



The Adolescent Self: Strategies for Self-Management, Self-Soothing, and Self-Esteem in Adolescents (Norton Professional Books (Paperback))

David B. Wexler Ph.D.

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The problems of substance abuse, anxiety, aggression, self-destructive behavior, eating disorders, and mood swings can usually be traced to fundamental deficits, particularly in the ability to self-soothe. This book models a range of carefully designed strategies to address these central problems of the adolescent self.

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