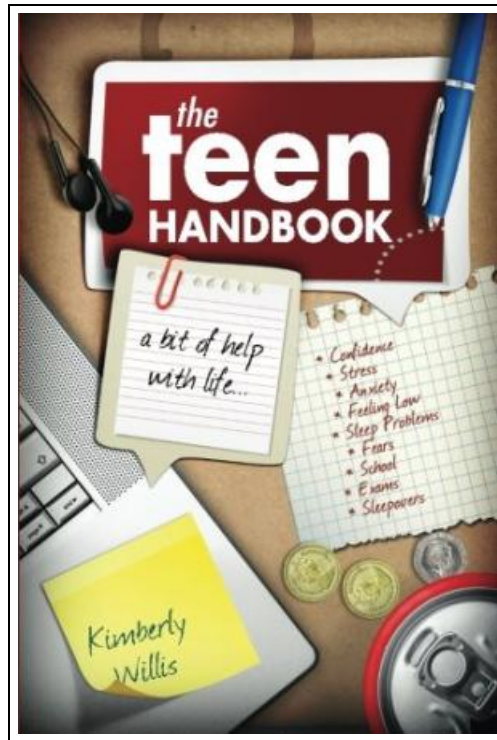


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Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

(Melody Jakubowski)

THE TEEN HANDBOOK: A BIT OF HELP WITH LIFE. (PAPERBACK)



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Spiffing Covers, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Teen Handbook A bit of help with life Being a teenager can be hard. It can feel like there is no-one you can turn to, no-one who will understand that you have problems sleeping, get anxious about tests, or panic at the thought of a presentation. This book contains easy solutions to some key teenage issues: - Confidence -Stress and Anxiety -Feeling Low -Sleep Problems -Fears -School -Exams -Sleepovers You will learn easy techniques like EFT (tapping), acupuncture points, breathing and mindfulness. Kimberly Willis, PhD is a therapist based in Sheffield, UK. Working with children, teens and adults.



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