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Anxiety, Anger, And Depression (Revised 2014) is a self-help book that is fun to read and easy to apply. To see SOS Videos and all SOS Books, click on (by Lynn Clark Author) just below the Main Title of this book.

**Amazon.com: SOS Help For Emotions: Managing Anxiety, Anger**

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“SOS Help for Emotions” is books, videos, ebooks, audiobooks, and Free Resources. It’s CBT, REBT therapy and counseling for adults, teens, used by psychologists, therapists, social workers,

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clinics, and hospitals. Need SOS help managing emotions of anxiety, anger, depression, stress, and

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SOS Help For Emotions Managing Anxiety Anger And Depression 3rd Edition 2017 by Lynn Clark.



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SOS Help For Emotions: Managing Anxiety, Anger, and Depression (an adult self-help book in 7 languages) and SOS Help For Parents (in 18 languages) are two books that I have written based on my professional experience and on research studies of others.

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He is the author of SOS Help For PARENTS, Video KIT SOS Help For PARENTS Program, SOS Help For EMOTIONS: Managing Anxiety, Anger, And Depression (adult self-help book) Video SOS Help For EMOTIONS, and Video KIT SOS Help For EMOTIONS (for counselors and educators).

Internationally used, his books have

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been translated into 17 languages.

**SOS: Help for Parents, Third Edition:  
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Emotions: Managing Anxiety, Anger, and Depression (an adult self-help book in 9 languages) and SOS Help For Parents (in 18 languages) are two books that I have written based on my professional experience and on research studies of others.

## **SOS Help For Emotions: Managing**

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Pilot SOS Care Text Service From July.  
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