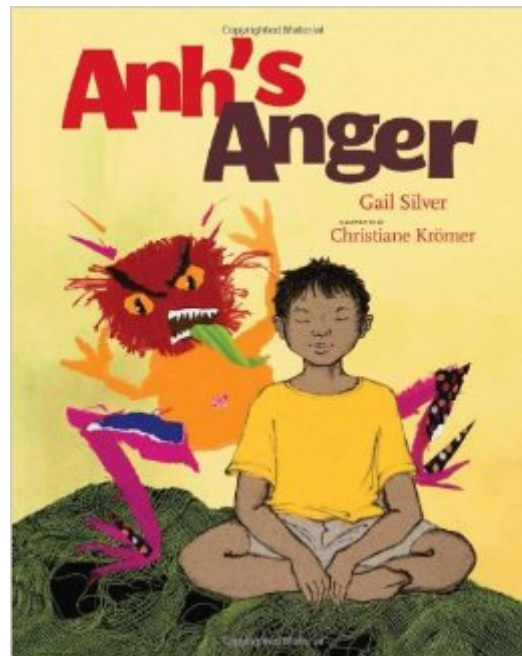


The book was found

Anh's Anger



Synopsis

This wonderful and engaging story gives children and caregivers a concrete practice for dealing with anger and other difficult emotions. In *Anh's Anger*, five-year-old Anh becomes enraged when his grandfather asks him to stop playing and come to the dinner table. The grandfather helps Anh fully experience all stages of anger by suggesting that he go to his room and, "sit with his anger." The story unfolds when Anh discovers what it means to sit with his anger. He comes to know his anger in the first person as his anger comes to life in full color and personality. Anh and his anger work through feelings together with humor and honesty to find a way to constructively release their thoughts and emotions and to reach resolve with Anh's grandfather. The story is beautifully illustrated with handmade collages by New York artist and children's book illustrator Christiane Kromer. Each collage is a mix of paper, acrylic, and cardboard, and found materials. The materials reflect the connection between the characters and their environment and are indicative of the wide range of emotions that come together in the story. *Anh's Anger* teaches children that it is okay to feel angry, and shows the technique, often used by child therapists, of externalizing the emotion. Through taking time to "sit with his anger, a young child is able to see his anger and talk to it and together they move through the journey of experiencing the different stages of anger until the feeling subsides and finally resolve. *Anh's Anger* differs significantly from other books on anger resolution techniques in showing that the child is able to talk about what transpired and accept responsibility for hurtful things that he may have said or done. The author's intention is to help parents understand that there is an alternative to "time out" as a means of helping children to express themselves when feeling angry, while providing children with a mechanism for internal dialogue during a "time out" or when "sitting" with their anger. Through reading the story, children will learn to acknowledge anger when it arises, understand the cause of their anger, and ultimately feel safe expressing themselves and accepting accountability for their actions when appropriate. By learning these skills, children, will grow comfortable with them and carry them into adulthood with ease and confidence. *Anh's Anger* is the first in a planned series of three books with these characters.

Book Information

Lexile Measure: 420L (What's this?)

Hardcover: 40 pages

Publisher: Plum Blossom; 1 edition (August 10, 2009)

Language: English

ISBN-10: 1888375949

ISBN-13: 978-1888375947

Product Dimensions: 8.8 x 0.4 x 11.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (62 customer reviews)

Best Sellers Rank: #13,107 in Books (See Top 100 in Books) #5 in [Books > Arts & Photography > Other Media > Mixed Media](#) #81 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism](#) #114 in [Books > Children's Books > Growing Up & Facts of Life > Family Life >](#)

[Siblings](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

I purchased this book for my 7 year-old daughter. I was worried that a picture book wouldn't be appropriate for her, especially since some of the reviews discussed the appropriateness of this book for 2 year-olds. My daughter is reading Harry Potter books and is quite articulate. Yet I was intrigued by the Buddhist perspective on anger and wanted to share this with her. Ahn's Anger really spoke to me and my child. My child really "got" the book and wanted to talk about it. I wanted to share it with some adults I know. It helped me learn some simple, accessible ways of thinking and talking about anger myself. I think this is a useful book for people of all ages. It is well written and beautifully illustrated. I highly recommend it.

