

# — TEEN — ANXIETY SELF-HELP — GUIDE —

Understand The Worries In Your Mind, Manage  
Panic, Stress, And Fears With CBT And DBT Skills



R S A P P H I R E

# Teen Self Help Guide Hardcover

**Scott Green**



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marriage including such problems as lack of money in law relationships jealousy and spousal abuse Includes quotes from teenage couples and suggestions for making relationships work *The Publishers Weekly*, 1913 *American Book Publishing Record*, 2001

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