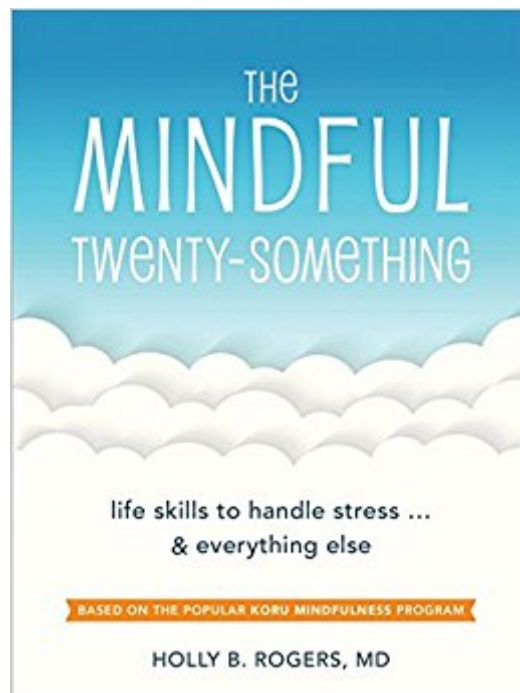




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# The Mindful Twenty-Something: Life Skills To Handle Stress and Everything Else



## Synopsis

A 21st century book, grounded in ancient ways of practice. • Sharon Salzberg, author of *Lovingkindness and Real Happiness* In *The Mindful Twenty-Something*, the cofounder of the extremely popular *Koru Mindfulness* program developed at Duke University presents a unique, evidence-based approach to help you make important life decisions with clarity and confidence. As a twenty-something, you may feel like you are being pulled in dozen different directions. With the daily tumult, busyness, and major life changes you experience as a young adult, you may also be particularly vulnerable to stress and its negative effects. Emerging adulthood, which occurs between the ages of 18 and 29, is a developmental stage of life when you're faced with important decisions about school, relationships, sex, your career, and more. With so much going on, you need a guide to help you navigate with less stress and more ease. The *Koru Mindfulness* program, developed at Duke University and already in use on numerous college campuses—including Harvard, Yale, Princeton, MIT, Dartmouth, and several others—and in treatment centers across the country, is the only evidence-based mindfulness training program for young adults that has been empirically proven to have significant benefits for sleep, perceived stress, and self-compassion. Now, with *The Mindful Twenty-Something*, this popular program is accessible to all young adults struggling with stress. With *Koru Mindfulness* and the practical tools you'll learn from this acceptance-based, proven-effective approach, you'll be able to cultivate the compassion and mindfulness skills you need to manage life's challenges from a calm, balanced center, regardless of what comes your way.

## Book Information

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## Customer Reviews

“Given the current state of higher education today, to call *The Mindful Twenty-Something* timely is an understatement. The conversational tone offers an approachable presentation of mindfulness appropriate for many of the complexities that modern undergraduate and graduate students face. The simple practices outlined in this book ensure both the accessibility and applicability of mindfulness and will undoubtedly be a valuable resource not only for students but those working with contemplation in higher education.” • “Jason Jones, PhD, Contemplative Sciences Center, University of Virginia”

“Based in ancient contemplative wisdom, modern science, and Holly Rogers’s extensive experience working with college students and young adults, this book is an excellent resource for a person of any-something age who wishes to begin or learn more about practicing mindfulness.” • “Jeff Brantley, MD, assistant consulting professor in the department of psychiatry and behavioral sciences at Duke University Medical Center; founding faculty member of Duke Integrative Medicine, and founder and director of its Mindfulness Based Stress Reduction (MBSR) program; and author of *Calming Your Angry Mind*”

“Mystified by meditation? Engaging, accessible, and down to earth, *The Mindful Twenty-Something* has everything you need to start meditating and more.” • “Sumi Loundon Kim, Buddhist chaplain at Duke University”

“Easy to read and immensely practical, *The Mindful Twenty-Something* is a 21st century book, grounded in ancient ways of practice. In it, Holly Rogers’s professional experience and her love of mindful practice come together in a way that will be of great benefit to many.” • “Sharon Salzberg, author of *Lovingkindness* and *Real Happiness*”

“In *The Mindful Twenty-Something*, Holly invites young people to explore mindfulness and meditation with a curious and open mind. With warmth and a clear, direct tone, she speaks candidly about the precious and fleeting nature of our lives, advocating that mindfulness and meditation are the path to fully engaging with the present moment. Allowing for skepticism and doubt, this book helps bridge the gap between understanding mindfulness and developing a regular meditation practice.” • “Jeanne Mahon, MEd, director of the Center for Wellness at Harvard University”

