

# — 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

# Quick Start Teen Self Help Guide

**Marcel A. Müller**



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Hygeia ,1938

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web volume pek drainase beton luas total luas lubang drainase x panjang drainase volume pek drainase beton  $a \times h \times a \times h \times$  panjang volume pek drainase beton  $0,5 \times 0,5 \times 0,3 \times 0,4 \times 100$  volume pek drainase beton  $0,25 \times 0,12 \times 100 = 13 \text{ m}^3$  dari hasil perhitungan diatas maka dapat diketahui volume pekerjaan drainase

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