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Conquer Negative Thinking for Teens:  
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Karapetian Alvord PhD, Mary;  
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“Conquer Negative Thinking for Teens gives families the tools to change negative thought patterns that contribute to anxiety, depression, and low self-esteem. It provides relatable examples and fun exercises that give teens control over their thoughts and emotions. Every teenager (and parent of a teen) needs to read this book!”

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For teens with negative thinking habits, a licensed psychologist and a health journalist offer cognitive restructuring—a simple and effective cognitive behavioral approach to help you break free from the nine most common negative thinking habits that typically result in feeling sad, worried, angry, and stressed. This workbook offers a powerful technique called cognitive restructuring to help ...

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Beck based cognitive behavioral therapy (CBT) on correcting irrational thoughts. Following Beck, Conquer Negative Thinking for Teens by Alvord and McGrath is a clear and practical guide to CBT. This well-written workbook shows teens how to discard distorted thoughts and take control of their own mental health.

## Conquer Negative Thinking for Teens : PhD Mary Karapetian ...

CBT Workbook For Teens The Best Skills and Activities to Help You

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Conquer Negative Thinking and  
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Reduction, Shyness and Social  
Anxiety. Author: Rachel Davidson  
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