



# **What's Good About Anger? Helping Teens Manage Anger in the Home, School & Community: A Learning Resource for Teens, Parents & Teachers**

*Lynette J Hoy, Ted Griffin, Seigel M Bartley*

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What's Good About Anger? Helping Teens Manage Their Anger: In the Home, School & Community.

Everyone who reads this book is looking for answers to anger. Whether it is for yourself or someone else – anger has impacted your life negatively. While this new book is geared to help teens manage anger – it also is a guide for parents and teachers to better understand anger and assist teens with anger problems. This resource includes questions and activities to help teens find healthy solutions to destructive anger. It is our goal that each reader will grow in understanding more about anger, how to manage it effectively and how to express anger in healthy ways. Healthy anger can help people achieve goals and build relationships. Most people believe that anger is a negative emotion from which no good can come. Many people think that anger should not be expressed and that such feelings are wrong. This teen book and workbook explores the emotion of anger and how anger – which is part of the human experience – can be put to work for good. Includes practical tools, teen scenarios, insights for parents and teachers and the best anger management strategies for real life change. Learn About: • Triggers for Anger • Anger's Many Faces • Bullying • When Anger is Good • Managing Stress • Handling Anger Effectively • Conflict Resolution • Turning Anger into Forgiveness • When to Take a Break • Effective Anger Management Strategies • Real Life Scenarios • Coping Skills • Managing Aggression and Hostility • Helping Students Resolve Classroom Anger Issues

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