

"Golden helps us understand how anger can be not only normal, but essential to healthy growth—if we know how to guide and control it. And Golden shows us in plain, easy steps how to help our children do just that." — Myrna B. Shure, Ph.D., author of *Raising a Thinking Child*

# Healthy Anger

## HOW TO HELP CHILDREN AND TEENS MANAGE THEIR ANGER

- Learn the difference between "healthy" and destructive anger
- Use practical, step-by-step guidelines for controlling tantrums
- Understand your child's moods
- Handle your own emotional reactions
- Plus exercises and strategies to help your child gain control



**BERNARD GOLDEN, Ph.D.**

# Healthy Anger How To Help Children And Teens Manage Their Anger

**David Baud**



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