



The Anger Workbook for Christian Parents

Les Carter, Frank Minirth

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In this practical book, anger experts Drs. Les Carter and Frank Minirth—coauthors of the bestselling *The Anger Workbook*—show families how the "blame game" (parents blame the kids and kids blame the parents) doesn't work. Instead they provide insight for dealing with the root causes of anger. In a perfect blend of biblical wisdom and psychological research, they show readers how to understand what can be right about anger, distinguish between healthy and unhealthy anger, recognize how anger can be managed more successfully by controlling desires and insecurities and addressing other underlying issues, and much more. Filled with real-life examples, checklists, evaluation tools, and study questions, this valuable resource for any parent with a preteen or teenager will help parents understand and manage their children's anger—as well as their own—and show how to create harmony at home.

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