



Overcoming Anger in Teens and Pre-Teens: A Parent's Guide (Dr. T's Living Well Series)

Dr. Richard L. Travis

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****Completely Updated in December/2016**** We live in a complex, fast-paced world with lots of demands placed on us everyday. We often forget that our children are also faced with lots of demands everyday and live in this same fast-paced, complex world. This book explains why, as adults, and as parents, we should be paying closer attention to our children's behavior. Many Teens and Pre-Teens are displaying symptoms of Anger, and we aren't aware of it. This book is your eye-opener! If your child isolates, screams at you, hides, cuts himself, has poor scholastic results, fights with other children, is demanding, or has suffered traumas or losses, then this book will help you. This book states in clear, concise fashion the causes and symptoms of anger in children. It also explains how this anger untreated can cause health and mental health problems, as well as scholastic and relationship problems. As you read this book you should be able to use this information to get a sense of hope and control back in your life. This can only be done by developing an "Action Plan" using the information contained in this book to aggressively deal with your child's behavior. The various types of professional help, including various medications are also included in this book, as these interventions are often necessary.

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