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**The Anger Workbook
For Teens Activities To
Help You Deal With
Anger And Frustration
An Instant Help Book**

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Let's face it: life gives you plenty of reasons to get angry, sad, scared, and frustrated-and those feelings are okay. But sometimes it can feel like your emotions are taking over,

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spinning out of control with a mind
of their own. To make matters
worse, these overwhelming
emotions might be interfering with
school, causing trouble in your
relationships, and preventing you
from living a happier life. Don't Let

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Your Emotions Run Your Life for
Teens is a workbook that can help.
In this book, you'll find new ways of
managing your feelings so that
you'll be ready to handle anything
life sends your way. Based in
dialectical behavior therapy (DBT),

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a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence. This book offers easy

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techniques to help you: •Stay calm
and mindful in difficult situations

- Effectively manage out-of-control emotions
- Reduce the pain of intense emotions
- Get along with family and friends

The Anger Management Workbook

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for Kids offers kid-friendly exercises and interactive activities to feel happier, calmer, and take control of anger. Everyone gets angry, but teaching kids how to respond to anger is what really matters. The Anger Management Workbook for

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Kids offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the

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activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers. With this foundation, kids will learn positive and proactive strategies to deal with anger through gratitude, friendliness, and

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self-kindness. At home, school, or
with friends, the Anger

Management Workbook for Kids
equips kids to take control of anger,
with: A close look at anger that
helps kids and parents identify
habits and triggers, and recognize

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how anger feels to them. Interactive exercises that provide a fun format for learning how to communicate feelings, needs, and wants to take control of angry outbursts. Feel-good habits that help kids develop better responses to anger by

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cultivating self-kindness, joy, and appreciation. Anger is a regular emotion just like joy, sadness, and fear--but sometimes anger acts bossy. Give your kids to the power to say STOP to anger with the Anger Management Workbook for

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Provides strategies and activities for teenagers to manage their anger, describing such tasks as setting goals, creating action plans, making an anger contract, developing listening skills, coping

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with conflict, and being assertive.
The Anger Workbook for
Teens Activities to Help You Deal
with Anger and Frustration New
Harbinger Publications
Life Skills Curriculum
Skill-building Activities for Teens

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You Deal With Anger And
with Nonverbal Learning Disorder,
Frustration, An Instant Help
Asperger's Disorder & Other Social-
Book For Teens
skill Problems

The Anger Workbook for Teens
For Relief from Depression, Anger,
Anxiety, and More
40 Awesome Activities to Help

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Children Calm Down, Cope, and
Regain Control

An Anger Workbook for Kids

The Anger Management Workbook
for Teen Boys

Zero to 60

Named in Tutorful's Best Child

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You Deal With Anger And
Self-Esteem Boosters/Resources
Frustration An Instant Help
2018 As a teen, it is incredibly
Book For Teens
**important to have self-
confidence, especially when you
consider societal pressures
about appearance and grades.
Just growing up is difficult in**

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and of itself, and in the midst of all this life-related stress, you may not be seeing yourself clearly. In fact, you may be magnifying your weaknesses and minimizing—or even ignoring—your true assets.

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Psychologists believe that low self-esteem is at the root of many emotional problems. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving of the respect of others. When you

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have low self-esteem, you put little value on your opinions and ideas, and may find yourself fading into the background of life. Without some measure of self-worth, you cannot accomplish your goals. In The

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*Self-Esteem Workbook for
Teens, you will learn to develop a
healthy, realistic view of yourself
that includes honest
assessments of your
weaknesses and strengths, and
you will learn to respect yourself,*

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*faults and all. You will also learn
the difference between self-
esteem and being self-centered,
self-absorbed, or selfish. Finally,
this book will show you how to
distinguish the outer appearance
of confidence from the quiet,*

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***steady, inner acceptance and
humility of true self-esteem. The
book also includes practical
exercises to help you deal with
setbacks and self-doubt, skills
for dealing with criticism, and
activities that will aid in the***

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***development of self-awareness,
self-acceptance, and self-worth.***

***With the right amount of self-
confidence, you will have the
emotional resources you need to
reach your goals.***

Powerful and simple skills

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*grounded in dialectical behavior
therapy (DBT) to help kids deal
with anger and stay calm. Kids
often need extra help managing
their emotions, and this is
especially true when it comes to
anger. Out-of-control anger and*

