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How to Take the Grrrr Out of Anger (Laugh & Learn)

Elizabeth Verdick, Marjorie Lisovskis

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Anger is a part of life. We can’t avoid it, we shouldn’t stuff it, and we can’t make it go away.

Kids need help learning how to manage their anger. This book speaks directly to them and offers strategies they can start using immediately.

Blending solid information and sound advice with jokes and funny cartoons, it guides kids to understand that anger is normal and can be expressed in many ways—some healthy, some not.

It teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel.

Young readers learn that violence is not acceptable and there are better, safer, more positive ways to resolve conflicts.

They also discover what to do when people around them are angry, how to get help, and how to locate other resources (books, hotlines, school groups) when they need more support.

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Tammy Crider:

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