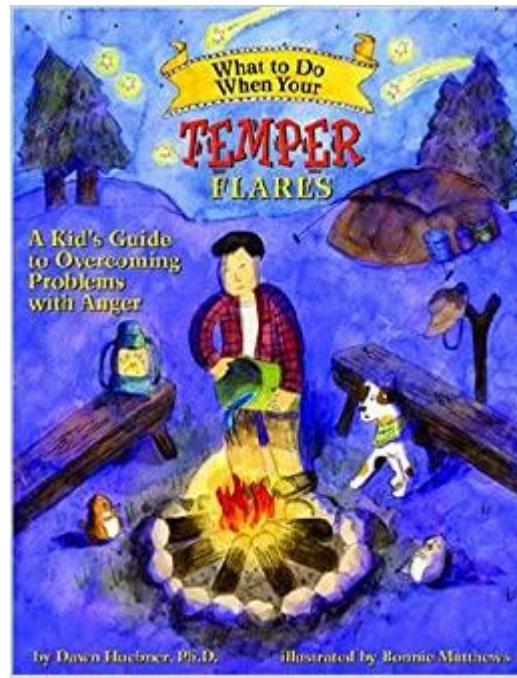




Outreach Resource Library



What to do when your temper flares



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.