

RESCUE PLAYLIST

Here's a way to use the new technology of Spotify to help teenagers.

As I've had conversations with teenagers about the hurts in their lives, I often think of a song that could help them through their pain. In addition to the traditional ways of helping—counseling and personal care—I've created a Rescue Playlist on Spotify. I can share the link to the playlist with my teenagers, and encourage them to listen to it as they go through pain in their lives.