Troubled Adolescent A Practical Guide

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The Mindfulness and Acceptance Workbook for Teen Anxiety book provides a step-by-step guide that really helps teens with anxiety to stop running away from anxiety and mindfully embrace the fullness of their values and lives. This book is a must-have that every teen and anyone who works with young people will treasure." —Emanuele Rossi, PsyD, licensed clinical psychologist and psychotherapist, peer-