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The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying



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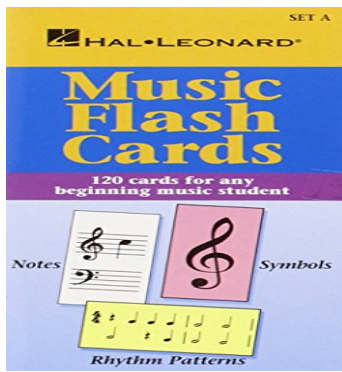
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The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying

Being a teenager is difficult enough without having to worry about bullying. If you have experienced bullying or cyberbullying, you aren't alone. Bullying and cyberbullying are at an all-time high, and the effects of both can be tremendous for a young person who is already dealing with major school, life, and home stressors. The Bullying Workbook for Teens incorporates cognitive behavioral therapy (CBT) to help ease anxiety, fear, stress, and other emotions associated with being bullied. The workbook is made up of 42 step-by-step self-help activities designed to help you learn anti-bullying tips and strategies, manage emotions such as anxiety, fear, anger, and depression

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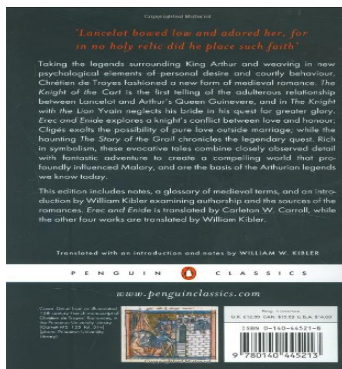
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Great book on bullying with some practical tips and advise on how to successfully combat this terrible phenomenon.

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