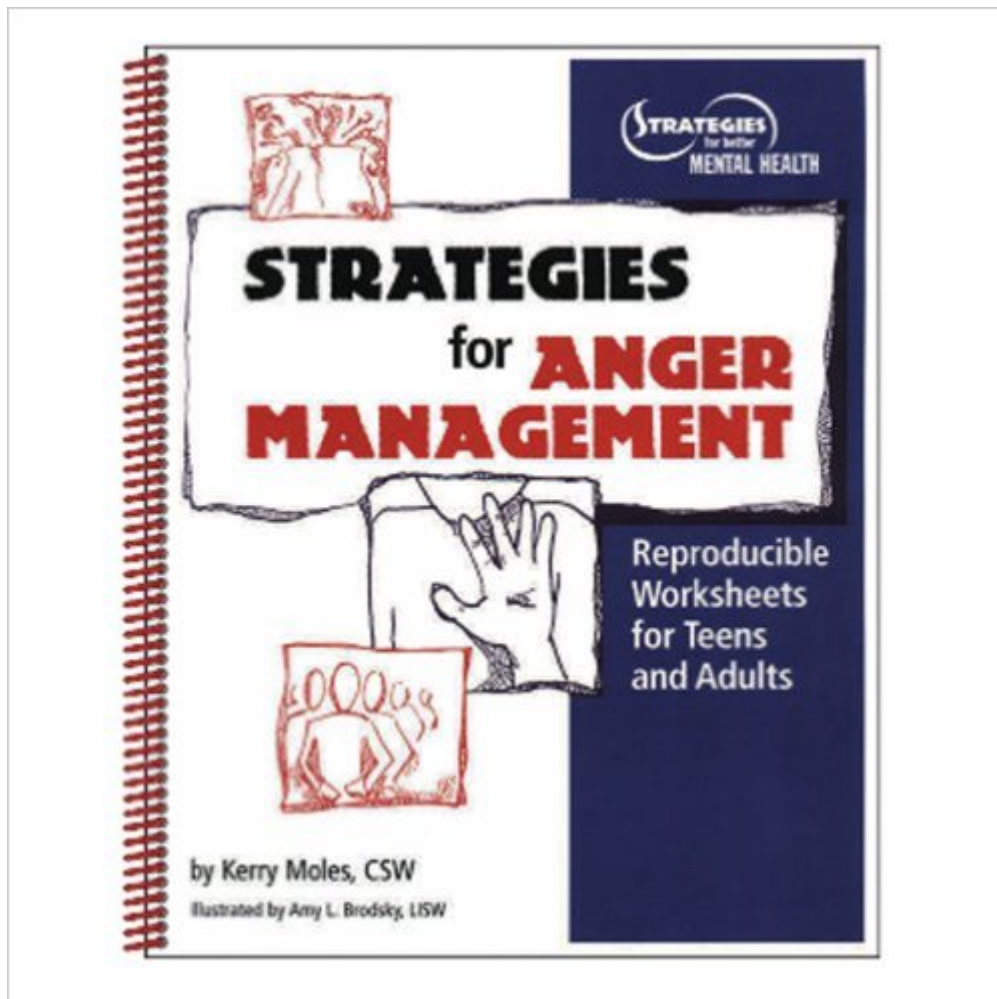


The book was found

# Strategies For Anger Management: Reproducible Worksheets For Teens And Adults



## Synopsis

Ages 12 & Up. This workbook is the tool educators and health care professionals need to help teens and adults learn how to cope with anger in healthier ways. This practical resource is divided into three sections: Understanding Anger, Interventions for Anger Management and Conflict Resolution, The Differences Between Anger & Abuse. Each of the 34 topics covered has one or more reproducible worksheets and a facilitator's information sheet outlining the purpose, background information and guidelines for leading an individual/group activity. Includes CD with reproducible activities.

## Book Information

Spiral-bound: 100 pages

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Product Dimensions: 10.8 x 8.5 x 0.4 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #216,766 in Books (See Top 100 in Books) #108 in [Books > Self-Help > Anger Management](#) #4991 in [Books > Health, Fitness & Dieting > Mental Health](#) #41164 in [Books > Textbooks](#)

## Customer Reviews

As a therapist, I have used this particular workbook for years with great results. I have used the workbook with children, adolescents, and adults, in individual, family, couple, and group sessions. The activities and handouts are easy to use and easy for clients to understand and complete. Each handout includes an idea for activity to use with individuals and groups. I particularly like how the workbook looks at and addresses every aspect of anger and anger management skills; everything from what causes anger, how we learn to express anger, and ways to handle anger. I used the first 2 sections the most. I found some activities more useful and more fun for the clients than others, but I guess that depends on the client you are working with.

I am using this book in a self-contained middle school classroom. It's great! It has many ideas, activities, and easy to understand exercises. If you're looking for an anger management program for

either younger kids, or kids with lower cognitive abilities, this is the book for you!

I had copies of old Wellness handouts concerning anger. They were good, but incomplete for a small group workshop. I reviewed various Wellness material for appropriate new material and handouts for an adult anger small group. I wanted handouts that were fun, engaging, and easy to understand. The Strategies for Anger Management provided new and updated anger handouts that were even better than the old handouts. I selected various handouts from the Strategies for Anger Management booklet that met my objectives. I was able to write the 8 lessons and incorporate those selected handouts. The group members were very receptive of the anger strategies handouts. In fact, the handouts empowered a potentially dry workshop. There are other handouts in the booklet that would engage children and adolescents in a workshop.

Always looking for books with a purpose to use in training sessions or to learn something new. This is one of those books. Enjoyed it, but had to return it because our business needs changed and it was no longer needed for the purpose we intended when bought.

Somewhat for the more pre teen/teenage audience. A little disappointed in that area of the book. Otherwise good. I recommend it for teenage group.

Have used this resource in private practice and in institutions. Great for individuals or groups to explore their Anger as well as conflict and communication styles.

Item shipped quickly. Brand New. Book offers lesson plans and activities for individual and group session. Can't wait to begin using this book with my clients.

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Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger Teen Rights (and Responsibilities): A Guide for All Teens and the Adults in Their Lives Funny Jokes for Teens & Adults: All kind of jokes, Yo Mama Jokes, Adult Humor & Comedy with the best short and long Jokes The Science of Making Friends, (w/DVD): Helping Socially Challenged Teens and Young Adults Floral Mandalas Coloring Book For Adults: Flower Coloring books for teens The Guide to Good Health for Teens & Adults With Down Syndrome Growing Happy Card Deck: Positive Psychology Practices for Teens & Adults Sing and Celebrate 2! Sacred Songs for Young Voices: Book/Enhanced CD (with reproducible pages and PDF song charts) 25 Fun Phonics Plays for Beginning Readers: Engaging, Reproducible Plays That Target and Teach Key Phonics Skills-and Get Kids Eager to Read!

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