



I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger

Anna Greenwald, Zack Pelta-Heller, Lawrence Shapiro PhD

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This professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable worksheets for your clients.

Most children learn to stop throwing temper tantrums, talking back, and refusing to go to bed or take a bath at an early age. But some children have trouble with impulsivity and self-control. Left unaddressed, these issues can lead to some very serious problems in adolescence and adulthood. Anger control problems are the number one reason that children are referred for therapy, affecting children as young as three years old. Since anger problems in children may indicate other significant concerns, it pays to address anger in kids as soon as possible. If a child in your life has an anger problem, you need the friendly, effective activities in this book.

I'm Not Bad, I'm Just Mad contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. The workbook explores common lifestyle issues such as lack of sleep that can make anger problems worse. These fun activities will help kids talk about their feelings and learn to control them.

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Carlton Solley:

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Bessie Kraft:

Playing with family in the park, coming to see the coastal world or hanging out with pals is thing that usually you may have done when you have spare time, and then why you don't try issue that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't obtain it, oh come on its identified as reading friends.

John Edmondson:

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