

# — 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 Step By Step

**Jianjun Gao**



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beginning with the warning that greatness in the kingdom of heaven is measured not by rank or power but by childlikeness mt 18 1 5 it deals with the care that the disciples must take not to cause the little ones to sin or to neglect them if they stray from the community mt 18 6 14 the correction of members who sin mt 18 15 18 the

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