



## Angry Kids: Understanding and Managing the Emotions That Control Them

By Dr. Richard L. Berry



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During the past several years, violence by children has dominated the media, exposing this issue as one of the new epidemics of our society. The slaughter of children by children at Littleton--and the backlash of similar incidents--have opened our eyes to the severity of this problem. But what is the cause of all this anger in kids?

In *Angry Kids*, Richard Berry draws from his experience as a marriage and family therapist to provide some answers about angry kids to parents, teachers, youth workers, counselors, and school social workers. His biblical perspective challenges parents and children to be accountable for their actions while working out solutions.

Well-written, timely, and practical, *Angry Kids* exposes three root causes of anger in children of all ages. It also explains how parents can inadvertently contribute to that rage, how they can help their children discover the real feelings behind their anger, and how to then teach them techniques for expressing and defusing that anger. Charts, specific examples, and practical application further clarify how to stop the spreading epidemic of angry kids.

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## **Angry Kids: Understanding and Managing the Emotions That Control Them** By Dr. Richard L. Berry **Bibliography**

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### **Editorial Review**

From the Back Cover

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.

About the Author

Dr. Richard L. Berry is a full-time marriage and family therapist with Youth Alternatives, where he receives numerous referrals from the courts, schools, community agencies, and parents concerning angry kids. He resides in Cheyenne, Wyoming.

### **Users Review**

**From reader reviews:**

**Mary Marshall:**

What do you with regards to book? It is not important along with you? Or just adding material when you need something to explain what you problem? How about your extra time? Or are you busy person? If you don't have spare time to do others business, it is make you feel bored faster. And you have free time? What did you do? Everyone has many questions above. They have to answer that question since just their can do in which. It said that about reserve. Book is familiar on every person. Yes, it is suitable. Because start from on guardería until university need this kind of Angry Kids: Understanding and Managing the Emotions That Control Them to read.

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