
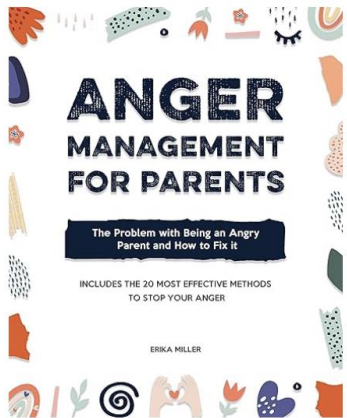
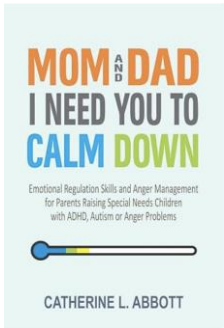
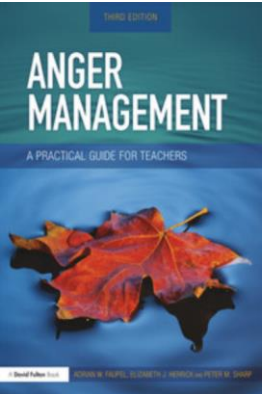
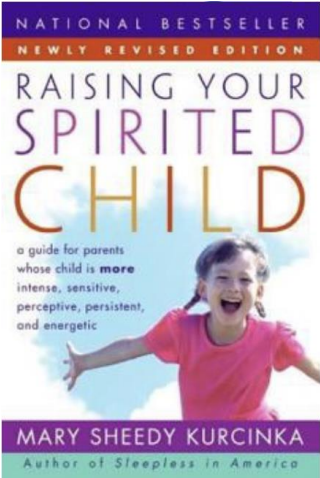
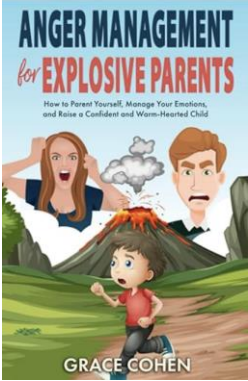
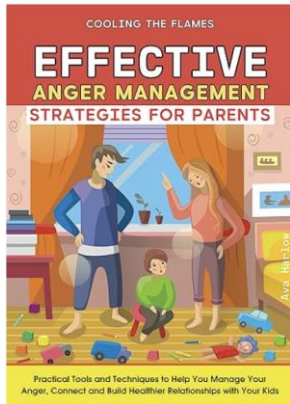


Book Cover	Title, Author, & Publication date	Annotation
	<p><i>The Effective Anger Management Guide for Parents</i></p> <p>By Richard Bass</p> <p>Published 2022</p>	<p>This book is a guide for parents to being to understand anger and how it influences their parenting style. It can be a good resource for parents who want more detailed information and a guide to help them engage in self-reflection.</p> <p>Chapter 7 focuses on developmentally appropriate communication with children and breaks it down by age.</p> <p>Finally, the book ends by detailing positive parenting practices and tips for implementing them with children in different stages of childhood.</p>
	<p><i>Anger Management for Parents: The Problem With Being an Angry Parent and How To Fix It</i></p> <p>By Erika Miller</p> <p>Published 2021</p>	<p>This book helps parents to better understand how their own emotions (particularly anger) influence their child.</p> <p>The first few chapters provide foundational knowledge about anger and help parents to gain insight into what triggers anger, its consequences, and how it can impact their parenting.</p> <p>The second part of this book outlines 20 methods for parents to use to control their anger.</p>
	<p><i>Mom and Dad I Need You To Calm Down</i></p> <p>By Catherine L. Abbott</p> <p>Published 2023</p>	<p>This is a good book for parents of children with ADHD or Autism who struggle with disruptive behaviors and emotional regulation. The book emphasizes how parents are the starting point for their children to develop skills to regulate their emotions.</p> <p>Chapter 6 discusses strategies that parents can use to calm down in difficult situations with their child. Additionally, it covers ways that parents can help their child calm down. The author offers empathy for parents throughout the book</p>

