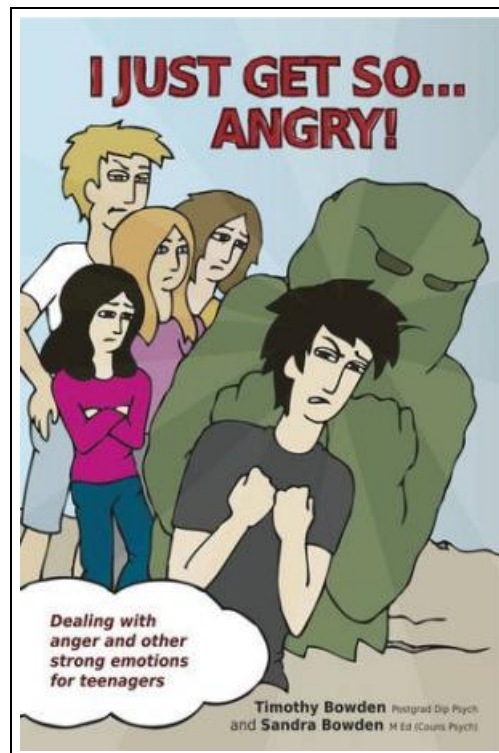


I Just Get So. Angry!: Dealing with Anger and Other Strong Emotions for Teenagers



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(Lily Gorczany)

I JUST GET SO. ANGRY!: DEALING WITH ANGER AND OTHER STRONG EMOTIONS FOR TEENAGERS



Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, I Just Get So. Angry!: Dealing with Anger and Other Strong Emotions for Teenagers, Timothy Bowden, Sandra Bowden, Today's adolescents struggle with a range of issues, from anger and low self-esteem to depression and anxiety. In fact, research suggests that at any given time around 10 per cent of students will be suffering from a mental health issue that directly impacts on their education and health. Acceptance and Commitment Therapy (ACT) (the subject of Dr Russ Harris's bestselling *The Happiness Trap*) has been proven to be effective in teaching young people effective, flexible strategies for dealing with the stressors in their life and, as in *I Just Want to be .Me!*, these principles are once again brought to life in graphic novel form. By following the main character, Andy, through his encounter with the Beast (symbolising his inner anger, hurt, fear and resentment), teenagers will learn how to similarly deal with their own issues and develop a more resilient mental attitude and achieve better emotional balance.



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