

# — 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

# Ultimate Guide Teen Self Help Guide

**Arthur E. Jongsma, Jr., L. Mark  
Peterson, William P. McInnis, Timothy J.  
Bruce**

## **Ultimate Guide Teen Self Help Guide:**

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