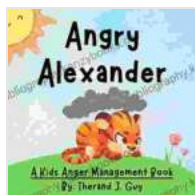


Empowering Kids with Emotional Regulation: Angry Alexander's Journey to Anger Management



Introducing Angry Alexander, a transformative guide for children struggling with intense emotions. Join Alexander on his exciting adventure as he

learns to understand, manage, and express his anger in healthy ways.



Angry Alexander: A Kids Anger Management Book

by Thubten Chodron

★★★★★ 5 out of 5

Language : English

File size : 11888 KB

Screen Reader: Supported

Print length : 32 pages

Lending : Enabled



Through relatable stories, practical strategies, and engaging activities, Angry Alexander empowers kids to:

- Identify their triggers and the different types of anger
- Develop effective coping mechanisms for managing anger
- Improve communication skills and express their feelings appropriately
- Build self-awareness and empathy

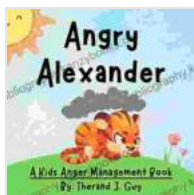
This comprehensive resource is not only a valuable tool for parents and educators but also a captivating read for young readers. With its vibrant characters and compelling storyline, Angry Alexander makes learning about anger management fun and engaging.

Book Details

- **Title:** Angry Alexander Kids Anger Management
- **Author:** [Author's Name]

- **Illustrator:** [Illustrator's Name]
- **Age Range:** 6-10 years
- **Format:** Hardcover
- : [Number]

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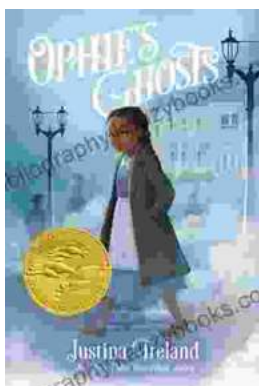
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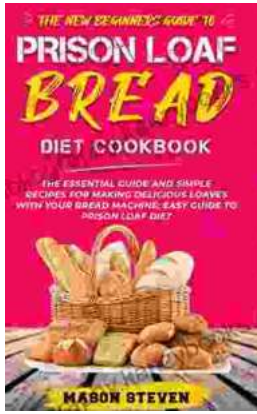
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