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Autore	Golden Bernard
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Nota di contenuto	Intro -- Contents -- Acknowledgments -- Introduction -- I: Understanding and Recognizing Anger in Children and Teens -- 1 The Key Component for Anger Management: Your Relationship with Your Child -- 2 Guiding Principles of Healthy Anger -- 3 The Adverse Effects of Anger -- 4 A Comprehensive View of Anger -- 5 How Children and Teens Express Anger -- II: How to Apply the Model of Anger with Your Child or Teen -- 6 General Guidelines for Using the Model of Anger -- 7 Identifying Emotions Associated with Anger -- 8 Identifying and Confronting Self-talk Based on "Child Logic" -- 9 What Does Your Child Really Want or Need? -- 10 Making Sense of Anger in the World Around Us -- 11 Relaxation: A Primary Task in Managing Anger -- 12 I Need to Think About It -- 13 Okay, I'm Ready to Talk About It -- 14 Acceptance and Forgiveness -- III: Special Considerations -- 15 Rewarding Behaviors -- 16 Responding to Escalating Anger -- 17 Anger, Hostility, and Aggression: The Need for Special Support -- Conclusion -- Notes -- Resources / Movies / Publications / Bibliography -- Index -- A -- B

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Sommario/riassunto

Geared towards parents and teachers, this highly readable book is full of practical information and clear step-by-step guidelines. The author teaches how to study our own experience of anger, and to detect anger in our children and teens who may not recognize the emotion in themselves.