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***temper tantrums can interfere
with making friends, learning in
school, and all aspects of life.***

***But there are tools your child can
use to respond to anger in
healthier ways. This workbook
can help kids increase their***

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*awareness of anger and regulate
it more effectively. The Anger
Workbook for Kids offers
clinically proven, hands-on
activities grounded in dialectical
behavior therapy (DBT) to help
kids manage anger, regulate*

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*you deal with anger and
frustration. An instant help
book for teens*
**their emotions, handle conflict
with peers, and express big
feelings in healthier ways.**

**Children will also gain a better
understanding of how their anger
impacts others, and what to do
when anger has hurt friendships**

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or other relationships. This workbook will help kids: Identify anger triggers Understand and describe their feelings “Hit pause” when anger starts to take control Repair friendships damaged by anger Express their

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***feelings Anger is a natural
emotion that even adults
struggle with. This friendly
workbook takes a non-
judgmental approach to help
kids take control of their anger
before it leads to aggression or***

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**outbursts—skills that will serve
them well into the future!**

**The toxic costs of anger are well
understood: sabotaged careers,
alienated family and friends, and
even physical damage to a point
where illness or an early death**

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can result. Unlike previous models of anger control that began by combating anger-provoking trigger thoughts at a relatively low level of anger, The Anger Control Workbook introduces you to a streamlined

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new approach that allows you to exercise control at a higher level of anger so that fewer steps are involved in managing all of your problem anger expressions. Throughout, the book offers techniques in a clear, step-by-

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*step format, arranged to make it
easy to tailor a program to your
own personal obstacles and
triggering events*

***Don't Let Anger Take Control!
Most people stereotype anger by
assuming that it always results***

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*in shouting, slamming fists, or
throwing things. However, anger
is not that one-dimensional. In
fact, all of the statements below
represent feelings of anger:
When I am displeased with
someone I shut down any*

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*communication and withdraw. I
get very tense inside as I tackle a
demanding task. I feel frustrated
when i see someone else having
fewer struggles than I. There are
times when my discouragement
just makes me want to call it*

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*quits. I can be quite aggressive
in my business pursuits or even
when just playing a game. We all
deal with anger in our lives,
whether it be in a subtle or
violent manner. Being angry can
involve such emotional*

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**expressions as frustration,
irritability, annoyance,
aggravation, blowing off steam,
or fretting. The good news is
anger can be managed. In The
Anger Workbook Les Carter,
Ph.D., and Frank Minirth, M.D.,**

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*offer a unique 13-step interactive
program that will help you:*

*Identify the best ways to handle
anger Understand how pride,
fear, loneliness, and inferiority
feed your anger Uncover and
eliminate the myths that*

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*perpetuate anger-"Letting go of
my anger means I am conceding
defeat" or "No one understand
my unique problems." Identify
learned patterns or relating,
thinking, and behaving in your
life that influence your anger.*

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***What's Good about Anger?
Mindfulness Skills to Help You
Deal with Stress***

***A Workbook to Overcome Anger
and Aggression Using MBSR and
DBT Skills***

The Sexual Trauma Workbook

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for Teen Girls

***Quick and Simple CBT Strategies
to Defuse Anger on the Spot
Getting a Grip***

***Activities to Help You Deal with
Anger and Frustration
The Anger Workbook***

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From managing social media stress to dealing with pandemics and other events beyond your control, this fully revised and updated edition of The Anxiety Workbook for Teens has the tools you need to put

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anxiety in its place. In our increasingly uncertain world, there are plenty of reasons for anyone to feel anxious. And as a teen, you're also dealing with academic stress, social and societal pressures, and massive

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changes taking place in your body, brain, and emotions. The good news is that there are a lot of effective techniques you can use—both on your own and with the help of a therapist or counselor—to reduce your

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feelings of anxiety and keep
them from taking over your life.
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Now fully revised and updated,
this second edition of The
Anxiety Workbook for Teens
provides the most up-to-date
strategies for managing fear,

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anxiety, and worry, so you can reach your goals and be your best. You'll find new skills to help you handle school pressures and social media overload, develop a positive self-image, recognize your anxious

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thoughts, and stay calm in
times of extreme uncertainty.

