

# — 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 Manual Book

**Minjie Lin**



## **Teen Self Help Guide Manual Book:**

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**Methods** Jerome L. Schwartz, 1987      **NIH Publication** ,1987      **Proceedings of the Planning Meeting on Cancer**  
**Education** ,1980      **Books and Pamphlets, Including Serials and Contributions to Periodicals** Library of Congress.  
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     Review and evaluation of smoking cessation methods Jerome L. Schwartz, 1987      **The Child Welfare Manual** ,1915  
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 Haney, Edmond W. Boenisch, 1987 A personal guidebook for pinpointing sources of stress and finding stress relief With  
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