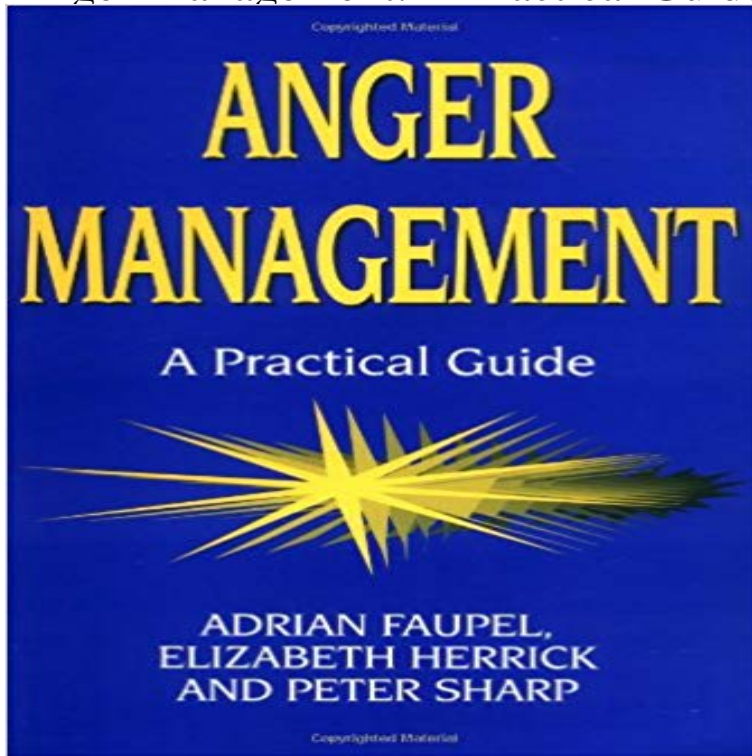


## Anger Management: A Practical Guide



All schools and many parents have to cope with children and young people who have difficulties managing their anger. This practical guide will: Increase your understanding of anger Offer you a range of practical management interventions Reduce the stress experienced by staff and parents who lack confidence in the face of aggressive behaviour. The authors of this book provide information, insight and strategies for understanding and managing anger more effectively. They outline impulse control, social skills, moral judgements, environmental factors and therapeutic approaches which will help the reader consider their own anger as well as their reaction to the anger of others. With specific ideas for working with children provided, as well as helpful photocopies of resources, this book will prove invaluable to teachers as well as parents, carers, psychologist, social workers and health care workers.

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