaud Caren Baruch-Feldman's guide for teens. I am currently working through the guide with two teenagers. First and foremost, the guide is respectful of teenagers and never talks down to them. Secondly, the guide synthesizes a mountain of theory and research into a highly usable format - for any age. Finally, it works from a position of strength beginning with a recognition of where the teenager is already displaying perseverance and a "can do" attitude. Parents may want to share this workbook with their teens and, if so, I recommend they buy two copies and go through it together - we can all use practical reminders about how to achieve goals at any age.

I work with school age kids in India, developing their character strengths, and this book has been God-send! This book has been instrumental in designing activities and introspection exercises to which the teens can relate and embody in their daily lives. The book is in the form of a workbook and is very well structured; each chapter contains multiple activities that draw the reader in and at the same time help build their grit muscles with a relentless focus on clarifying complex concepts without using any jargon. Caren Baruch-Feldman, makes very novel and innovative contributions, while writing the workbook; she extends the concept of grit to emotional, social and wellness domains apart from the usual suspects of academic and extracurricular domains. When the teens think of being gritty, they usually think about achieving a goal that is either in academic domain (get better at math → I know this is not a SMART goal) or in extracurricular domain (become a good guitarist / get better at cricket) ; however Caren reminds us that grit can be shown in emotional domain (be good a controlling my anger), social domain (overcome shyness to initiate and sustain connections) or in wellness domain (stick to an exercise regimen to become fit and healthy); these are all my examples, Caren embeds the different domains based references throughout the book, so that one has an idea of how grit can be accomplished and plays out in all five domains. She is also a clinical psychologist with tons of experience with CBT/REBT and uses that to add additional nuance, when it comes to developing the right mindset for grit- growth mindset , the power of yet and optimistic mindset is conjoined with a focus on thinking traps and figuring out

if the thought is real, useful, or something you will tell a friend if he or she was in the same situation? These are powerful tools, one is providing to the kids, and which will help them in good stead in the future. Caren also makes it clear that if you really want to exhibit grit you have to develop the right mindset and then go forth and execute stuff (like do deliberate practice to hone your craft). There is also adequate coverage of strategies for remaining focused on your goal, by using things like Advantage cards and overcoming temptation by using strategies like situation selection, situation modification etc. She draws upon proven techniques from allied fields in psychology like self-control and habit-formation etc apart from a focus on increasing grit per se. That makes for a holistic package when it comes to ensuring success by the teen. While I read it mostly from the point of developing activities and using the material with my school students, I could readily see how relate able it would be for the teens themselves and how they will be so much richer for having gone thorough the book and completed all the activities. If you have a teen and his or her school does not promote positive education, yet, then you ought to buy this for your teen; it will be money well spent.

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