



Starving the Anger Gremlin: A Cognitive Behavioural Therapy Workbook on Anger Management for Young People (Gremlin and Thief CBT Workbooks)

Kate Collins-Donnelly

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Meet the anger gremlin: a troublesome pest whose favourite meal is your anger, and the more he eats the angrier you get! There's only one way to stop him: starve him of angry feelings and behaviours, and make him disappear.

This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours. The tried-and-tested programme, based on effective cognitive behavioural therapy principles, can be worked through by a young person on their own or with a practitioner or parent, and is suitable for children and young people aged 10+.

Starving the Anger Gremlin is easy to read and fun to complete, and is an ideal anger management resource for those working with young people including counsellors, therapists, social workers and school counsellors, as well as parents.

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Carmela Martin:

Playing with family inside a park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, and then why you don't try point that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Starving the Anger Gremlin: A Cognitive Behavioural Therapy Workbook on Anger Management for Young People (Gremlin and Thief CBT Workbooks), you may enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its called reading friends.

Patrice Lach:

In this period of time globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The condition of the world makes the information

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