

# Anger



## Books for Children and Teens

1. **How to Take the Grrr Out of Anger** by Elizabeth Verdick and Marjorie Lisovskis, Free Spirit Publishing (2002) ISBN:1575421178
2. **The ABCs of Anger: Stories and Activities to Help Children Understand Anger** by Ray Ali, Whole Person Associates, Inc. (2006) ISBN:1570252440
3. **Cool Down and Work Through Anger (Learning to Get Along)** by Cheri J. Meiners, Free Spirit Publishing (2010) ISBN:9781575423463
4. **What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger** by Dawn Huebner and Bonnie Matthews, Magination Press (2007) ISBN:9781433801341
5. **Angry Octopus: An Anger Management Story Introducing Active Progressive Muscular Relaxation and Deep Breathing** by Lori Lite, Stress Free Kids (2011) ISBN:9780983625681
6. **The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration** by Raychelle Lohmann, Instant Help (2009) ISBN:9781572246997

## Books for Parents

7. **What Angry Kids Need: Parenting Your Angry Child Without Going Mad** by Jennifer Anne Brown and Pam Provonsha Hopkins, Parenting Press (2008) ISBN:9781884734847
8. **Healthy Anger: How to Help Children and Teens Manage Their Anger** by Bernard Golden, Oxford University Press (2006) ISBN:0195304500
9. **Angry Children, Worried Parents: Seven Steps to Help Families Manage Anger** by Sam Goldstein, Robert Brooks and Sharon Weiss, Specialty Press/A.D.D. Warehouse (2004) ISBN:1886941580
10. **Helping Your Angry Child: Worksheets, Fun Puzzles, and Engaging Games to Help You Communicate Better: A Workbook for You and Your Family** by Darlyne Gaynor Nemeth, K. P. Ray and Maydel Morin Schexnayder, New Harbinger Publications (2003) ISBN:1572243120

## Websites

<http://www.apa.org/pubinfo/anger.html>  
<http://www.kidshealth.org/parent/> (search term "anger")

## About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

## Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

### **Check-out**

Borrowing privileges are available to families, staff, and community members.

### **On-line Resources**

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

### **Audio-visual Materials**

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit [www.mcmasterchildrenshospital.ca](http://www.mcmasterchildrenshospital.ca)

*The Family Resource Centre,  
where knowledge grows.*

