



"Like the butterfly, I have the strength and hope to believe, in time I will emerge from my cocoon transformed."
~ Kirsti A. Dyer



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Mind-body Workbook for Anger	Book	152.47 BLO	9781608829132	Block & Block
Mind-body Workbook for Anger	E- Book	E-BOOK	9781608829156	Block & Block
Mindfulness for Teen Anger	Book	YA 155.51247 PUR	9781608829163	Purcell, Mark
Mindfulness for Teen Anger	E- Book	E-BOOK	9781608829187	Purcell, Mark
The Dialectical Behavior Therapy Skills Workbook for Anger	Book	616.89142 CHA	9781626250215	Chapman & Gratz
The Dialectical Behavior Therapy Skills Workbook for Anger	E- Book	E-BOOK	9781626250239	Chapman & Gratz