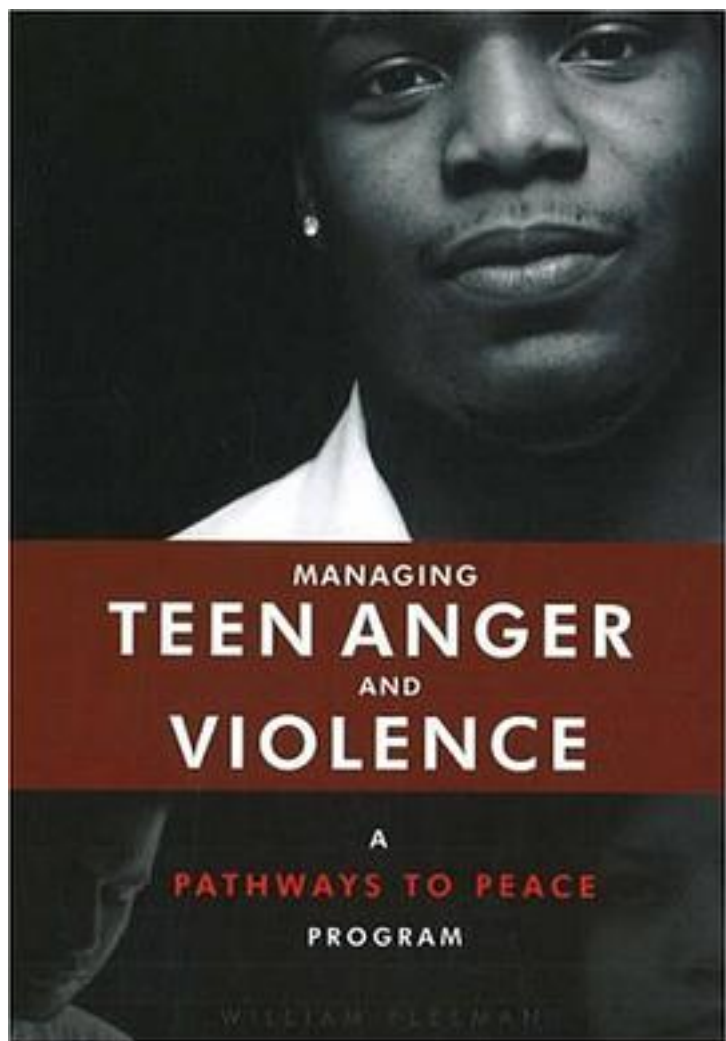


Managing Teen Anger and Violence



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Examining anger as a habit that turns into an addiction, one of America's leading anger management experts offers an effective multi-pronged program to help teens better manage their anger and violent behaviour and, in the process, develop a more productive, goal-driven, and happier life. Angry teens can be a threat to themselves, loved ones and friends, and others whose paths they am. If left untreated, their out-of-control anger and rage can ruin lives and become costly for the criminal justice system. Designed for both individuals and institutions, this book takes teem through the whole addiction and recovery process. As they derive a false sense of power through the use of their anger, many teens classic signs of addictive behaviour that can destroy their young lives. But the seasoned techniques outlined in this book provide teens a way to break this damaging cycle of behaviour and turn their lives around completely. Filled with personal stories and vignettes, and taking a low-keyed and sympathetic tone, the book helps teens: Understand the problem their anger habit/addiction has created for them; Realise that they are using anger like a drug; Find non-violent ways to experience personal power; Learn to change abusive and violent behaviour; Focus on values and goals that support a non-violent lifestyle; Identify and change attitudes and beliefs that keep them stuck; Avoid relapse into violent behaviour; Develop a mission statement for a non-violent, productive lifestyle. Used as both a self-directed instructional guide and a training workbook for the Pathways to Peace programmes, this is the perfect guide for changing self-destructive attitudes and behaviours in young people. With the help of this book, teens begin to take responsibility for their actions and develop a positive purpose in life.

作者介绍:

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