

[PDF] The Anger Workbook For Teens: Activities To Help You Deal With Anger And Frustration (Instant Help)

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Books Details:

Title: The Anger Workbook for Teens:
Author:
Released: 2009-12-02
Language:
Pages: 144
ISBN:
ISBN13:
ASIN: B0050ERUMI

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Description:

Review

From the Publisher In **The Anger Workbook for Teens**, an anger management counselor offers forty-two activities and exercises adolescents can do to examine what makes them angry and learn to communicate their feelings more effectively. The activities also teach coping skills that help young readers handle anger-provoking situations in healthy ways.

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