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# Dialectical Behavior Therapy Skills Workbook

**Kiki Fehling, PhD, Elliot Weiner, PhD**

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## **Dialectical Behavior Therapy Skills Workbook:**

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Today s teens experience an unprecedented amount of stress and it s affecting everything from their physical health and mental well being to their grades This practical comprehensive workbook teaches proven effective skills from dialectical behavior therapy DBT mindfulness interpersonal effectiveness emotion regulation and distress tolerance to help handle the eight most common teen stressors so young readers can manage their emotions and feel better now **The Dialectical**

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