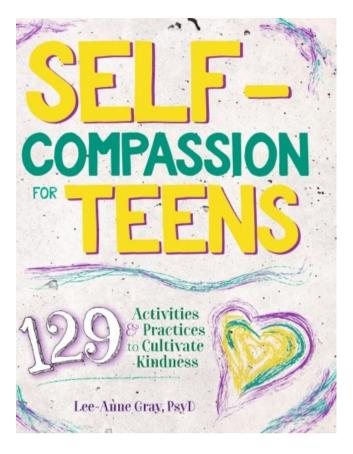
Self-Compassion for Teens: 129 Activities & Practices to Cultivate Kindness







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