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When Living Hurts : For Teenagers and Young Adults - A Lively What-To-Do Book for Yourself or Someone You Care About Who Feels Discouraged, Sad, Lonely PDF



by Sol Gordon : **When Living Hurts : For Teenagers and Young Adults - A Lively What-To-Do Book for Yourself or Someone You Care About Who Feels Discouraged, Sad, Lonely**

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Description :

PDF-26f65 | When Living Hurts is for people who want to help people who are in trouble. This insightful, direct book can help you interpret the early warning signals, get help when the problem is urgent, and cope creatively with anxiety, anger or frustration, sadness, loneliness, or depression. With wisdom, humor, and style, Dr. Gordon acknowledges that we live in an imperfect world. There are things to... *When Living Hurts : For Teenagers and Young Adults - A Lively What-To-Do Book for Yourself or Someone You Care About Who Feels Discouraged, Sad, Lonely*

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