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Angry Kids: Understanding and Managing the Emotions That Control Them

Dr. Richard L. Berry

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Why is my child so angry? What can I do about it?

Angry Kids leads you through an odyssey of discovery about what makes children angry and how you can help them through their rage. Filled with stories of real kids, this book offers practical, biblical guidelines, workable parental plans, and even cue cards to help you successfully communicate with your angry child.

Dr. Richard Berry draws from his experience as a marriage and family therapist to expose four root causes of anger in children. He shows you how to help your child understand the reasons for his or her anger and then how to teach anger management techniques, so your child can move on from past losses and hurts to live a healthy and balanced life.

If you have an angry kid (or *were* an angry kid), Dr. Berry's book will be a valuable tool in helping you find peace--in your heart and in your home.

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Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their particular friends. Usually they doing activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication untitled Angry Kids: Understanding and Managing the Emotions That Control Them can be great book to read. May be it can be best activity to you.

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