

A Stress-Management Guide for Young People

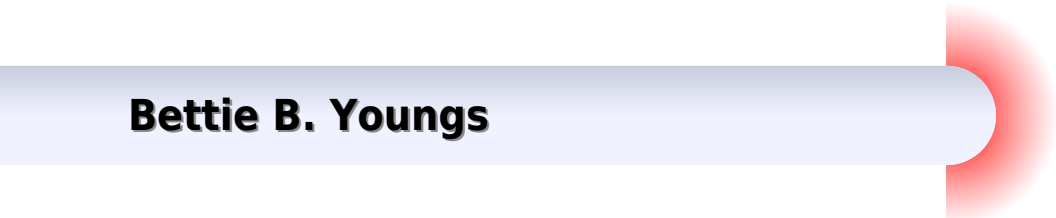


Dr. Bettie B. Youngs

(author of *Stress in Children: How to Recognize, Avoid, and Overcome It*, and *Helping Your Teenager Deal With Stress*)

Stress Management Guide For Young People

Bettie B. Youngs



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