

# TEEN SELF-HELP WORKBOOK

WORKBOOK FOR TEENS TO BUILD A BRIGHTER FUTURE



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WORLDWIDE

The Teen-Friendly Guide to  
Building Healthy Habits for Life

My Kids Life

# Teen Self Help Guide Complete Workbook

**S Ashworth**



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*Manual of Adolescent Substance Abuse Treatment* Todd Wilk Estroff, 2001 This book provides a wide ranging contemporary review of adolescent substance abuse and treatment using research theory and examples from actual practice

**Alone After School** Helen L. Swan, Victoria Houston, 1985

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