

Anger Coping Skills For Teens: A Teen's Guide to Understanding and Managing Anger



ANGER COPING SKILLS FOR TEENS: Helping Teenagers Manage Their Mood, Boost Their Self-Confidence, Stay out of Trouble and Feel Better

★★★★★ 5 out of 5

Language	: English
File size	: 331 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 38 pages
Lending	: Enabled



Anger is a normal emotion that everyone experiences from time to time. However, for some teens, anger can be a problem that interferes with their daily lives. If you're a teen who struggles to manage your anger, this book is for you.

Anger Coping Skills For Teens is a comprehensive guide to understanding and managing anger. This book will teach you:

- What anger is and why you experience it
- How to identify your anger triggers
- Healthy ways to express your anger

- How to calm down when you're angry
- How to prevent future anger outbursts

This book is written in a clear and concise style, and it includes helpful examples and exercises.

If you're ready to learn how to manage your anger, this book is the perfect place to start.

What Readers Are Saying

"Anger Coping Skills For Teens is a must-read for any teen who struggles with anger. This book provides clear and concise strategies for understanding and managing anger." - Dr. Maryjane Morrison, child and adolescent psychologist

"This book is a lifesaver! I've struggled with anger for years, but this book has finally taught me how to manage it." - Teen reader

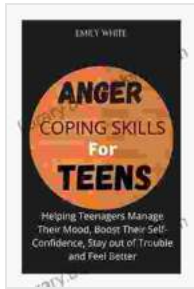
"I highly recommend Anger Coping Skills For Teens to any teen who wants to learn how to control their anger." - Parent of a teen reader

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Anger Coping Skills For Teens is available now on [Our Book Library.com](http://OurBookLibrary.com).

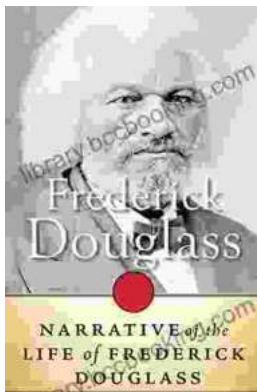
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