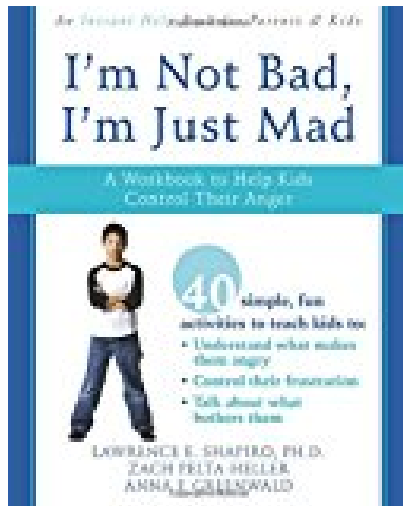


# Im Not Bad Im Just Mad A Workbook to Help Kids Control Their Anger



## BOOK DETAILS

- Author : Lawrence E. Shapiro PhD
- Pages : 152 Pages
- Publisher : Instant Help
- Language : English
- ISBN : 1572246065



## BOOK SYNOPSIS

By working through the activities in Im Not Bad, Im Just Mad, children with anger control problems can develop better emotional and behavioral control. Kids will learn how to identify the things that make them angry, become better problem solvers, talk about their frustrations, and much more.

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