

— TEEN — ANXIETY SELF-HELP — GUIDE —

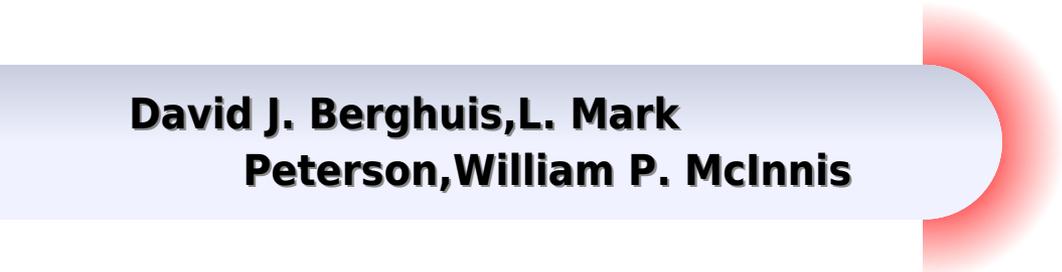
Understand The Worries In Your Mind, Manage
Panic, Stress, And Fears With CBT And DBT Skills



R S A P P H I R E

Readers Choice Teen Self Help Guide

**David J. Berghuis,L. Mark
Peterson,William P. McInnis**



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