



Angry Kids: Understanding and Managing the Emotions That Control Them

Dr. Richard L. Berry

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Why is my child so angry? What can I do about it?

Angry Kids leads you through an odyssey of discovery about what makes children angry and how you can help them through their rage. Filled with stories of real kids, this book offers practical, biblical guidelines, workable parental plans, and even cue cards to help you successfully communicate with your angry child.

Dr. Richard Berry draws from his experience as a marriage and family therapist to expose four root causes of anger in children. He shows you how to help your child understand the reasons for his or her anger and then how to teach anger management techniques, so your child can move on from past losses and hurts to live a healthy and balanced life.

If you have an angry kid (or *were* an angry kid), Dr. Berry's book will be a valuable tool in helping you find peace--in your heart and in your home.

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