



# The Thundering Years: Rituals and Sacred Wisdom for Teens

*Julie Tallard Johnson*

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## **The Thundering Years: Rituals and Sacred Wisdom for Teens** Julie Tallard Johnson

Shows teens how to harness the intense emotions and drives of the late-teen years using wisdom from cultures around the world.

- Includes exercises, personal and community rituals, and resources that show how to successfully navigate the Thundering Years without heading toward violence, drug abuse, and other self-destructive behaviors.
- Includes inspiring quotations from many spiritual traditions as well as the words and real-life experiences of other young adults.
- Presents an honest view of the passions and pain that occur during this major life transition.

According to native traditions, the Thundering Years are the time in life to listen to intense feelings, dreams, desires, and goals--to be outrageous and even difficult. The Thundering Years are the teen years, the time when you are journeying into adulthood. They are exciting years, full of potential and creative energy, and they are painful years, full of turmoil and self-examination.

Author Julie Tallard Johnson has collected wisdom from cultures around the world to help you survive your Thundering Years with your soul, creativity, and even sense of humor intact. She offers numerous techniques and traditions to help harness the powerful energy released during this time. She shows that when you connect with your thunder in a respectful way, you are given the confidence you need to accomplish all your dreams.

Includes:

Mindfulness and energizing meditations

Vision quests

Dream weaving

Drum medicine

Initiations and rites of passage

Rituals for releasing anger and celebrating the seasons

Making your own journals and medicine bags

Finding your creative community

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The Thundering Years: Rituals and Sacred Wisdom for Teens can be one of your starter books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to put every word into joy arrangement in writing The Thundering Years: Rituals and Sacred Wisdom for Teens although doesn't forget the main point, giving the reader the hottest along with based confirm resource data that maybe you can be certainly one of it. This great information can easily drawn you into brand new stage of crucial pondering.

#### **Linda Cooper:**

The book untitled The Thundering Years: Rituals and Sacred Wisdom for Teens contain a lot of information on the item. The writer explains your ex idea with easy means. The language is very clear to see all the people, so do certainly not worry, you can easy to read it. The book was authored by famous author. The author brings you in the new period of time of literary works. You can read this book because you can read on your smart phone, or gadget, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice study.

#### **Alisa Gordon:**

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