	<p><i>Anger Management: A Practical Guide for Teachers, Third edition</i></p> <p>By Adrian Faupel, Elizabeth Herrick, and Peter M. Sharp</p> <p>Published 2018</p>	<p>This book is an interactive guide for teachers on working with students who have anger management concerns. It provides good information on how to manage anger before it happens, while an outburst occurs, and after the outburst ends.</p> <p>Chapter 5 details different levels of intervention within a school (Based in MTSS tiers of interventions)</p>
	<p><i>Raising Your Spirited Child (Revised edition)</i></p> <p>By Mary Sheedy Kurcinka</p> <p>Published 2006</p>	<p>This book is a guide for parents with children who are very energetic and feel things intensely. Parents may find it relatable as the author describes her own experience/difficulties with her children. This book has a broader focus than just anger, but it promotes a more positive image of a child who may be described as “difficult”.</p> <p>The last few chapters discuss how parents can support children in situations such as socialization, vacation, and school.</p>
	<p><i>Anger Management For Explosive Parents: How to parent yourself, manage your emotions, and raise a confident and warm-hearted child</i></p> <p>By Grace Cohen</p> <p>Published 2021</p>	<p>This is a short book on how a parent’s own anger and actions can influence their child’s feelings/actions. Each chapter provides relatable examples of parent-child interactions.</p> <p>Chapter 4 includes techniques for parents to use to regulate their own emotions and de-escalate situations with their child.</p>



*Cooling The Flames:
Effective Anger
Management Strategies For
Parents*

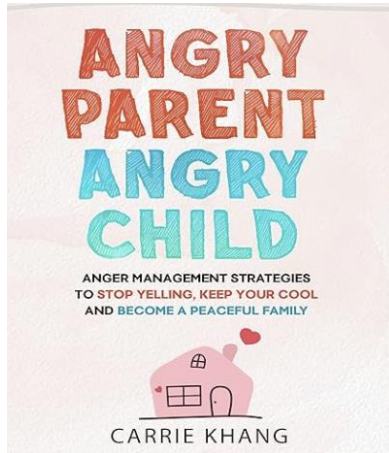
By Ava Harlow

Published 2023

This is a short, visually pleasing guide for parents on managing their child's anger.

Chapter 1 provides great information for parents to better understand the emotion and what can influence or trigger it.

Chapter 3 details strategies parents can use.



Angry Parent Angry Child

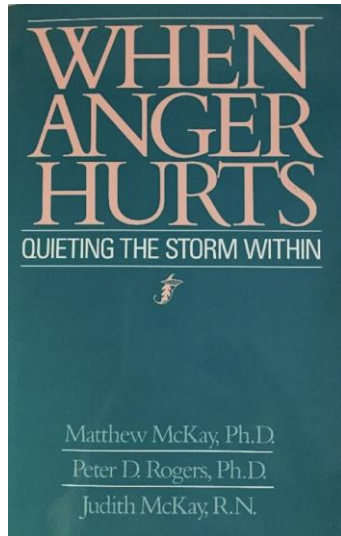
By Carrie Khang

Published 2023

A relatively short book for parents to learn about the role they might play in their child's anger.

Chapter 10 presents common everyday scenarios that could become escalated and offers “dos and don’ts” for parents in these situations.

Emphasizes self-care for parents.



*When Anger Hurts:
Quieting the Storm Within*

By Matthew McKay, Peter
D. Rogers, and Judith
McKay

Published 1989 (**second
edition published in 2003**)

This book guides adults to manage/understand their own anger directed at others (as opposed to anger directed within themselves). Also discusses the impact chronic anger can have on social and physical well-being.

