



Anger Resource List

List of Resources

Ages 0 to 4

- *I Was So Mad (Look-Look)*; by Mercer Mayer; Econo-Clad Books, 1999
- *No Hitting! A Lift-the-flap Book*; by Karen Katz; New York, Grosset & Dunlap, 2004
- *When You're Mad: And You Know It*; by Elizabeth Crary and Shari Steelsmith; Parenting Press, 1996

Ages 4 to 8

- *Andrew's Angry Words*; by Dorothea Lachner, the Tjong-Khing (illustrator); North-South Books, 1995
- *Anger*; by Lenore Franzen; Creative Education, 2005
- *Badger's Bad Mood*; by Hiawyn Oram; Scholastic Paperbacks, 2002
- *Dealing with Anger*; by Marianne Johnson; Powerkids Press, 2003
- *Feeling Angry*; by Maggie Smith; Scholastic Trade, 1996
- *Hands Are Not For Hitting*; by Martine Agassi; Free Spirit Press, 2000
- *I Was So Mad*; by Norma Simon, Dora Leder (illustrator); Albert Whitman & Co, 1999
- *I'm Furious*; by Elizabeth Crary, Jean Whitney (illustrator); Parenting Press, 1996
- *Josh's Smiley Faces: A Story About Anger*; by Gina Ditta-Donahue; Magination Press, 2003
- *Love, Hate, and Other Feelings*; by Pete Sanders; Copper Beech Books, 2000
- *Sometimes I'm Bombaloo*; by Rachel Vail; Scholastic Paperbacks, 2005
- *Stop, Drop, and Chill*; by Derrick Barnes; Scholastic, 2004
- *When I'm Angry*; by Jane Aaron; Golden Books, 1998

- *When Sophie Gets Angry - Really, Really Angry*; by Molly Bang; Scholastic, 1999
- *When I Feel Angry*; by Cornelea Spelman; Albert Whitman, 2000

Ages 8 to 12

- *Anger Management*; by Judith Peacock and Suzane Stutman; LifeMatters, 2000
- *Hands Are Not For Hitting*; Martine Agassi; Free Spirit Pub., 2000
- *Hot Stones and Funny Bones: Teens Helping Teens Cope with Stress and Anger*; by Brian Seaward; Health Communications, 2002
- *How to Take the Grrrr Out of Anger*; by Elizabeth Verdick; Free Spirit Publ, 2003
- *Keeping Cool*; by Joel Black; Wellness Institute, 2002
- *Touching Spirit Bear*; by Ben Mikaelson; Throndiike Press, 2004

Young Adult

- *Cool It! Teen Tips to Keep Hot Tempers From Boiling Over*; by Michael Hershorn; New Horizon Press, 2003

Books for Adults

- *The Angry Child: Regaining Control When Your Child Is Out of Control*; by Tim Murphy; Clarkson Potter, 2002
- *Angry Kids: Understanding and Managing the Emotions that Control Them*; by Richard Berry; Fleming H. Revel Co., 2001
- *The Explosive Child: a New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*; by Ross Greene; HarperCollins, 2001
- *Everything Parent's Guide to Tantrums: The One Book You Need to Prevent Outbursts, Avoid Public Scenes, and Help Your Child Stay Calm*; by Joni Levine; Adams Media Corp, 2005
- *From Defiance to Cooperation: Real Solutions for Transforming the Angry, Defiant, Discouraged Child*; by John Taylor; Prima Publishers, 2001
- *Healthy Anger: How to Help Children and Teens Manage Their Anger*; by Bernad; Oxford University Press, 2003
- *Helping Your Kids Deal with Anger, Fear, and Sadness*; by H. Norman Wright; Harvest House Publ, 2005

- *Mastering Anger and Aggression the Brazelton Way*; T. Berry Brazelton and Joshua Sparrow; De Capo Press, 2005
- *Tantrums*; by Michelle Kennedy; Barrons Educational Series, 2003
- *Your Angry Child: a Guide for Parents*; by Daniel Davis; Haworth Press, 2004

*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.