The workbook also includes
resources for seeking additional
help and support if you need it.
While working through the
activities in this book, you'll find

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tons of ways to help you both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. Just remember—these are tools,

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intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you're ready to change your life for the

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better and get your anxiety
under control, this workbook
can help you start today. In

these increasingly challenging
times, teens need mental health
resources more than ever. With
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sold worldwide, Instant Help
Books for teens are easy to use,
proven-effective, and
recommended by therapists.
Being a teenager is difficult
enough without having to worry
about bullying. If you have

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experienced bullying or cyberbullying, you aren't alone. Bullying and cyberbullying are at an all-time high, and the effects of both can be tremendous for a young person who is already dealing with

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major school, life, and home
stressors. The Bullying
Workbook for Teens

incorporates cognitive
behavioral therapy (CBT) to help
ease anxiety, fear, stress, and
other emotions associated with

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being bullied. The workbook is made up of 42 step-by-step self-help activities designed to help you learn anti-bullying tips and strategies, manage emotions such as anxiety, fear, anger, and depression, and learn

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constructive communication skills to help you express your feelings. With this workbook as your guide, you will also learn how to identify toxic friendships, how to build your own self-confidence, and importantly,

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how to ask for help when
bullying gets out of control. The
exercises in this book are
designed to be useful in
everyday situations, so that you
gain helpful tools to help you
combat bullying or

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cyberbullying in your life.

Bullying can happen to anyone,
but there is hope to make a
change and stand up for
yourself, once and for all. If you
are experiencing bullying, this
book will offer sound

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psychological support to help you gain confidence in yourself and in your interactions with others. It is also a great resource for parents, educators, and counseling professionals. Anger is an important emotion.

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It fosters communication and builds relationships when expressed appropriately. What counts is what kids do when they are angry. The exercises in this workbook show kids how to express anger so that they

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communicate effectively, feel better, and do I not hurt others or themselves. This workbook is for professionals and parents to help children develop skills in anger management.

Being a teen in today's world is

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hard, and often teens struggle with feelings of anger toward themselves, their parents, and their friends. Using proven effective mindfulness-based stress reduction (MBSR) and dialectical behavioral therapy

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(DBT), Mindfulness for Teen
Anger teaches teens the
difference between healthy and
unhealthy forms of anger.
Inside, teens will learn to make
better choices, stop
overreacting, find emotional

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balance, and be more aware of their thoughts and feelings in the moment. By cultivating compassion and understanding for themselves and others, teens will be able to transform fear and anger into confidence

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and kindness.

Dialectical Behavior Therapy
Skills for Helping You Manage
Mood Swings, Control Angry
Outbursts, and Get Along with
Others

CBT Skills to Defuse Triggers,

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Resolve Issues Peacefully
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Skills to Help You Stop Stressing
and Start Sleeping Better

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Facilitator Reproducible Self-
Assessments, Exercises and

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Educational Handouts
Frustration. An Instant Help
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*Between school, friends, and
planning for the future, it's
easy to feel stressed out.
Written by a psychotherapist
specializing in mindfulness-
based stress reduction (MBSR)*

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*and featuring brand new
exercises, The Stress
Reduction Workbook for Teens,
Second Edition shows how
mindfulness skills can help you
relax, prioritize, and keep calm
during stressful times. Your*

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teenage years are some of the most stressful of your life. With pressure about grades at school, parents who just don't seem to get it, dating, and friends who drive you crazy, it's no wonder. But here's the

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good news! If you learn a few strategies for getting stress under control now, you'll have the skills you need to deal with problems and difficult feelings that life sends your way—in high school and beyond. The

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*Stress Reduction Workbook for
Teens is a collection of simple
workbook activities that will
teach you to reduce your
worries using a technique
called mindfulness.*

Mindfulness is a way to be

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*aware of your thoughts and
feelings in the present
moment. You can use*

*mindfulness when you start to
feel as though things are
spinning out of control, so you
can stop worrying about what*

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*might happen and focus
instead on what's happening
now. If you're like many
people, you find it easy to look
at your negative qualities or
feel there is no way to fix your
problems or stress. This book is*

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*about building on the
resources, skills, and positive
qualities that you might not
even realize you have. It is a
way to move from “I’m
powerless” thinking to “I can
do it!” thinking. Hundreds of*

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*teens in mindfulness-based
stress reduction classes have
used activities like the ones in
this book, and here is what
some of them have said: "I
have learned to let things go
and move on from bad*

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experiences.” “I felt that the coping skills learned are easy enough and effective enough to be used when I need. I now feel at the very least that I have the ability to reduce my stress.” “I learned new and

