

# Mindfulness For Teen Anger A Workbook To Overcome Anger And Aggression Using Mbsr And Dbt Skills

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Author:

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Language: EN (United States)

Rating: 4.5



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GO TO THE TECHNICAL WRITING FOR AN EXPANDED TYPE OF THIS MINDFULNESS FOR TEEN ANGER A WORKBOOK TO OVERCOME ANGER AND AGGRESSION USING MBSR AND DBT SKILLS, ALONG WITH A CORRECTLY FORMATTED VERSION OF THE INSTANCE MANUAL PAGE ABOVE.

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