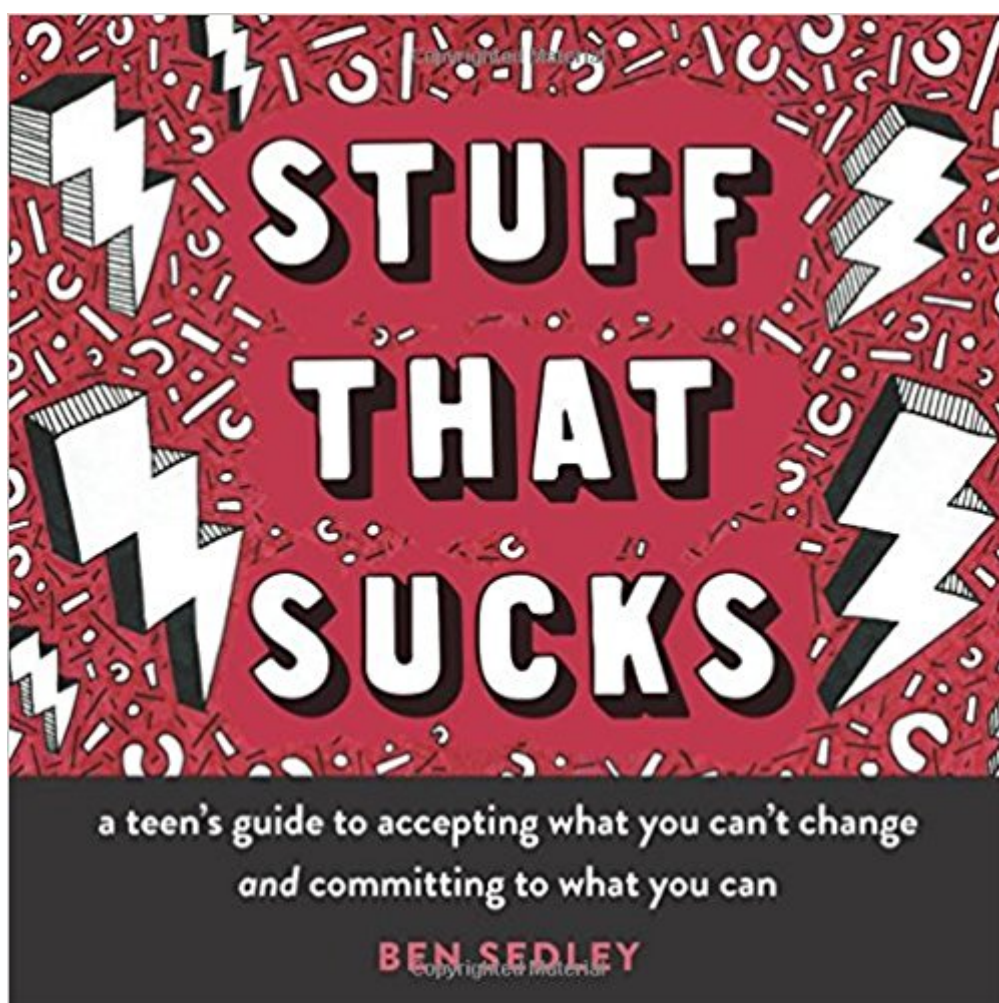


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# Stuff That Sucks: A Teen's Guide To Accepting What You Can't Change And Committing To What You Can (The Instant Help Solutions Series)



## Synopsis

Sometimes everything sucks. This unique, illustrated guide will help you move past negative thoughts and feelings and discover what truly matters to you. If you struggle with negative thoughts and emotions, you should know that your pain is real. No one should try to diminish it. Sometimes stuff really does suck and we have to acknowledge it. Worry, sadness, loneliness, anger, and shame are big and important, but they can also get in the way of what really matters. What if, instead of fighting your pain, you realized what really matters to you and put those things first in life? If you did that, maybe your pain wouldn't feel so big anymore. Isn't it worth a try? *Stuff That Sucks* offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values. You'll figure out what you care about the most, and then start caring some more! The skills you'll learn are based on acceptance and commitment therapy (ACT). Yes, there are a few written exercises, but this isn't a workbook. It's a journey into the stuff that sucks, what makes that sucky stuff suck even more, and how just a few moments each day with the stuff that matters will ultimately transform the stuff that sucks into stuff that is just stuff. Make sense? Maybe you want to be more creative? Or maybe you simply want to do better in school or be a better friend? This book will show you how to focus on what you really care about, so that all that other sucky stuff doesn't seem so, well, sucky anymore.

## Book Information

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## Customer Reviews

"There's no getting around it: some things in life suck. With this basic premise, this empathetic book guides readers through some of the inevitable bummers of the teenage years. Sedley, a clinical psychologist and an experienced practitioner of family and adolescent therapy, presents plenty of generalized problems and issues that are common among young people, and offers potential solutions and ideas to combat them. Confronting negative thoughts and feelings is the basic strategy of the acceptance and commitment therapy that Sedley puts forth. He describes skills that can help readers stop trying to fight against their unwanted emotions and cope with inevitable setbacks. Sedley's credibility is bolstered by his openness about not having the answer to every problem or question faced by readers; rather, he encourages kids to look for strategies that work for them. Some exercises are written, while others are behavioral or observational. At its core, the book is a self-help tract on learning to accept one's emotions that will serve readers through their adolescence and beyond." •Booklist "I love Stuff That Sucks! It is a pithy, genuine, and skillful application of ACT for adolescents. As a compassion-focused therapy (CFT) practitioner, I think this book is a wonderful way to help adolescents meet the stuff that sucks in their lives with acceptance, self-compassion, and the courageous willingness to get their lives moving toward the things that matter to them. I can guarantee that I'll be using it with my own clients. Highly recommended!"

