

# — 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 Quick Start

**IM Harris**



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**The Clearinghouse Directory** ,1991

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*Books for the Teen Age* New York Public Library,1986

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