“Having just shepherded two daughters through their twenties, I can say with confidence that it is not an easy time these days, and the statistics on mental health challenges for that age group bear that out. Holly Rogers not only knows plenty of people trying to start out their lives during that difficult stage, but she cares deeply about what they need. In this book, she offers insights and practical tools that will shape the present and the future of many young people.” • “Barry Boyce, editor in chief at *Mindful* magazine and [mindful.org](http://mindful.org)”

“Holly Rogers has written a unique introduction to becoming mindful, deeply grounded in her own experience. She has both practiced herself for years and taught students at

Duke, and the book reflects both. Wise, but not obscure. Practical, but lighthearted and inspiring. •  
â "Mirabai Bush, meditation and mindfulness teacher, cofounder and senior fellow of the Center for  
Contemplative Mind in Society, and coauthor of Contemplative Practices in Higher Education

Holly B. Rogers, MD, is a psychiatrist and mindfulness teacher at Duke University's student  
counseling center. Along with Margaret Maytan, MD, she developed Koru Mindfulness, the only  
evidence-based mindfulness training program designed specifically for college-age adults. Coauthor  
of Mindfulness for the Next Generation, Rogers is one of the leading experts on teaching  
mindfulness to young adults.

I used this book as part of a class I took at my university. I really enjoyed both the class and the  
book. I'm planning on bringing some of what I learned to my future staff members and also plan to  
share the book with a friend. Great choice!

I have a potential conflict of interest here, being a Koru teacher in training, but I found this a  
wonderful manual/guide for a beginning mindfulness practice. It can be read as a 4-week training  
program in meditation and other mindfulness practices for young people just setting out, but it can  
also be read as a broader guide to how live your life more mindfully. It strikes a sweet balance  
between being practical (well, how exactly do you meditate and all that?) and touching on some of  
the deeper underlying attitudes of the practice -- non-judgmentality, integrity, kindness,  
self-compassion, authenticity, wisdom, personal inquiry, and what mindfulness can open you up to  
in relationships and generally in dealing with others. Holly is a very straight-forward writer, very  
matter-of-fact (more Salzberg than Kabat-Zinn, if that means anything to you). She is also very open  
to sharing her own story and that of her students, which makes the book very relatable and  
inspiring. The little sidebars on the scientific background of some of the claims are a nice added  
boon.

After several previous attempts, this is the book that got me meditating daily! It has a clarity and  
economy of words that respects the busy, driven, and overworked among us. Not just for young  
adults, its approachable style offers a gentle introduction to those new to meditation, and a friendly,  
caring nudge of encouragement to the more experienced. This is not a book of philosophy so much  
as a practical guide to permitting yourself some simple techniques to make life better. For the  
impatient or inattentive (like me), it's nicely broken into digestible chunks. For the skeptical, it's

peppered with references to research, which you are free to follow up on or blissfully ignore, plus examples from Dr. Rogers' own experience working with students. She explains each point concisely, anticipating the ways we may resist (I don't have time, that's not me, etc). She seems to nod with empathy, then excitedly take us by the hand to show us how we too can get started. Initially intending to read through it like a novel, I found myself compelled to stop and try the exercises. What a rewarding experience. Highly recommended!

I just finished teaching a Koru class to twenty-something year old college students. The author of the book, Dr. Holly Rogers, co-founded the Center for Koru Mindfulness, which trains people to teach Koru mindfulness. This book accompanies the Koru class - the students read the book throughout the class. All of my students who took the class raved about this book. They said that it was easy and fun to read and that it motivated them to meditate! They also reported that it helped them to more fully understand mindfulness and it promoted their state of mindfulness. The book was written for "emerging adults" but as a Baby Boomer, I loved it, too! I am going to gift it to my twenty-something year old son. It's a gem in the mindfulness literature.

Although aimed at college students, this book is not just for twenty somethings! I gifted this book to my college age son, but also bought a copy for myself. I am really grateful I purchased it. It is a very accessible, practical guide to mindfulness meditation. What I liked most was that it helped me establish a consistent daily meditation practice, something I have never been able to achieve before. I recommend using the book in conjunction with Dr. Rogers' Koru mindfulness app, which has her audio guided meditations. This thoughtful, well written text is great for beginners and for those looking to develop a daily meditation practice.

Really great book for anyone age 18-20's. I would recommend this book to anyone who is stressed out with finding their purpose in life or anyone with anxiety/depression. This book is a very easy read with a lot of great quotes to contemplate and to use going forward in life. I find myself going back and back again to re-read chapters when I need a refresher.

As someone who has been both personally and professionally interested in meditation for many years, I've read many meditation books, and "The Mindful Twenty-Something" is perhaps the best, most straight-forward, accessible book for newcomers. Even though I'm a Sixty-Something who has been meditating a long time, it was a pleasure to read, and I

certain that readers younger than me will gain even more benefit from it. In fact, I plan to give it to my 20-something son and his wife.

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