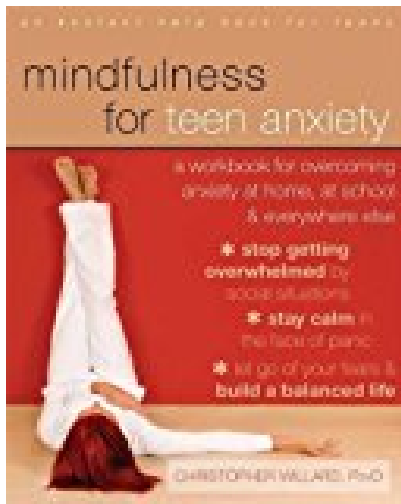


# Mindfulness for Teen Anxiety A Workbook for Overcoming Anxiety at Home at School and Everywhere Else An Instant Help Book for Teens

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## BOOK DETAILS

- Author : Christopher Willard PsyD
- Pages : 168 Pages
- Publisher : Instant Help
- Language : English
- ISBN : 1608829103

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