

Almost Anxious: Is My (or My Loved One's) Worry Or Distress A Problem? (The Almost Effect) By Luana Marques, Eric Metcalf

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Teen Depression and Anxiety: Why the Kids Are Not Alright She loved her parents and knew they'd be supportive if she asked for help. In my dozens of conversations with teens, parents, clinicians and school counselors said they felt sad and hopeless almost every day for at least two weeks in a row,

Almost Anxious | Book by Luana Marques, Eric Metcalf | Official

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Almost Anxious: Is My (or My Loved One's) Worry or Distress a Problem?

It is only human to worry about problems in our lives--but for some, obsessing for weeks and months, avoiding social events and Almost Anxious: Is My (or My Loved One's) Worry or Distress a Problem? . The Almost Effect.

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