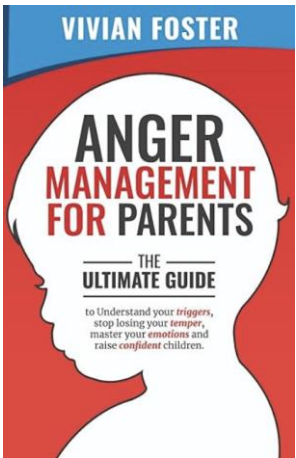
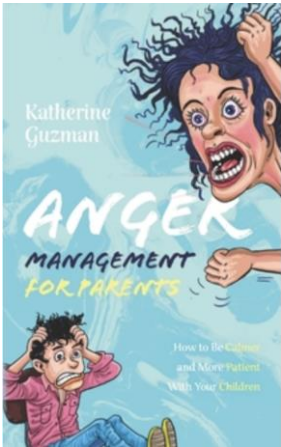
Contains 3 parts: (1) understanding anger, (2) skill building, and (3) anger at home.

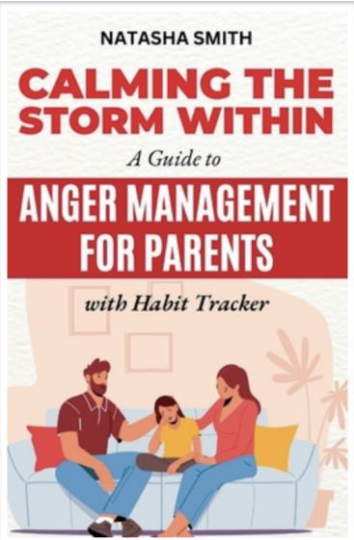
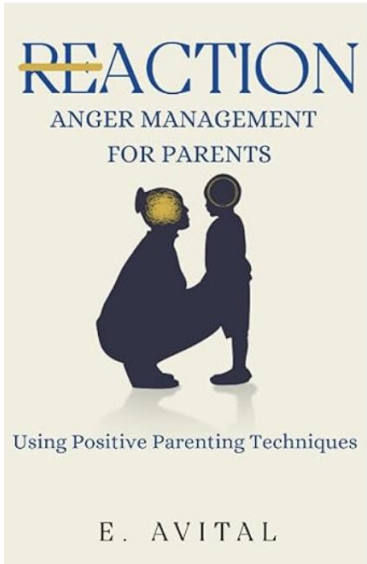
Chapters 2-4 cover basic information on what anger is/isn't and the physiological and interpersonal costs of prolonged or unaddressed anger.

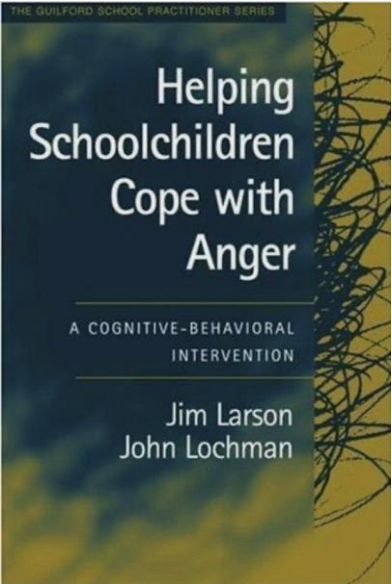
Chapters 7-14 are focused on skill building. Exercises, techniques, and step by step direction are provided for a variety of skills (I.E. combating triggering thoughts, stopping escalation, Response Choice Rehearsal, etc.)

