

# — 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

# Teen Self Help Guide 2026 Guide

**R Bogdan**



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[Materials Center Catalog](#) Food and Nutrition Information Center (U.S.), 1976 **Subject Guide to Books in Print**, 1984

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