

Innovative New Book Helps Kids Manage Anger – *I Feel Mad: Tips for Kids on Managing Angry Feelings*

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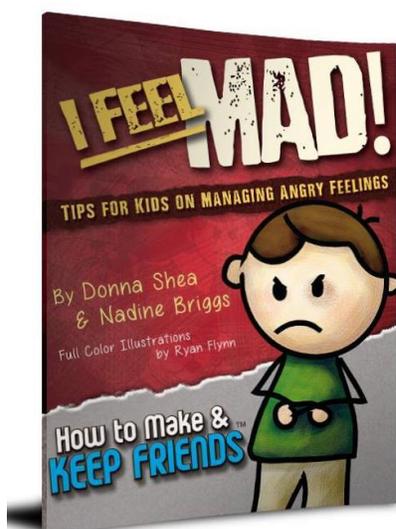
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First Book in New Workbook Series Helps Kids Manage Anger *I Feel Mad: Tips for Kids on Managing Angry Feelings* by Donna Shea and Nadine Briggs

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Donna Shea and Nadine Briggs, authors of the highly successful *How To Make & Keep Friends* series, including *How to Make & Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges* and *How to Make & Keep Friends: Helping Your Child Achieve Social Success*, have just released their latest book, the first in a planned series of workbooks for kids. *I Feel Mad: Tips for Kids on Managing Angry Feelings* is the first of their books published by the newly formed How to Make and Keep Friends, LLC, a social education and publishing company for which Briggs and Shea act as managing partners.

The *How to Make and Keep Friends* books are known for providing quick, easy tips for kids that help them with managing their feelings as well as developing friendships.

I Feel Mad: Tips for Kids on Managing Angry Feelings is based on the one-of-a-kind “Getting the Mads Out” skill-based workshop that has helped many children learn to manage their angry feelings over the last decade.

I Feel Mad: Tips for Kids on Managing Angry Feelings contains full color illustrations by artist Ryan Flynn. The beautiful images further enhance the effective tips and make the workbook a must-have for kids who struggle with anger issues.

Seasoned social educators, Shea and Briggs each run their own social skills centers in Massachusetts. Their experience running social skills groups fuels their knowledge and passion for helping kids with social and behavioral challenges. The tips included in their books are tools they use in their daily coaching sessions with children ages 5 through 17.

“The kids in our programs know that we value their honesty when it comes to our books. The kids and their parents read and critique the books before they go to print. They love to be part of the process and we learn more about what resonates with them,” Briggs explained. “Anger is a huge issue for kids who have trouble controlling this intense emotion, especially when it presents in physical aggression. We have worked with older children who, having hurt a peer in early elementary school, continue to be feared by other children. This reputation can be difficult to shake. Managing angry feelings is critically important for social success, starting at a young age.”

All of the *How to Make & Keep Friends* books can be purchased on Amazon.com.

In the new anger workbook, children will learn:

- the anger rule to follow and what they may or may not do when they are feeling angry;
- that anger is a normal emotion we all have and that managing anger appropriately is a critical life skill;
- how to identify the physical sensations of anger and implement strategies before it becomes too hot to handle;
- a menu of safe strategies to choose from when angry situations arise; and
- effective problem solving skills and specific reactions to replace an angry response.

Donna and Nadine are passionate about helping kids make and keep friends. They have dedicated themselves to working with children who experience mild to moderate social difficulties to foster positive social skills and interactions.

About The Book:

This is a how-to manual for children who struggle with managing anger. The beautifully illustrated and easy-to-read workbook clearly outlines how to stop anger from becoming too intense to control.

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