

an instant help book for teens

mindfulness for teen anxiety

SECOND EDITION

a workbook for
overcoming anxiety
at home, at school
& everywhere else

*** overcome
social anxiety**

*** stay calm in
the face of panic**

*** balance social
media & real life**

CHRISTOPHER WILLARD, PsyD

Therapist Recommended

Instant Help Books For Teens

Clemens Wendtner



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