

# How to Take the Grrrr Out of Anger



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Blending tips and ideas with jokes and cartoons, this book speaks directly to kids (ages 9-12). It shows kids that anger is normal and can be expressed in many ways - some healthy, some not. It teaches them how to recognise anger in themselves and others, how to deal with situations and emotions that lead to or mask anger, and how to deal with the anger they feel.

作者介绍:

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