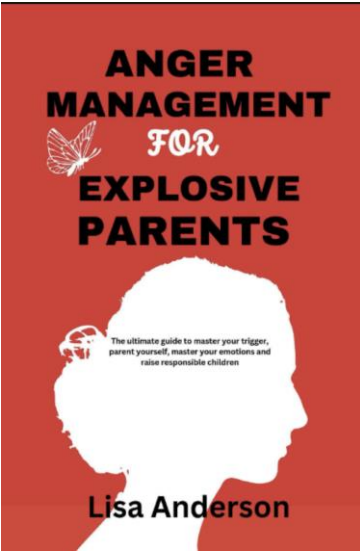
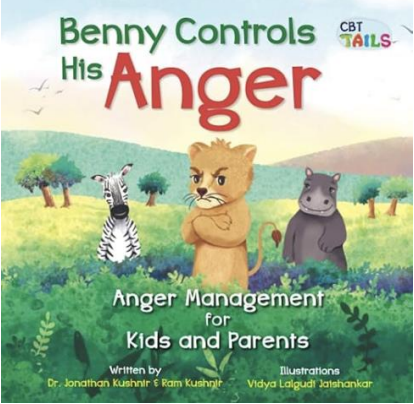
Chapters 15 focuses on anger within parenting (normalizes anger as a part of parenting). This chapter provides real life examples that parents can easily relate to and highlights the importance of controlling your own anger around/with children. Provides some strategies and methods for parents to use around their children. Also provides examples and non-examples of why this is important/how to do this.

Chapter 16 is designed to function independently and is used as a component of spousal abuse treatment programs. Outlines factors contributing to spousal abuse, how to recognize the signs, and what to do if you find yourself in this position.

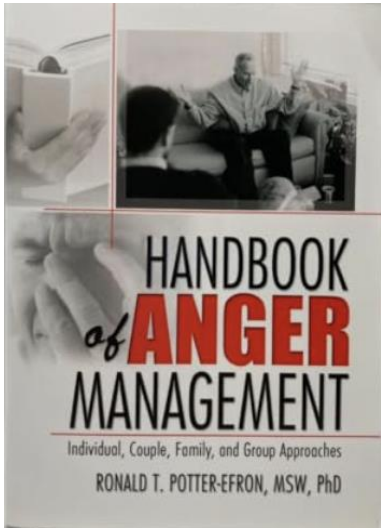
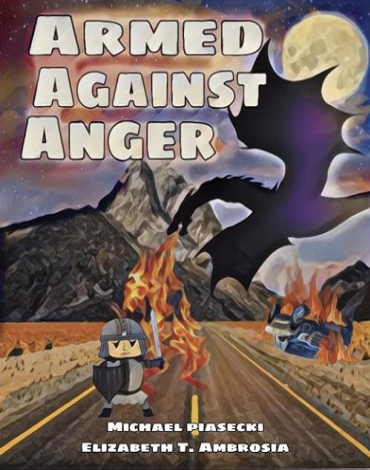
	<p><i>Anger Management For Parents: The Ultimate Guide to Understand your triggers, stop losing your temper, master your emotions, and raise confident children.</i></p> <p>By Vivian Foster</p> <p>Published 2022</p>	<p>Easy to read book for parents that emphasizes the idea that anger is not 'good' or 'bad', but a human emotion that can be expressed either effectively or ineffectively (similar to joy, sadness, etc.).</p> <p>Early chapters are mostly psychoeducation for parents about the origins of anger, developmentally appropriate behaviors/responses, common triggers, different types of anger, physiological systems involved in anger, and how their anger/emotions influence child behavior/well-being.</p> <p>Chapter 4 outlines why clear communication is imperative and operationalizes effective/clear communication between a parent and child.</p>
	<p><i>Anger Management for Parents: How to be calmer and more patient with your child.</i></p> <p>By Katherine Guzman</p> <p>Published 2020</p>	<p>Short book that empathizes with parents who regularly experience anger towards/around their children. Early chapters focus on parent emotional intelligence and psychoeducation.</p> <p>Chapters 8-11 focus on developmental milestones and triggers at different ages (each chapter focuses on a different age group)</p>

