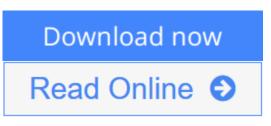


Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens)

By Sheri Van Dijk MSW



Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) By Sheri Van Dijk MSW

Let's face it: life gives you plenty of reasons to get angry, sad, scared, and frustrated-and those feelings are okay. But sometimes it can feel like your emotions are taking over, spinning out of control with a mind of their own. To make matters worse, these overwhelming emotions might be interfering with school, causing trouble in your relationships, and preventing you from living a happier life.

**Don't Let Your Emotions Run Your Life for Teens** is a workbook that can help. In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based in dialectical behavior therapy (DBT), a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence.

This book offers easy techniques to help you:

- Stay calm and mindful in difficult situations
- Effectively manage out-of-control emotions
- Reduce the pain of intense emotions
- Get along with family and friends

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- Sales Rank: #6029 in Books
- Brand: New Harbinger Publications
- Published on: 2011-03-01
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x 8.25" w x .25" l, .77 pounds
- Binding: Paperback
- 160 pages

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#### **Michael Mantz:**

A lot of people always spent their own free time to vacation or maybe go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book that you just read you can spent the entire day to reading a e-book. The book Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy the actual e-book. You can m0ore simply to read this book from your smart phone. The price is not too costly but this book possesses high quality.

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