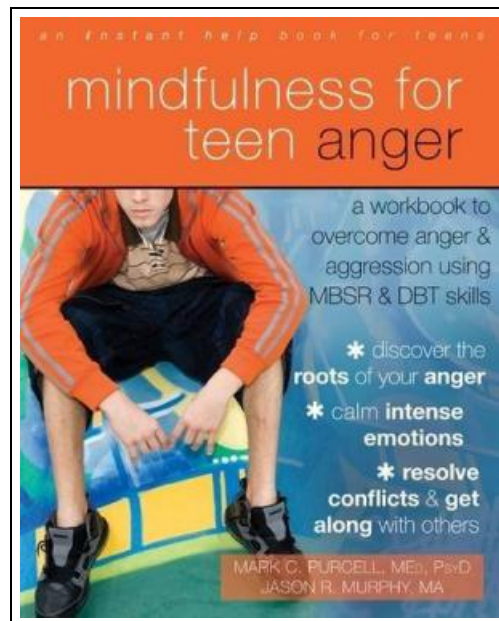


## Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills



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## MINDFULNESS FOR TEEN ANGER: A WORKBOOK TO OVERCOME ANGER AND AGGRESSION USING MBSR AND DBT SKILLS



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