



# **The Anger Overload Workbook for Children and Teens: Take Charge of Your Anger (Volume 3)**

*Dr. David E. Gottlieb, Dr. Shira B. Gottlieb*

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# The Anger Overload Workbook for Children and Teens: Take Charge of Your Anger (Volume 3)

*Dr. David E. Gottlieb, Dr. Shira B. Gottlieb*

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The workbook provides clear step by step instructions and worksheets to help children and teens to identify their triggers and to choose from a number of strategies. Parents or counselors have an important role as coaches, and they are instructed how to work in a collaborative way with their child. Written for children and teens ages 8 to 18, the workbook is an outgrowth of Dr. David Gottlieb's popular parents' manuals on anger overload in children. The workbook also draws from research studies with children and teens that show the effectiveness of cognitive behavioral approaches to anger management.

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