

30-DAY CHALLENGE INCLUDED

THE ANXIETY RELIEF GUIDE FOR TEENS

TOOLS AND TECHNIQUES
FOR
CONQUERING ANXIETY

Jaxon Wilder



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Redefining Mr. Right Janet Z. Giler, Kathleen Neumeyer, 1992 **The Chemotherapy Survival Guide** Judith McKay, Nancee Hirano, 1993 This helpful guide explains simply and clearly how chemotherapy works, how it is administered, and how it feels. Covers major side effects, suggesting ways to prevent or manage nausea, hair loss, digestive problems, and fatigue. The focus is primarily on what to do to minimize discomfort and enhance healing. Line drawings.

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