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Sommario/riassunto	"This new mood management toolbox brings together the powers of mindfulness, CBT, and positive psychology for teens to take control of their distressing thoughts and over-the-top motions. With over 30 years of clinical experience, Dr. Jeffrey Bernstein shares high impact tools for teens' biggest demands - school, social connections, body-image, and family dynamics. Inside you'll find 150 downloadable activities and worksheets to take control of" -- Back cover.