

# How to Take the Grrrr Out of Anger



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If you learn to handle your anger, you'll feel calmer and more peaceful. This can make it easier for you to get along at home, at school, and out in the world. Your family and friends will respect how well you handle your feelings. Best of all, you'll feel better about yourself. You'll be a stronger, healthier person - guaranteed. ELIZABETH VERDICK is the coauthor (with Pamela Espeland) of *Dude, That's Rude!* and the *Adding Assets Series for Kids* and (with Trevor Romain) of *Stress Can Really Get on Your Nerves!* and *True or False? Tests Stink!* She lives in Minnesota with her husband, their two children, two cats, and a dog. Marjorie Lisovskis has edited many books for kids, parents, and teachers.

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