

# 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

# Practice Workbook Teen Self Help Guide

**Léo Pomar**



**Practice Workbook Teen Self Help Guide:**

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