	<p><i>Calming The Storm Within: A guide to anger management for parents with habit tracker</i></p> <p>By Natasha Smith</p> <p>Published 2023</p>	<p>Short book (less than 100 pages) for parents focused on how to control their own anger/emotions to become positive role-models. Offers parent education on the causes of anger, how parental anger influences children in a variety of ways, common triggers, and coping strategies (including mindfulness techniques, self-care practices, and problem-solving strategies).</p> <p>Later chapters focus on parent-child positive communication strategies, how to create a positive and supportive home environment through modeling and recognizing when it is time to seek further help from a professional.</p> <p>Chapter 8 talks about how to maintain and track progress with children.</p> <p>Includes many empty ‘habit tracker’ sheets than could be photocopied.</p>
	<p><i>Reaction: Anger management for parents using positive parenting techniques</i></p> <p>By E. Avital</p> <p>Published 2022</p>	<p>This author empathizes with parents who experience anger/frustration and provides personal examples of how this impacted them as a parent. This easy-to-read book emphasizes the importance of embedding mindfulness and positive parenting practices to regulate their own anger/frustrations.</p> <p>The author claims “This book aims to eliminate many of the stressors that come with being a parent and can help you cope with anger”.</p> <p>Early chapters focus on parent education (discussing how parent emotions influence parent-child relationship, common triggers and how to recognize their onset, different developmental stages, quick techniques to keep anger at bay etc.).</p> <p>Chapter 4 describes a 10-step plan to “Help parents navigate negative emotions with their children”. Additionally, it lays out an 8-step plan on how to “reconnect with your child after the worst confrontation” (emphasizes the importance of open and honest conversations).</p>

		<p>Chapter 5 focused on self-care and described how it is a key factor in preventing conflict. This chapter is written through the lens of Maslow's hierarchy of needs, and includes sleep, relationships with other adults, physical activity, self-esteem, etc. Gives some specific tips/examples of how to do this (including delegating tasks, time management tips, etc.)</p> <p>Chapter 6 is focused on positive parenting techniques that can cultivate a deeper parent-child relationship. This chapter also dives into the negative side effects of screen time (for both children and adults).</p> <p>The last chapter focuses on promoting child independence and the importance of play (specifically solo play). Gives examples of how to promote positive solo play (opposed to solitary play on a screen).</p>
	<p><i>Helping School Children Cope with Anger: A cognitive behavioral intervention</i></p> <p>By: Jim Larson and John E. Lochman</p> <p>Published 2002</p>	<p>Written as a guide for clinicians/providers to implement the Anger Coping Program (a group intervention to 8–12-year-olds). The goal of this intervention is to decrease the number of aggressive behaviors in schools using a range of cognitive-behavioral interventions. Most materials needed are included in appendices.</p> <p>Chapters 1-5 review foundational knowledge that contributes to the understanding of anger and development (social learning theory, social information processing, anger arousal model, social- cognitive model, coercive family process, etc.). Additionally, it covers essential aspects to effective interventions (collaboration, generalizability, preparing for the first meeting, procedures to implement, and pitfalls to avoid).</p> <p>Chapter 6 reviews empirical and outcome research results from the program</p> <p>Chapter 7 is a step-by-step manual for all 18 proposed sessions</p> <p>Chapters 8-9 include frequently asked questions and a case study.</p>

	<p><i>Anger Management for Explosive Parents: The ultimate guide to master your trigger, parent yourself, master your emotions, and raise responsible children</i></p> <p>By: Lisa Anderson</p> <p>Published 2023</p>	<p>This is a very short book (approx. 60 pages) aimed at parents who are looking to control their anger or are interested in anger management classes. Differentiates anger (internal feeling) and aggression (conduct behaviors that are visible/audible to others). It also encourages readers to examine the origin of their anger and gives proactive tips to avoid triggers.</p> <p>Breaks up angry outbursts into 6 elements (a trigger, thoughts, experience, and impulse to take action, and a result). Similarly, this author presents a 6-step process to aid in social-problem solving.</p>
	<p><i>Benny Controls His Anger: Anger Management for Kids and Parents</i></p> <p>Part of the CBT Tail stories</p> <p>Written by: Jonathan & Ram Kushnir</p> <p>Illustrated by: Vidya Lalgudi Jaishankar</p> <p>Published 2022</p>	<p>This picture book is focused on children's anger management and is geared towards parents and their young children.</p> <p>In this story, readers are privy to Benny's journey in realizing that his actions impact those around him (friends, family, teachers, etc.), and learning to control his anger. This story includes Benny and his parents going and talking to 'the wise lion' to help them all learn to control/manage emotions (Similar to parents attending a therapy session).</p> <p>'For Parent' sections are included throughout the book to provide psychoeducation and tips. Ex: "Children can use self-talk to help themselves cope with anger and push themselves to control their behaviors. Just like Benny did there. You can discuss and practice these sentences in a relaxed environment with you child."</p>