•Russell Kolts, PhD, professor of psychology at Eastern Washington University, and author of CFT Made Simple and The Compassionate-Mind Guide to Managing Your Anger "Undoubtedly, sometimes life sucks. It can be difficult, painful, and filled with big scary things. And within this realization, opens up a whole new way to approach these experiences—one without constant fighting and struggling with thoughts and feelings that are often out of our control. In this book, Ben brings together the cutting-edge ideas from psychology to help you mindfully choose the life you want. It's written in a simple and fun way to make it useful for young people and parents alike. Written with wisdom and wit, this outstanding book is set to become a self-help classic."

•Joe Oliver, PhD, director at Contextual Consulting, and coauthor of ACTivate Your Life "In Stuff That Sucks, Ben Sedley takes the key elements of ACT, and presents them in ways that are immediately accessible, relatable, and actionable. • Indeed, I would rate it as a must-have for every adolescent's bookshelf."

•Tiffany Rochester, clinical psychologist at The Charles Street Clinic in North Perth, Australia "I love this book! It's a great gift for parents to give their teenage kids, and a fantastic resource for therapists working with adolescents. Ben admirably pulls

off the hat trick of making ACT simple, practical, and very entertaining. Stuff That Sucks is really stuff that rocks!

• Russ Harris, author of *The Happiness Trap* and *ACT Made Simple* “Fast-paced, fun, and useful, this book shows how to deal with stuff that sucks. It’s all scientifically based, but you’ll be having too much fun to notice. This book absolutely, positively, does not suck.”

• Steven C. Hayes, PhD, codeveloper of ACT, and author of *Get Out of Your Mind and Into Your Life* “Ben Sedley has written a wonderful book for teens. A must-have for the collection. Stuff That Sucks delivers with powerful images, clear messages on what it means to be a human, and lots of ideas for helping teens. A fabulous book.”

• Louise Hayes, PhD, coauthor of *The Thriving Adolescent* and *Get Out of Your Mind and Into Your Life for Teens* “Put simply, Stuff That Sucks is good stuff! Short and to the point, it can help teens from thirteen to at least forty-nine learn to handle life’s yucky stuff in a way that will help them get to the good stuff. Far from being a stuffy psych book, this is a concise how-to guide to the stuff that really counts: living a life free from getting stuffed by the stuff that sucks.”

• Benjamin Schoendorff, MA, MSc, founder of the Contextual Psychology Institute in Montreal, QC, Canada; international acceptance and commitment therapy (ACT) trainer; and coauthor of the recent *The Essential Guide to the ACT Matrix* and *The ACT Practitioner’s Guide to the Science of Compassion*

Ben Sedley is a clinical psychologist and acceptance and commitment therapy (ACT) practitioner with over fifteen years of experience working with adolescents and families facing mental health difficulties. Sedley’s research and practice has focused on examining children and young people’s understanding of mental health, which has helped guide him on the best ways to explain mental health concepts and ACT to young people.

Thanks Ben, for *Stuff that Sucks*. This book is a really easy to read book that teenagers, parents, teachers and therapists can pick up and read any chapter with ease. Based on Acceptance Commitment Therapy framework; it offers realistic strategies from a young person’s perspective. Great book!

This is a great, easy to read, helpful book for kids and others about dealing with the stuff that sucks in our lives..It combines sensible explanations with practical steps and ideas to enable us to manage the sucky stuff , and good suggestions about how to talk to others when you are feeling overwhelmed.I think it’s an important book in this field, and think it should be in every school library,

counsellor's office, youth worker's collection. Get it and share it with kids you know.

Easy to read and thoughtful questions to ponder

I wish I'd had this book years ago. When I was young and didn't like life much, nobody said anything useful. They said things like "you're fine." and "it's just life." and "you're too sensitive." It was confusing, cos I didn't feel fine, life sucked, and feeling things hurt (and apparently it was wrong to feel.) It made me think even more that there was something wrong with me. This book is great because it uses much better words. Ben says things that make sense, and tells you that it's not your fault, then suggests ways you can learn to enjoy life more. Great for parents who are wondering what to say, caught between a rock and a very hard place.

This is an invaluable book about how to deal with the adversity of growing up and of life in general. It is full of practical tips that can be put to use right away, and it is an easy read too interspersed with good humor that will appeal to young readers through to the young at heart.

A great book! I have been looking for an ACT book to recommend for the teens I work with. Dr. Sedley nailed it by giving teens quick skills to manage stuff that sucks and focus on what I really important in life. Thank you!

I bought this to show to or loan teens in my psychotherapy practice. Last one gave it an "8 out of 10" review. Great resource for youth learning ACT!

Stuff That Sucks is a breath of fresh air. It's written and illustrated in a way that young people can relate to - not full of jargon and psychobabble, but real words, real kids use. It offers practical tools, giving young people something they can DO to help them deal with life's difficult stuff. Ben's focus on values and doing what's meaningful and important sheds light on an area we can all benefit from - taking the time to consider what really matters! I highly recommend this book for parents of teens as a way to get them talking about what's going on for them. It's friendly, fun, and very helpful!

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