



Cool It! Teen Tips to Keep Hot Tempers from Boiling Over

Dr. Michael Hershorn

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In his follow-up to *:60 Second Anger Management*, Dr. Michael Hershorn, a licensed clinical psychologist with expertise in the area of anger management, has developed an essential guide specifically for teenagers. Dr. Hershorn helps teens discover their stressors and identify their real feelings using relevant case histories covering issues of self-worth, self-esteem, assertiveness, sibling rivalry, substance abuse, rejection, and parental divorce that can lead to anger mismanagement. He then shows young adults how to work through and manage their rage. Using guided exercises, quizzes and new tools, teens are taught to rate their improvement and transfer these much-needed skills to the real world.

Cool It! equips angry youths with new communication skills and coping mechanisms to express their anger calmly and in non-threatening words, which is, according to Hershorn, the healthiest way to vent anger. His proven methods will free young people from the grip of toxic anger by teaching them to cope with difficult emotions so they can deal with life more effectively.

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