

30-DAY CHALLENGE INCLUDED

THE ANXIETY RELIEF GUIDE FOR TEENS

TOOLS AND TECHNIQUES
FOR
CONQUERING ANXIETY

Jaxon Wilder



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Jiyuan Zhang



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Social Anxiety Relief for Teens Bridget Flynn Walker, 2021-10-01 Social anxiety is a serious yet often overlooked form of anxiety commonly experienced by teens. If left untreated, it can lead to a significantly increased risk of developing depression and even addiction in adulthood. In *Social Anxiety Relief for Teens*, Bridget Flynn Walker presents a five-step cognitive behavioral therapy (CBT) program to help teens gain confidence and stop living in fear of social situations.

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