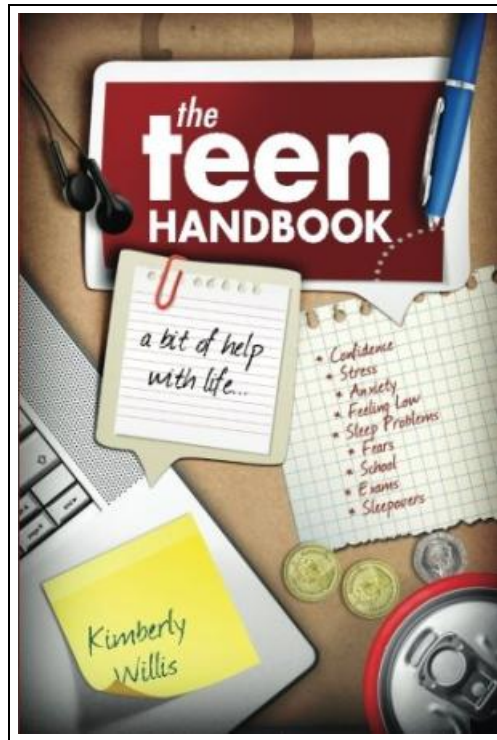


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Spiffing Covers, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Teen Handbook A bit of help with life Being a teenager can be hard. It can feel like there is no-one you can turn to, no-one 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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