

Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others 1st (first) edition by Van Dijk MSW, Sheri published by Instant Help (2011) [Paperbac

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"Don't Let Your Emotions Run Your Life for Teens "presents a dialectical behavior therapy (DBT) workbook to help teens manage difficult emotions and unhealthy coping mechanisms. Teens with depression, anxiety, anger, bipolar disorder, and borderline personality disorder will learn to take charge of their own feelings and start feeling calmer and more stable. Skills learned include mindfulness, emotion regulation, crisis management, and interpersonal relationship techniques. Based on the bestselling workbook "Don't Let Your Emotions Run Your Life, "this guide will help teen readers get along with family and friends, and cope with the highs and lows of adolescence in healthy and productive ways. Show Less

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