



# When Anger Hurts Your Kids: A Parent's Guide

*Patrick Fanning, Dana Landis, Matthew McKay, Kim Paleg*

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All parents get angry sometimes, but research clearly suggests that the amount of anger expressed in the family will have a negative impact on a child's performance in nearly every important area of life. **When Anger Hurts Your Kids** brings together the practical lessons of a 2-year study of 285 parents. You'll learn how to tell if your family has anger problems, how to combat the eighteen mistaken beliefs that fuel anger, and how to practice the art of problem-solving communication skills that will let you feel more effective as a parent and let your kids grow up free of anger's damaging effects.

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