

a n i n s t a n t h e l p b o o k f o r t e e n s

the anxiety & depression workbook for teens

simple cbt skills to help you deal
with anxiety, worry & sadness

*** connect** with **friends**
& **try new things**

*** bounce back**
from **setbacks**

*** feel better now**

MICHAEL A. TOMPKINS, PhD

Recovering From Depression A Workbook For Teens

SJ Ball



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