I was ecstatic to receive this book. I'd read the reviews, scanned a few pages, and ordered it straight away. The target? My moody five-year old. My hope? That it would speak to her, and help her deal more effectively and appropriately with her frequent feelings of anger and frustration. That's not how it went down. And I'm not convinced that's the book's fault. Anh is building a tower - the best ever, of course - when his grandfather interrupts him to announce dinnertime. Anh is not finished with his tower and has no plans of giving it up. When grandfather tries to get down on his level and explain that he must finish his tower later and eat before dinner gets cold, Anh erupts, scattering his tower and telling his grandfather that he hates him. Grandfather suggests he take his anger into his room, where Anh discovers his anger is metaphorically a big hairy monster and that if he takes good care of his anger, first working it out through pounding his fists, then through breathing to calm himself, that his anger disappears. Once his anger is gone, Anh articulates to his grandfather why

he was so angry and apologizes. Grandfather thanks him for his kind words and all is well again. I love the illustrations. They are beautiful, full of colorful emotion, and appropriate. In truth, I love the book. My daughter seemed to enjoy reading it also. But it was the aftermath of that which causes the book to score low for me. Mind you, my child might be the one in a million who would take this interpretation and run with it, but she took it to mean that she should conjure her anger up then and there - and furthermore, use it as a playmate. She was utterly uncooperative for the rest of the night (2-3 hours) and she dashed to and fro wreaking havoc whenever we turned out backs (trying to tear up the carpets for example, yelling, screaming, and hitting people). The part about following Anh's example once her anger truly came out (and it did, since hitting is not allowed and she was told to retreat until she could behave), she seemed to miss the point in the book where Anh harnessed his anger and went straight to the tactic of using her anger as a separate object with which to threaten us (ie. my anger's coming out and it's going to do this and this to you if you try to make me calm down!) and seemed to be asserting her belligerence with more fervor than usual. The night ended poorly, and exhausted and feeling rather beaten, I've decided to return this lovely book. May it give a new reader the peace it promotes.

Teaching children about the emotion of anger is a task all parents face as their children grow. Anh's *Anger* is a wonderful addition to a parent's collection of teaching tools. It would also be perfect for an educator to read aloud during story time to young children. The author approached the topic in a thoughtful and sensitive way, and the book is full of beautiful and capturing artwork. I look forward to sharing this book with my child again and again.

Do you remember when you were a child and were angry about something? Do you remember what you did to get rid of your anger? I remember lying on my bed, listening to music, being still with my breath.... This book reminded me of those times. My favorite lines in this book: "You're upset," said Grandfather. "Please go to your room and sit with your anger. I'll come in when you're calm and able to talk." Whoooo! Love it. I love that it models the adult staying calm. In Anh's *Anger* the child asks, "How do I sit with my anger?" As a parent, teacher, or counselor - that question in the book is your IN with your child. You can help your child answer that question many ways. In the book, Anh does breathing. Empower your child to come up with techniques or ways of letting their anger go. Put this book on your shelf, it's not just a message for kids - it's for everyone.

I read Anh's *Anger* about a month ago and was amazed by how author described such a deep issue

in an very simple and understandable way. Highly recomend it to children and their parents- both will find it useful for learning how to deal with anger.

I cannot praise this book highly enough. The text is beautifully written and perfect for children of all ages. The wording of the story is just right and the lesson is imparted gently. I have given this book as a gift several times and each time both the parents and children tell me how much they love it. This is the most wonderful children's book I have read in a long time.

Wow. What a great book. Both my children (6 and 3) enjoyed the book. While the older was very taken by the story (I saw him re-reading it on his own later in the day), the younger was captivated by the illustrations. A really simple and yet profound story of a grandfather teaching a young boy how to sit with the difficult emotion of anger. A lesson not just for children but grown ups as well. I know we'll be reading this book many many times. Kudos to the author and the artist.

Luckily my 8.5 yr old soon has good eyes because that was the only way we were going to be able to read this on his Kindle Fire. If they could have just made it so that you could really enlarge the picture and just scroll over to the words it would have worked better for me to be able to see. I will just have to read it on a monitor if I want to read it to him. Other than that, we both liked the story and see the value in it.

[Download to continue reading...](#)

Anh's Anger Anger Experiences: Group Member Workbook (Anger Management) (Volume 1) The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger Greetings...Asshole! a Swear Word Adult Coloring Book: Color your anger away & find paradise! Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 1) Relieve Your Anger: Midnight Edition: An Adult Coloring Book with 30 Swear Words to Color and Relax Anger Is an Energy: My Life Uncensored Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Temper Tamers In a Jar®: Helping Kids Cool Off and Manage Anger Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress and control anger while promoting peaceful sleep Sainly Solutions to Life's Common Problems: From Anger,

Boredom, and Temptation to Gluttony, Gossip, and Greed 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships Anger: Wisdom for Cooling the Flames Healing Anger: The Power of Patience from a Buddhist Perspective Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions The Cow in the Parking Lot: A Zen Approach to Overcoming Anger Strangers in Their Own Land: Anger and Mourning on the American Right

[Dmca](#)