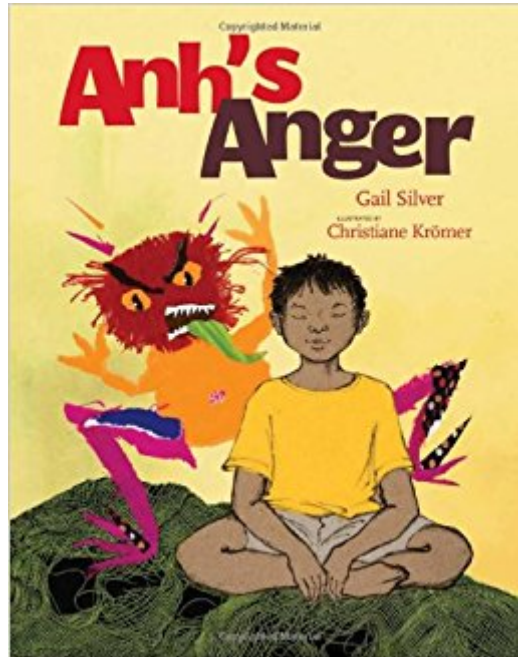




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# Anh's Anger



## 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: 8.9 x 0.4 x 11.2 inches

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

Average Customer Review: 4.7 out of 5 stars 73 customer reviews

Best Sellers Rank: #16,623 in Books (See Top 100 in Books) #12 in Books > Arts & Photography > Other Media > Mixed Media #76 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Manners #91 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

“Anger is like a howling baby, suffering and crying. This book shows children and parents how practicing mindful breathing can help us soothe and gently transform our strong emotions.” —Thich Nhat Hanh “One of the best books we’ve ever seen on the issue of dealing with anger...Getting angry is normal. The question is how do you deal with your anger. In this incredible story, Anh gets really angry and gets sent to his room to ‘sit with’ his anger. Anh not only sits with his anger, he chats, dances, and plays with his anger. This story is simply amazing, healthy, beautiful...a gem.” —ReachandTeach.com “Promotes deep breathing as the ideal way to regain control during a tantrum.” —The New Yorker “Lively and engaging.” —Yoga Magazine “The pictures are absolutely darling. I knew that devil would be cute. It’s a real winner!” —Pamela McKay, children’s book librarian, Contra Costa County, CA

Gail Silver is a former Child Advocate attorney and founder of Yoga Child, a Philadelphia based yoga studio, where she teaches yoga classes, writes yoga music and meditations, and develops the Yoga Child school-based yoga and mindfulness curriculum. Gail has appeared on several news shows to discuss the benefits of yoga and was the recipient of a Parents’ Choice Recommended Award in 2007 for the Yoga Child CD, A Peaceful Place Inside. She is a script consultant for the yoga segment of "The Good Night Show" on PBS Kids Sprout. Gail provides editorials on the benefits of yoga to the Expectant Mothers Guide and teaches birth preparation courses for couples through integration of the principles of mindfulness, birth education and yoga. She resides in Philadelphia with her husband and three children where she stumbles every day in

her lifetime practice of mindfulness. Christiane KrÃ¶mer was born in 1963 in Germany. She studied toy design at the University of Art and Design in Halle and later Graphic Design in Kassel. She moved to Brooklyn, N.Y. in the early 90s where she received a BFA in Illustration from Parsons School of Design. She lives in Brooklyn working as a freelance as illustrator with a special interest in multicultural work, in recent years with an emphasis on Asian cultures. She previously illustrated Flowergirl Butterflies (a Capitol Choices "Noteworthy Book for Children 2004), The Treehouse Children, (published by Simon & Schuster), and God the Parent's Blessings.

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.

This book has been wonderful for helping both my sons to identify when they feel angry, and help them to deal with it. Even better, it helps US as parents deal with them. Instead of the other (futile) things we tried before, now if one of our sons gets mad we tell them to go sit with their anger. I can tell my little one (age 3!) to take some breaths and try and make his anger smaller, and he's learning to do it! It doesn't always work, but the illustrations are perfect for small children, showing them how when they're in the midst of a tantrum their anger is big and crazy and a little scary looking. As they calm themselves down the anger gets smaller and smaller, loses its big teeth, and even looks a little cute. If you have a kid who ever gets frustrated or angry (and I'm pretty sure that is everyone!) this is a great way to help them understand the emotions they are feeling, and to let kids know that they can control their emotions. Highly recommended!

This beautifully told and illustrated story describes Ann's direct experience with his own anger which helps him to understand and value this difficult emotion. Anh finds that anger is a kind of messenger, and that by allowing it in to explore its reason for being, instead of walling it out, his anger moves on more quickly and he feels better. Anh's grandfather's love for his grandson is quiet yet palpable, and patient. His wise and compassionate response to Anh's angry outburst is a

beautiful example of love in action for the adults!

What a great book for teaching children how to deal with their emotions. I still use its methods with my daughter, who is 5. It doesn't work every time, but it does help calm her a bit to have her go to her room and "sit with her Anger". We first read "Steps and Stones", where Anh runs into Anger again and successfully deals with him.

Knowing that my 6 year-old grandson deals poorly when his anger appears, I armed myself with this book for just the time when the grandkids would visit. At just the right time (when my grandson was frustrated and angry with 2 or 3 activities by 10 am), I called him and his 9 year-old sister in, and sat down and read this book to both of them. By about the 4th page, he suddenly caught on that little Anh was feeling the same way he was feeling, and a slow smile crept across his face. At the end of the story, he said to me: "Grandma, did you pick this book to read to me because I was angry?" I said "yes." Both grandchildren grinned; then agreed on a way to play together that pleased both of them. The tension went from thick to non-existent. I'll be ordering more of the books. What a wonderful way to teach lessons about real-life emotions.

A great book to help children of all ages to understand their anger and start the process of recognizing that their anger comes from inside them but is separate from who they truly are -- and that they don't have to be controlled by their anger. My 9 year old loves the story and it has really helped her.

Very helpful with my own children, but originally bought it to donate to my Elementary School where I teach because we have a large population of Emotionally Supported students.

My son has autism. Amy's anger has helped him learn to breathe through frustration and anger. I've recommended to several other parents

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