	<p>Anger Management, Never Explode Again: A powerful 3-step guide and workbook to quickly analyze, understand, and dissolve your anger.</p> <p><i>By: Zarmina Penner</i></p> <p><i>Published 2022</i></p>	<p>This workbook walks readers through a three-step formula for anger management they call “The STOP! -1-2-3 Analysis and Solution Design”. This model was created to increase self, social, and contextual awareness in teens and adults (Older teenagers with some self-awareness; Will not be helpful for younger teens who are just starting to develop these skills). The author provides empathy to the readers and shares their own experiences.</p> <p>This book asks readers to explore who they are and their values. Later chapters ask the reader to examine how their context (culture, rules of society/workplace, etc.) and role (the observer, the positive, or the negative) impact how they respond to anger triggers.</p> <p>Later chapters ask the reader to write down current conflicts and walks them through how to analyze the problem and either prevent it from happening or solve it.</p> <p>Chapter 10 is a case study and can be used as an example when completing prompts/filling out form. Chapter 11 is an appendix of blank templates, worksheets included throughout the book</p>
	<p><i>Letting Go of Anger: The 10 most common anger styles and what to do about them</i></p> <p><i>By: Ron & Pat Potter-Efron</i></p> <p><i>Published 1995</i></p>	<p>This book is written for individuals who are attempting to better understand and manage different kinds of anger within themselves. After the introduction, the 10 styles of anger are broken up into three categories: Masked anger styles (anger avoidance, sneaky anger, and paranoid anger), Explosive anger styles (sudden, shame-based, deliberate, and addictive), and Chronic anger styles (Habitual anger, moral anger, and hate).</p> <p>Each chapter focuses on a different anger style and examines where it comes from and how to combat it.</p> <p>This text requires a higher level of emotional intelligence and self-awareness, so it would be best for older teens and adults.</p>

	<p><i>Handbook of Anger Management: Individual, couple, family, and group approaches</i></p> <p>By Ronald T Potter-Efron</p> <p>Published 2005</p>	<p>Comprehensive handbook for clinicians and practitioners working with all ages and groups.</p> <p>Early chapters discuss assessments and interventions for anger, aggression, and domestic abuse (including group and individual approaches). Each chapter includes a case study.</p> <p>Chapter 5 introduces attachment theory and how this impacts individuals throughout their life span. Couples counseling and domestic abuse are also discussed through an attachment style lens.</p> <p>Chapter 9 discusses “the emotional brain”, its purpose, and the possible impacts trauma/ pro-longed stress have on the different “brains” (ex: rational, limbic, etc.).</p> <p>Appendix A contains anger assessment forms.</p>
	<p><i>Armed Against Anger</i></p> <p>By: Michael Piasecki & Elizabeth T. Ambrosia</p> <p>Published 2022</p>	<p>This easy-to-read book is geared towards young adults/teens who are trying to manage their own anger. The author gives empathy to the readers and shares his own experience with an informal, conversational feel. They share about changing their own mindset from “troubles are the result of events in [their] life” to “I need to get to the root of my anger, so it doesn’t control me”. Shares their experience with using alcohol to cope with anger and how this was problematic for them.</p> <p>This book does a good job of framing anger as a natural human emotion, that can “tell a tale of something deeper than needs tending”, and that “if identified, can be consciously targeted to better channel your reactions”.</p> <p>Chapter 5 talks about identifying and controlling irrational anger.</p> <p>This book would be good for young teens/adults who are just starting to learn about self-awareness and need some support looking inward at their triggers/emotions.</p>