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*different ways to stay relaxed
and how to deal with stress
and now I don't worry much." If
they can do it, so can you! By
practicing the skills outlined in
this workbook, you'll be well on
your way to developing lasting*

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*resilience and a new kind of
strength—one that comes from
within. Why not get started
today?*

*In his highly popular book, "The
Heart of Anger,"
author/counselor Lou Priolo*

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*tackled the tough problem of
anger in young children; its
causes and cures. Now, Priolo
uses his years of experience
and considerable skills in
defusing anger in teenagers.
This professional edition*

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*includes both the Instant Help
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offers the complete book and
printable worksheets for your
clients. Activities to Help Kids
Grow Up Happy and Healthy
Despite Difficult Family*

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Changes Divorce hurts. That doesn't mean it has to have a lifelong effect. The Divorce Workbook for Children gives kids the skills they need to express the grief and anger that go along with divorce, stay

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*on the sidelines of parental
fights, and deal with the many
practical changes that divorce
brings. It also helps them
explore their feelings about
parents dating again or
remarrying and, most*

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importantly, helps them to realize that the divorce is not their fault. The Divorce Workbook for Children is a tool kit that helps any child come through their parents' divorce unscathed. It is appropriate for

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*kids between the ages of six
and twelve.*

*Learn how changing your
mindset can change your life!
Do you ever give up when
things are difficult? Sometimes
we all say things like, "I'm bad*

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at math, so there's no point in studying" or "I can't change—so why bother trying." This is called having a fixed mindset. When you have a fixed mindset, you take failure as evidence that you're not

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good at something. On the other hand, a growth mindset is a way of viewing yourself and the world that says, "I may not know how to do this now, but with effort, I can learn." People with a growth mindset

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believe they can learn from challenges and setbacks—that they have constant potential for growth, change, and improvement. So, how can you develop a growth mindset? Written by experts in growth

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*mindset and neuroscience, this
easy-to-use workbook will show
you how to change the way
you think, so you can change
your life. You'll learn powerful,
proven-effective skills for
coping with difficult*

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*feelings—including sadness,
worry, and anger. And, most
importantly, you'll find the
tools you need to transform a
fixed mindset into a growth
mindset, make change happen,
and reach your highest*

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aspirations. If you want to go from “No, I can’t do it,” to “Yes, bring it on!” this workbook will show you how to build a growth mindset and boost your confidence, so you can be your very best. Look out, world!

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*The Self-Esteem Workbook for
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*Activities to Help You Build
Confidence and Achieve Your
Goals*

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*A Teen's Guide to Manage
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Everyday Irritations*

*How to Keep Your Anger from
Undermining Your Self-Esteem,
Your Emotional Balance, and
Your Relationships*

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*The Heart of Anger Handbook
for Teens*

*Don't Let Your Emotions Run
Your Life for Teens*

Participant Workbook

**Golden draws upon more
than 20 years of**

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experience as a
Frustration. An Instant Help
psychologist and teacher
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to offer specific,
practical strategies for
helping children and teens
manage their anger
constructively. He

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stresses that anger, when properly understood, tells more about wants and needs than about the person or situation that has caused the anger. 22 illustrations.

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A teen version of the #1
Bestselling Coping Skills
for Kids Workbook, this
version is written
specifically with a
tween/teen audience (age
11+) in mind. There are 60

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coping strategies included
in the book, and it's
divided into Coping Styles
to make searching for a
coping skill easier. This
book also includes several
pages to support teens as

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they work on their coping
skills, including:

Feelings Tracker Worksheet
Identifying Triggers and
Making a Plan Positive to
Negative Thoughts
Worksheet Journal Pages

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and other resources to
help teens deal with

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stress, anxiety and anger.
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CBT skills for coping with
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angry thoughts, expressing
your emotions, and putting
an end to angry
outbursts—once and for
all. Being a young man is

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tough, and you're not
always equipped to deal

with the ongoing

challenges of school,

work, family, and

relentless peer pressure.

First of all, it's not all

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your fault. Our society encourages boys to repress their emotions—both positive and negative. You may have been told to “suck it up,” or “just be a man.” But burying your

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emotions can make it extremely difficult to express yourself, be heard, and feel like your needs are being met. The result is a frustration that builds and boils over

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into anger. The good news
is there's an easy-to-
learn method for managing
your anger and expressing
your emotions in a healthy
way. Written by an expert
in anger with decades of

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experience working with
teens, this book provides
you with the tools you
need for effective anger
management, as well as
essential skills for
getting in touch with and

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communicating your
thoughts and feelings.
You'll learn to understand
the emotions that trigger
anger, build up your
emotional vocabulary to
better express your

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feelings, and focus on the
positive. You'll also
discover anger-reduction
techniques to stay cool
when anger intensifies, so
you put out the fire and
get to a place of calm.

