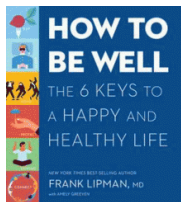


Teen Self-Help

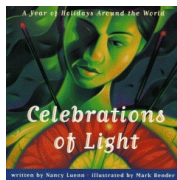
Books, eBooks, and other resources for teens to find their own answers, before asking anyone else for help.

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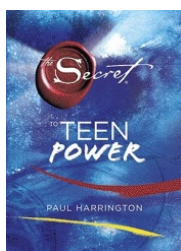
How to be well : the everyday actions, reliable rituals, and proven tactics of the healthiest and happiest people

Lipman, Frank, 1954- author.



Celebrations of light

by Nancy Luenn ; illustrated by Mark Bender.



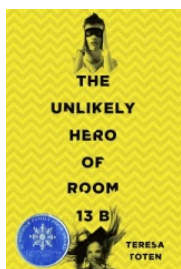
The secret to teen power

Paul Harrington.



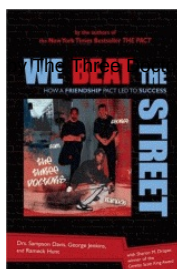
Budgeting smarts

by Sandy Donovan.



The unlikely hero of room 13B

Teresa Toten.



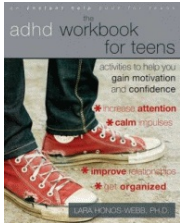
We beat the street

(Sampson Davis, George Jenkins, and Rameck Hunt) ; with Sharon M. Draper.

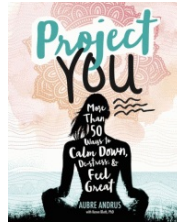
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The adhd workbook for teens [electronic resource] : Activities to help you gain motivation and confidence.
Honos-Webb, Lara.



Project you : more than 50 ways to calm down, de-stress, and feel great
Andrus, Aubre, author.