



Teen Relax - The Stressbusters Survival Handbook

Debbie Lorraine Wildi

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An easy to read guide to overcoming the tough parts of being a teen. The Award Winning techniques featured in this book will help young people beat anger, insomnia, anxiety, depression and stress safely and quickly. Written with heaps of understanding, empathy, and a whole load of humour thrown in for good measure! "Debbie writes in a way kids understand!"

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