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Number	Title	Dewey#	Author	Publisher	ISBN
	The grit guide for teens : a workbook to help you build perseverance, s	EBOOK N	Baruch-Feldman, Caren	Instant Help Books	9781626258587
	Mindfulness for teen anxiety : a workbook for overcoming anxiety at ho	EBOOK N	Willard, Christopher (Psy	Instant Help Books	9781684035779
	Mindfulness for teen depression : a workbook for improving your mood	EBOOK N	Abblett, Mitch	Instant Help Books	9781626253841
	Mindfulness for teen worry : quick and easy strategies to let go of anxie	EBOOK N	Bernstein, Jeffrey	Instant Help Books	9781626259836
	The self-esteem habit for teens : 50 simple ways to build your confiden	EBOOK N	Schab, Lisa M	Instant Help Books	9781626259218
	Superhero therapy : mindfulness skills to help teens and young adults d	EBOOK N	Scarlet, Janina	Instant Help Books	9781684030354
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