

Mastering Anger and Aggression the Brazelton Way



Mastering Anger and Aggression - The Brazelton Way

by T. Berry Brazelton

★★★★☆ 4.6 out of 5

Language : English

File size : 542 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 193 pages



Are you struggling to control your anger or aggression? Do you feel like you're always on the verge of exploding? If so, you're not alone. Many people struggle with anger and aggression, and it can have a devastating impact on their lives.

The good news is that there is help. In *Mastering Anger and Aggression the Brazelton Way*, Dr. T. Berry Brazelton provides a comprehensive guide to understanding and managing anger and aggression. Brazelton is a world-renowned pediatrician and child development expert, and his approach to anger management is based on the latest research on child development and behavior.

In *Mastering Anger and Aggression the Brazelton Way*, you will learn:

- The different types of anger and aggression
- The causes of anger and aggression
- The consequences of anger and aggression
- How to manage anger and aggression in yourself
- How to help children manage anger and aggression

Mastering Anger and Aggression the Brazelton Way is an essential resource for anyone who wants to learn how to control their anger and aggression. If you're struggling to manage your anger, or if you're concerned about a child's anger, this book can help.

Testimonials

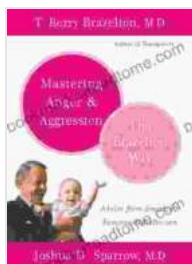
"Mastering Anger and Aggression the Brazelton Way is a must-read for anyone who wants to learn how to control their anger. Dr. Brazelton provides a comprehensive guide to understanding and managing anger, and his approach is based on the latest research on child development and behavior." - **Dr. James Dobson, author of The Strong-Willed Child**

"Mastering Anger and Aggression the Brazelton Way is an essential resource for parents. Dr. Brazelton provides practical advice on how to help children manage their anger and aggression, and his approach is based on the latest research on child development and behavior." - **Dr. William Sears, author of The Baby Book**

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Mastering Anger and Aggression the Brazelton Way is available now at your local bookstore or online. Free Download your copy today and start

learning how to control your anger and aggression.



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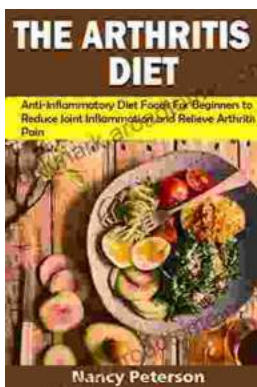
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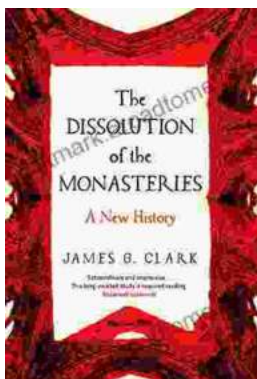
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