



What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger (What to Do Guides for Kids)

Dawn Huebner

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This book guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children to work toward change.

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Hye Elliott:

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Deanna Jackson:

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