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This workbook is packed
with tips and tricks to
help you: Replace

unhelpful anger with clear
communication Break the
habit of catastrophizing
and personalizing Reduce

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the overwhelming
physiological response of
anger Channel the positive
power of anger With the
right tools, you can take
charge of your anger—and
your life. This workbook

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will show you how. In
these increasingly
challenging times, kids

and teens need mental
health resources more than
ever. With more than 1.6
million copies sold

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worldwide, Instant Help
Books are easy to use,
proven-effective, and
recommended by therapists.
Despite what you might
have been told, the
feelings of sadness and

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hopelessness you may be
struggling with are
probably not "just a
phase" or "something
you'll grow out of." As
many as 20 percent of
people your age have

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symptoms of serious
depression, yet many teens
and even many adults don't
Book For Teens
recognize the signs. Only
half of depressed teens
get the help they need to
overcome these feelings.

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If you're feeling
depressed, this workbook
offers things you can do,
both on your own and with
a counselor, to feel
better. The activities in
Beyond the Blues can help

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you cope with sad and
difficult feelings, find
new ways to make friends,
and deal with conflicts.
Little by little and on
your own schedule, you can
make small changes in your

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life that will lead you to
a brighter, more enjoyable
future.

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Kids**

**50 Fun Activities to Help
Children Stay Calm and
Make Better Choices When
They Feel Mad
Healthy Anger**

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While some children instinctively know how to regulate their emotions, plenty of others lack the skills they need to express their anger in healthy and effective ways. This warm, engaging workbook helps children ages 5-10

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develop strong skills for managing
their anger through 40 fun activities.

From identifying their feelings and
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to practicing healthy coping skills when
angry feelings arise, kids will learn to
feel calmer and more in control--and to
form better relationships with family

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and friends and ease problems at school. A bonus section at the end of each chapter encourages kids and their families to practice the skills they've learned for even greater success. Here's what you'll find in the Anger Management Skills Workbook for Kids: * SIX ESSENTIAL SKILLS

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everybody needs to find calm and control. * 40 AWESOME ACTIVITIES that help kids develop these important skills. * BONUS GAMES AND EXERCISES at the end of each chapter to practice the skills learned with family and friends. This positive, interactive book will help your child

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calm down, cope, and cool a hot
temper with skills that will last them a
lifetime.

Focus on Your Strengths and
Overcome ADHD Symptoms of
attention deficit/hyperactivity disorder,
or ADHD, can strike at any time-during
class, when you're listening to a

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friend's story, while doing homework, and did we mention during class? You might find it difficult to pay attention and sit still when your impulses are constantly tempting you to do the opposite. In The ADHD Workbook for Teens, you'll learn simple skills you can use to confidently handle school,

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make and keep friends, and organize and finish every project you start. This workbook helps you find out who you really are through a series of exercises and worksheets that focus on identifying your strengths and interests. Then, you'll begin using those strengths to create strategies for

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overcoming the ADHD-related issues
you struggle with. •Learn how to calm
yourself down when you feel
hyperactive or impulsive •Develop
plans for meeting the goals that matter
to you most •Get your life under
control and organize your schedule
•Improve your social life by becoming

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Are you at your wits' end dealing with an angry teen? This important guide offers frustrated parents powerful mindfulness tips to navigate heated moments of interaction with their child, as well as skills based in positive psychology to foster compassion,

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caring, and lasting connection. Does your teen get angry easily or act out? You aren't alone. Parenting a teen is hard enough, but parenting an angry teen is especially difficult. You might feel unable to keep your own cool during disagreements, or even worry that your relationship with your teen is

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doomed. So, how can you make sure you stay grounded when the drama rises and reestablish a sense of connection? Written by a psychologist and teen expert, this book offers techniques based in mindfulness, compassion, and positive psychology to help you face the challenges that

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parenting an angry teen presents. You'll discover the clinical and psychological underlying conditions that can contribute to teen anger, skills for improving communication, and mindfulness tips for staying calm yourself. In addition, you'll learn skills for reestablishing a compassionate

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and connected relationship. If you're ready to take control of your own reactions and start reconnecting with your angry teen, this book will help guide the way.

