



## Dealing with Frustration and Anger (Character Education (Chelsea House Library))

By Tara Tomczyk Koellhoffer

Chelsea House Pub, 2009. Bibliothekseinband. Book Condition: Neu. Neu new item; well packed; Neuware; Rechnung mit MwSt.; Bestellungen bis 15 Uhr werden am gleichen Werktag verschickt. At times, everyone feels angry or frustrated. When used as positive tools, these emotions can spur us to action to try to make our lives or the world better. These feelings can also be destructive to one's health if a person gets upset too often or too strongly, and to the larger community if he or she lashes out with angry words or actions against others. Dealing with Frustration and Anger explores both the positive and negative sides of these emotions and looks at the many techniques that anger management experts suggest for handling these feelings in healthy ways.; - At times, everyone feels angry or frustrated. When used as positive tools, these emotions can spur us to action to try to make our lives or the world better. These feelings can also be destructive to one's health if a person gets upset too often or too strongly, and to the larger community if he or she lashes out with angry words or actions against others. Dealing with Frustration and Anger explores both the positive...



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