

— 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

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Annelies Wilder-Smith



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- Chapter 3: Paperback Teen Self Help Guide in Everyday Life
- Chapter 4: Paperback Teen Self Help Guide in Specific Contexts
- Chapter 5: Conclusion

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6. In chapter 5, the author will draw a conclusion about Paperback Teen Self Help Guide. The final chapter will summarize the key points that have been discussed throughout the book.

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