

WHAT DO I DO WITH ANGER?



By Dr. Josh and Christi Straub • Art by Angelika Scudamore

Soccer was Alex's favorite sport. Alex loved the feeling of racing down the field and scoring a goal.





This year, Alex's team, the Flames, had a great season. They were on their way to the championship game. Alex couldn't be more excited.



“That’s true,” agreed Coach Ryan.

“When we feel our anger rise, there’s often *another* feeling there that we need to listen for.

“It’s like looking for the match that started the fireball. Only then can we put the fire out.”



Alex nodded as if he understood a little.



Coach Ryan continued,
"Anger can show you what's
deep in your heart. Naming
that feeling can bring a
fresh start."

Alex was puzzled.
"What's deep in your heart?"

"Well, when you get angry,
it's like putting on your
Flames jersey. People see
the fireball of anger in
your reaction, but there's
a *deeper* feeling behind
the anger that only you
can listen to."

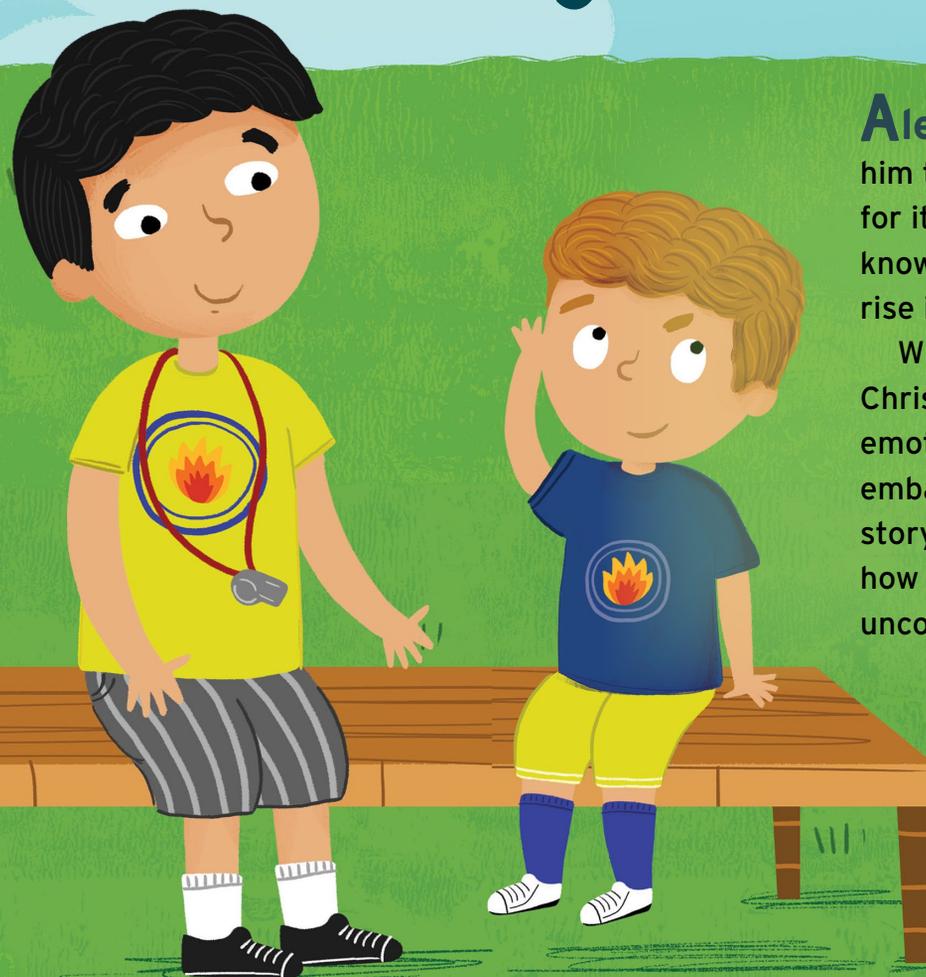




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what's deep in your heart.



Naming that feeling can
bring a fresh start.



Alex is angry. His teammate won't pass him the soccer ball, no matter how often he calls for it, which is not fair! Thankfully, Coach Ryan knows how to tame the "fireballs of anger" that rise inside us, and he helps Alex do just that.

With this relatable story, authors Dr. Josh and Christi Straub show how anger is a secondary emotion, covering up deeper feelings such as embarrassment, betrayal, grief, and fear. Alex's story offers practical and biblical wisdom for how to help children manage their anger while uncovering the emotion behind it.



JOSH and **CHRISTI STRAUB** lead *Famous at Home*, a company equipping families, leaders, and organizations in emotional intelligence and family wellness. Authors, speakers, TV cohosts, marriage and family coaches, and cohosts of the *Famous at Home* podcast, they have three sweet children and a feisty golden doodle named Copper.

Also
available:
*What Do I Do
with Worry?*
and
*What Am I
Feeling?*



Bonus Feature Inside



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JUVENILE FICTION /Religious/Christian/
Emotions & Feelings Printed in China
ISBN 978-1-0877-5922-7 USD \$14.99
51499



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