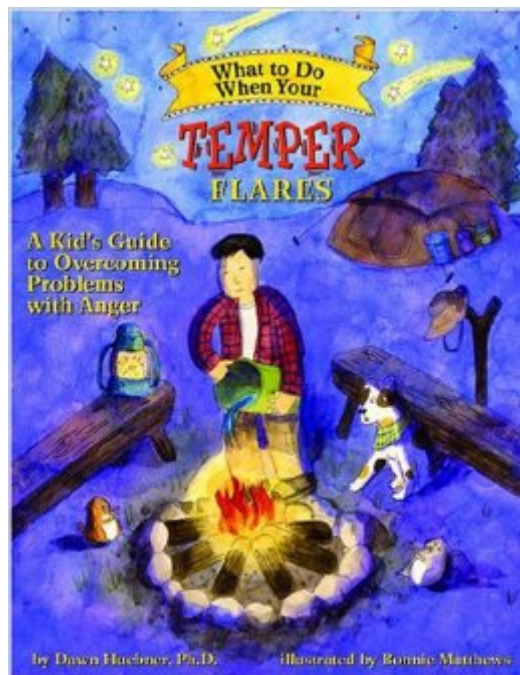


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# What To Do When Your Temper Flares: A Kid's Guide To Overcoming Problems With Anger (What To Do Guides For Kids)



## Synopsis

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. This interactive self-help book teaches children a set of anger dousing methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

## Book Information

Series: What to Do Guides for Kids

Paperback: 96 pages

Publisher: Magination Pr; 1 edition (October 15, 2007)

Language: English

ISBN-10: 1433801345

ISBN-13: 978-1433801341

Product Dimensions: 0.2 x 8.5 x 11 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (190 customer reviews)

Best Sellers Rank: #1,447 in Books (See Top 100 in Books) #28 in [Books > Medical Books >](#)

[Psychology > General](#) #38 in [Books > Children's Books > Growing Up & Facts of Life >](#)

[Friendship, Social Skills & School Life > Emotions & Feelings](#) #116 in [Books > Health, Fitness &](#)

[Dieting > Psychology & Counseling](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

I've never bothered to write a book review before, but this book promises to be a life changer. I hope others will find it as useful as my daughter and I already have. Dawn Huebner and Bonnie Matthews are spot-on with their examples and illustrations depicting our personal situation. It's almost as if they've been peeking through our windows. Like some of the other reviewers, my daughter pitched the book across the room as soon as I showed it to her, but when I called her bluff and made a move to trash it, she quickly back-pedaled and assured me that she wanted to get better. Once we started working through it, she would take a mocking tone and say something to imply that the author didn't know HER and the very next sentence would speak to her grumble. Dawn nailed it every time and the illustrations were strikingly familiar as well. The book's credibility has risen to a surprising level, though she will never acknowledge it. The workbook style with humor sprinkled

throughout has made the book much more fun for both of us. She likes writing in the book since that is usually considered "bad" behavior. I have two favorite parts. The first is a list in Ch. 3 of "why bothers" that include such gems as "Has anyone ever said, 'I want to be your friend because you are so good at losing your temper'" and "Have you ever fallen asleep with a smile on your face, thinking about all the times you got mad that day?". The second is a caution to parents not to provide the "cool thoughts" for the child as that will only infuriate her more. I've experienced that response many times in the past and now know that it is typical and not unexpected. I do suggest following the method outlined by the author for best results.

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