



Mad: How to Deal with Your Anger and Get Respect

James J. Crist Ph.D.

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Everyone gets angry sometimes. Feeling mad is a normal human emotion. But some teens go too far and get into trouble with their parents, their school, or the law. Their anger controls them and affects their lives in negative, sometimes long-lasting ways. This practical, supportive book helps teens understand and handle their anger. They learn whether they have an anger problem, why we get angry, and how anger affects our bodies and relationships. Practical tools and strategies help them control their anger and avoid poor decisions and actions; insights from real teens let them know they're not alone. The final chapters explore mental health problems that can complicate anger management and the role of counseling and psychotherapy. Includes resources.

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