Do you ever feel so frustrated with school, friends, parents, and life in general that you lose control of your

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emotions and lash out? You shouldn't feel ashamed. Being a teen in today's world is hard, but it's even harder when you're unable to keep your cool in stressful situations. Fortunately, there are things you can do to make positive changes in your life. Using proven effective mindfulness-based

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stress reduction (MBSR) and
dialectical behavioral therapy (DBT),
Mindfulness for Teen Anger will teach
you the difference between healthy
and unhealthy forms of anger. Inside,
you'll learn how to make better
choices, how to stop overreacting, find
emotional balance, and be more

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aware of your thoughts and feelings in the moment. You'll also learn skills for building positive relationships with peers, friends, and family. As a teen, the relationship skills you learn now can help you thrive in the future. With a little help, and by cultivating compassion and understanding for

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yourself and others, you will be able to
transform your fear and anger into
confidence and kindness.

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How to Help Children and Teens
Manage Their Anger

60 Helpful Ways to Deal with Stress,
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The Sexual Trauma Workbook for
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Teen Girls offers healing, real-life
stories from survivors and powerful,
evidence-based tools to help you
reclaim your life after sexual abuse or
trauma. If you ' ve been sexually

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abused or experienced sexual trauma, you may feel confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who 've been abused, you may be tempted to keep the secret locked deep inside and feel

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uncomfortable discussing your struggles with others. If so, this book can help you find your voice. This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is

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possible—and with healing, comes
victory. In this book, you ' ll find true
stories from other teen survivors, and
in reading the stories you ' ll find
reassurance in knowing you aren ' t
alone in your experiences. You ' ll
also find practical and proven-

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effective strategies and exercises to help promote emotional healing and reclaim your sense of self. Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward

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healing so you can move forward with confidence.

By working through the activities in I'm Not Bad, I'm Just Mad, children with anger control problems can develop better emotional and behavioral control. Kids will learn

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how to identify the things that make them angry, become better problem solvers, talk about their frustrations, and much more.

Zero to Sixty introduces cognitive and behavioral strategies to teens to lessen their anger, frustration, and aggressive

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behavior

Break the worry cycle for good! This
fun, practical workbook offers
effective, easy-to-understand
cognitive behavioral therapy (CBT)
exercises to help you understand your
chronic worrying, toss “ junk mail ”

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thoughts, and manage your fears in a constructive way. Do you worry all the time? Maybe you 're worried about school, tests, making new friends, or even about what the future holds? The teen years are full of big changes, and it 's normal to worry

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sometimes. But if you have chronic, difficult-to-control worries, you may have trouble sleeping, paying attention, and even experience physical symptoms like stomachaches and headaches. You need help putting things in perspective. Written by a

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Harvard University faculty member and expert in teen anxiety, this is the first book to target chronic, debilitating worry with proven-effective skills to help you alleviate worry symptoms and prevent them from escalating into anxiety. With this

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book, you ' ll uncover the real reasons you worry all the time, stop unhelpful “junk mail ” thoughts from taking over, challenge your worries, face your fears, and—most importantly—reach your goals! If you ' re tired of worrying, this

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friendly guide can help you get your life back. This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with

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cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start

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changes in their lives.

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The Growth Mindset Workbook for
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A Workbook to Help Teens
Overcome Depression

The Worry Workbook for Teens

Teen Parenting Life Skills

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Curriculum Parenting skills are not inherited or instinctive. They must be observed and learned. Today, too many young people reach adolescence without the good examples of their own parents. This life skills manual is "Dad's Basic Training" for teenage boys

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and young men. It shows them that making a baby just to prove you can do it isn't cool or smart. Youth will see that a good father is one who understands, supports, loves and protects his children and family. Learner's Workbook
The corresponding 86-page teen

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life skills Learner's Workbook
contains 60 pages of activities, 3
section quizzes, 4 short stories, 3
biographies of inspiring fathers,
and 6 ARISE motivational posters.
Fully reproducible self-
assessments, exercises &
educational handouts for working

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with teens.

