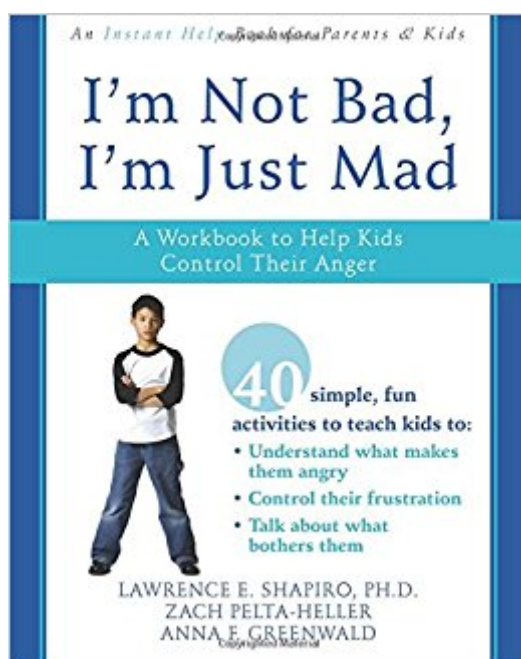


The book was found

# I'm Not Bad, I'm Just Mad: A Workbook To Help Kids Control Their Anger



## Synopsis

Most children learn to stop throwing temper tantrums, talking back, and refusing to go to bed or take a bath at an early age. But some children have trouble with impulsivity and self-control. Left unaddressed, these issues can lead to some very serious problems in adolescence and adulthood. Anger control problems are the number one reason that children are referred for therapy, affecting children as young as three years old. Since anger problems in children may indicate other significant concerns, it pays to address anger in kids as soon as possible. If a child in your life has an anger problem, you need the friendly, effective activities in this book. I'm Not Bad, I'm Just Mad contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. The workbook explores common lifestyle issues such as lack of sleep that can make anger problems worse. These fun activities will help kids talk about their feelings and learn to control them.

## Book Information

Paperback: 152 pages

Publisher: Instant Help; Workbook ed. edition (June 1, 2008)

Language: English

ISBN-10: 1572246065

ISBN-13: 978-1572246065

Product Dimensions: 0.5 x 8 x 10 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 67 customer reviews

Best Sellers Rank: #8,824 in Books (See Top 100 in Books) #34 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Bullies](#) #128 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#) #367 in [Books > Children's Books > Education & Reference](#)

Age Range: 6 - 12 years

Grade Level: 4 - 5

## Customer Reviews

By working through the activities in this book, 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.

Lawrence E. Shapiro, PhD, is an internationally known child psychologist and parenting expert in Norwalk, CT. He has written over fifty books for parents, children, and mental health professionals. Zach Pelta-Heller holds an MFA in non-fiction from The New School. He is a freelance writer whose work has appeared in The Huffington Post, American Prospect, and Alternet, among other publications. Currently, he lives in Philadelphia with his wife, Anna. Anna F. Greenwald is currently pursuing her MSS at the Bryn Mawr Graduate School of Social Work and Social Research. She was previously a preschool teacher, and now resides in Philadelphia with her husband.

I am an elementary school counselor, and I like to print out copies of pages from the book, trim them down, and staple them together, making mini workbooks for my students and I to discuss and complete during individual counseling sessions. The kids love having something tangible to work on, and it facilitates discussion easily. If you make the little booklets I do, it's also something for the kids to take with them after meeting. I love the practicality of the pre-made lessons. I would definitely recommend this book and any of the others by Lawrence Shapiro in this set!

Great exercises to address many different aspects of anger management in children & teens. I'm so impressed that instead of working through this with the child who really struggles with appropriate expression of anger---I'm going to teach this to all my kids.

Very helpful for individual and group sessions with kids. Other therapists have come and borrowed my book for ideas to work with their clients on. Helps break down anger and other emotions for children 12 years old and under.

My family and I love this book. Very helpful. We can all learn from others to be better adults, parents, children, etc. We can all become better by observing, reading, and desire to learn and follow-thru. No regret in purchasing will be felt by anyone considering this book, only gratitude in a medically-type observance/studied result outcomes. Written by a PhD. -Thank you from all our family.

Most children accepted the idea that they are not bad and they relate to the book well. Easy to read and understand and very informational.

I have a neuro-typical 2nd grader (no special needs) who was having a hard time at home with her

emotions and outbursts. She would often hit her younger sisters not because that was what she wanted to do but because she had no understanding of how to calm down. This book is fantastic and the examples/exercises helped us work together without it being odd.

Great for helping young people with anger management. The book has precise exercises. The directions and exercise are easy to understand. I have found it very effective in counseling young children.

Has been very helpful working with my 6 year old son.

[Download to continue reading...](#)

I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life 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) The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) Just Married Mad Libs (Adult Mad Libs) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Mad in America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them BULLSHIT: 50 Swear Words to Color Your Anger Away: Release Your Anger: Stress Relief Curse Words Coloring Book for Adults Bad Bad Bad Bad Boy Rebels: Meeting the Bad Boy Rebels (Bad Boy Rebels Series Book 1) Bad Boy Rebels: Bad Girl Training (Bad Boy Rebels Series Book 2) The Good, the Bad, and the Ugly Cincinnati Reds: Heart-Pounding,

Jaw-Dropping, and Gut-Wrenching Moments from Cincinnati Reds History (The Good, the Bad, and the Ugly) (The Good, the Bad, & the Ugly)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)