



## Anger Management Workbook for Teens: Find Simple Ways of Managing Anger and How to Control Anger in Teens and Kids (Paperback)

By Anthony Lee

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Anger Management Workbook For Teens: Find Simple Ways of Managing Anger And How To Control Anger In Teens And Kids Have you ever wondered how to control anger? Have you tried some steps to managing your anger but failed? Is there any other way that you can still be angry without making the situation worse? Can you direct your anger to something positive in your life that will help you? Are there practical strategies in anger management for teens that you can adopt in controlling your anger? As a teenager, there are times that you feel you have to let out and express your anger without any form of limitation. Here, in this anger management workbook for teens, you will find: -Activities to help you in managing your anger -Simple steps to keep you encouraged all through your anger management exercises -Guide on how to control anger and turn it into a positive action -Practical ways to deal with situations that can lead to anger -Find ways on how to handle anger in both school and family. The twenty-three exercises in...



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