



Keeping Your Cool: A Teen's Survival Guide

Lou Priolo

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If you are a teenager, you probably know plenty about issues like arguing with your parents, rebelling against authority, and attitude problems—either firsthand or because everyone expects you to be like that!

But what if you knew that these things usually spring from a problem with anger; that they're the result of being a sinner, not a teenager; and that you can have more control over them than people think you can?

Biblical counselor Lou Priolo provides a practical, understandable, and biblical approach to mastering sinful anger and its causes and effects. He helps you to assess your level of anger and what form it takes, to identify some of the heart issues that lead to anger (and how to replace them with biblical attitudes), and to have open communication with your parents without the distractions that cause arguments.

Practical tools, such as journaling exercises and discussion points to talk over with your parents, help you to take measurable steps toward "keeping your cool."

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Amado Spieker:

Playing with family in a very park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, after that why you don't try factor that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Keeping Your Cool: A Teen's Survival Guide, you can enjoy both. It is fine combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't get it, oh come on its identified as reading friends.

Katherine Contreras:

This Keeping Your Cool: A Teen's Survival Guide is brand-new way for you who has curiosity to look for some information mainly because it relief your hunger associated with. Getting deeper you upon it getting knowledge more you know or you who still having small amount of digest in reading this Keeping Your Cool: A Teen's Survival Guide can be the light food in your case because the information inside this kind of book is easy to get by simply anyone. These books produce itself in the form which is reachable by anyone, yes I mean in the e-book contact form. People who think that in e-book form make them feel tired even dizzy this publication is the answer. So there is not any in reading a e-book especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss this! Just read this e-book sort for your better life and knowledge.

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