

# TEEN SELF-HELP WORKBOOK

WORKBOOK FOR TEENS TO BUILD A BRIGHTER FUTURE



5000+  
HAPPY KIDS

✓ APPROVED BY  
EDUCATORS & PARENT  
WORLDWIDE

The Teen-Friendly Guide to  
Building Healthy Habits for Life

My Kids Life

# Teen Self Help Guide Complete Workbook

**Annelies Wilder-Smith**



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