It's okay for teens to feel angry
once in a while-it's how they react
to anger that really matters.
Rather than teaching teens to
suppress their anger, this much-
needed book offers a
comprehensive mindfulness

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program to help young readers harness the power of anger in positive ways. Using the author's innovative "Listen, Look, Leap" process, teens will learn to understand and channel anger into healthy expressions of creativity, advocacy, and

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empowerment.

Most people believe that anger is a negative emotion from which no good can come. Many Christians think that anger should not be expressed and that such feelings are sinful. This book (now in it's third printing - 2014) explores the

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emotion of anger and how anger -
which is a part of the human
experience - is a force God can
use for His purposes. Co-authors
Lynette Hoy and Ted Griffin
present a fresh approach to
managing anger, identifying the
problem, power and process of

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anger (from annoyance to
bitterness or rage); biblical
examples of "good anger" and
how faith, assertiveness, problem-
solving and forgiveness impact
anger and can be used by God for
his purposes. Chronic anger can
be costly - physically, emotionally

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and relationally. Most people can use their anger in appropriate ways in some situations, and yet can be ineffectual or harmful in other situations. Applying principles from the What's Good About Anger? book and workbooks can reduce your levels

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of anger, and help you learn effective coping behaviors to stop escalation and to resolve conflicts. Logging anger, triggering situations and applying new skills will help you more effectively control unhealthy anger responses. Ebook

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Out Cognitive Distortions Plan to
Change Your Life by Changing
Your Thinking and Trusting God
Summary Application Devotionals
for Anger Management Gain a
new perspective on anger, how to
let God control you when it flares
up and how to better manage

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A must-have for anyone
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depression, anger,

addictive habits, or
anxiety--and especially
for those who want to
alleviate these

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difficulties with
psychological savvy
instead of medication.

Help teens learn to
manage their anger with
exercises that won't
feel like homework With

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all the pressures that
come from being a teen,
it's natural for them to
feel angry sometimes.
But not knowing how to
manage that anger can
add extra stress and

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anxiety to life. Drawing
on more than a decade of
experience, licensed
marriage and family
therapist Holly Forman-
Patel seeks to help
teens better understand

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what anger is, where it comes from, and--most importantly--how they can make positive shifts to better control it. This compassionate and understanding workbook

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allows them to proceed
at their own pace,
assembling an anger
management toolbox that
enables them to make
real changes to the way
they approach their

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feelings. This guide to
anger management for
kids features: Proven
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therapy, and more.

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exercises--Inventive

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teens to enjoy using and
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or handling
disagreements with
friends. Help teens find
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Quick and easy-to-learn
strategies for dealing
with anger on the spot!

If you struggle with
problem anger, you know
how much it can hurt
your relationships and

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get in the way of your happiness. When you're faced with a difficult situation or anger trigger, it's all too easy to get swept up in your emotions. That's

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why you need quick and
immediate tools you can
use in the

moment—whenever anger
takes hold. Based in
proven-effective
cognitive behavioral

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managing anger—whenever
and wherever you are.

Using quick and simple
“try this”

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interventions—such as
breathing, acceptance,
and self-

expression—you'll learn
to stay grounded,
identify your triggers,
and balance your

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emotions. You'll also
find tips and strategies
to help you maintain a
more positive outlook on
life. Packed with skills
to help you: Express
yourself in healthy ways

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Find validation for your
emotions Handle feelings

of regret Stop being
defensive

The author offers the
first CBT anger

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specifically help women
whose lives are
negatively impacted by
their anger.

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Clients - Participant
Workbook (Updated 2019)

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Workbook for Kids
Stopping the Pain

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Helps teen to find the root cause of their self-destructive behavior, recognize and disarm triggers that lead them to self-injury, communicate about the problem, and develop a program to end this behavior.

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Sleep is food for the brain—especially for teens. Based on the most current sleep science and evidence-based cognitive and behavioral interventions to improve sleep, The Insomnia Workbook for Teens helps teens change their sleep habits so that they

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can feel more alert and ready to face life's challenges. If you're like many other teens, you probably aren't getting enough sleep. And is it any wonder? Between early school start times, social media, electronic devices, extracurricular activities, and late-night

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homework—teens are at the highest risk
of any age group for sleep deprivation.

And in the long run, insomnia can lead
to a host of health and mental health
issues—including diabetes and
depression. So, how can you cultivate a
healthy sleep routine, so you can be

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your best? The Insomnia Workbook for
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strategies to help you get to sleep and

stay asleep. You'll learn about the
different reasons you may experience
insomnia, target your own "sleep
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