



# **Mad Isn't Bad: A Child's Book about Anger (Kid's Elf-Help)**

*Michaelene Mundy*

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You can be good -- and angry. After all, everyone gets angry once in a while. That's normal. But what should we do with our anger? Do we have any choices? Mad Isn't Bad says children do have choices. Just as importantly, caring adults have choices about what to teach children about anger. By helping children and ourselves better understand what anger really is -- and knowing what it feels like and what makes us angry to begin with -- we can learn and teach healthy ways to handle it. Mad Isn't Bad is a book every parent, teacher, and caring adult will appreciate -- because it offers children of all ages a positive and honest view of anger -- and what to do with it.

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