

# THE GROWTH MINDSET



# WORKBOOK

# FOR TEENS

**30 DAY  
CHALLENGE  
INCLUDED!**

**CBT & DBT SKILLS TO GROW IN SELF-CONFIDENCE,  
BUILD RESILIENCE, AND OVERCOME LIFE'S CHALLENGES**

**EMPOWER TEENS**

# Practice Workbook Self Help Mindset

**Yi-Tong Ma**



**Practice Workbook Self Help Mindset:**

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