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**SIMPLE ACTIONS TO IMPROVE YOUR MOOD,
BOOST MOTIVATION & BUILD THE LIFE YOU WANT**

REVERSING THE SPIRAL OF DEPRESSION FOR TEENS

AMY MEZULIS, PHD

Foreword by Janet Shibley Hyde, PhD

Reversing The Spiral

Richard Sennett, Henry Oram



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Reversing the Spiral of Depression for Teens Amy Mezulis, 2024-09-01 Teens living with depression often struggle with loneliness lack of motivation self doubt and negativity Written by a clinical psychologist specializing in adolescent mental health this engaging guide offers an array of prompts quizzes exercises and other activities to jumpstart teens motivation and turn damaging thoughts and behaviors into positive outlooks and actions that lead to a more promising future

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