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STRESS REDUCTION WORKBOOK FOR TEENS: MINDFULNESS SKILLS TO HELP YOU DEAL WITH STRESS (INSTANT HELP)



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (Instant Help), Gina M. Biegel, First, the bad news: your teenage years are some of the most stressful of your life. Up to 70 percent of teens say they're stressed out, and with pressure about grades at school, parents who just don't seem to get it, and friends who drive you crazy, it's no wonder. Here's the good...

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- Authored by Gina M. Biegel
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