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4 Downs to Anger Control: Control Anger and Strengthen Character with Football Concepts and Principles

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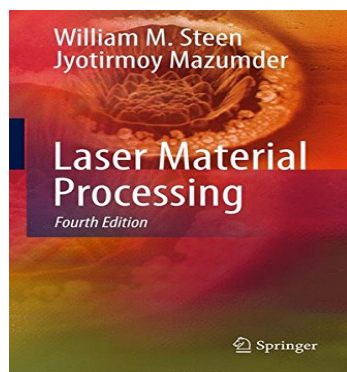
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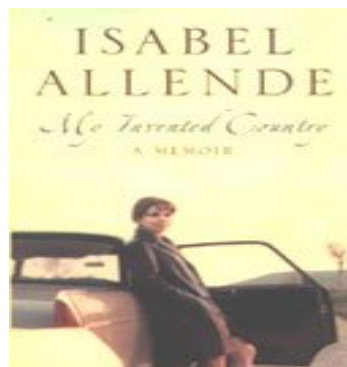
Reading 4 Downs to Anger Control is like having a personal trainer helping you to develop the specific muscles you need to manage problematic anger. Tom Letson, like all good coaches and trainers, breaks the problem down into activities and ideas that are easy to understand and use, and then kicks your butt to implement them because he believes you. For some reason, we train men to be physically strong and professionally successful, but don't teach them how to manage their emotions (or even to be aware of them). Tom Letson gives men the tools and practice routines to help them develop emotional mastery. Enough of this Monday morning quarterbacking. It's time to get into the game! If you kn

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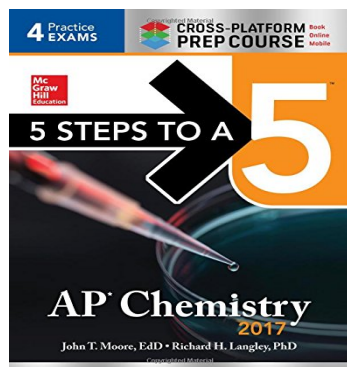
Laser Material Processing

This text moves from the basics of laser physics to detailed treatments of all major materials processing techniques for which lasers are now essential. New chapters cover laser physics, drilling, micro- and nanomanufacturing and biomedical laser processing.



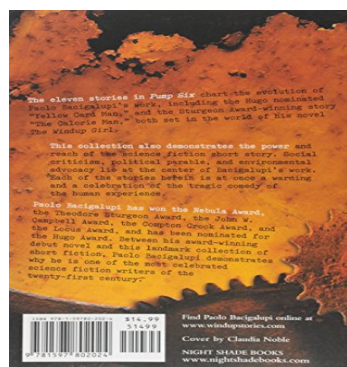
My Invented Country: A Memoir

Isabel Allende evokes the magnificent landscapes of her country; a charming, idiosyncratic Chilean people with a violent history and an indomitable spirit; and the politics, religion, myth, and magic of her homeland that she carries with her even today. The book circles around two life-changing moments



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Pump Six and Other Stories

Paolo Bacigalupi's debut collection demonstrates the power and reach of the science fiction short story. Social criticism, political parable, and environmental advocacy lie at the center of Paolo's work. Each of the stories herein is at once a warning, and a celebration of the tragic comedy of the

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What others say about this ebook:

Review 1:

This unique book still remains one of a kind in self-help approaches. Its solution-focused approach with football analogies makes the topic of anger management less threatening to men and boys who really need to learn about it. Please read the following review by Dr. Ed Beck and purchase one today to add this valuable resource to your bookshelf:

"This is a very important book. It takes the most popular sport in America - football - and one of the most pervasive and difficult clinical problems facing society today in epidemic proportions-anger management - and comes up with healthful and helpful strategies and drills to control anger impulses. This is an excellent resource for therapists working with people who consider themselves athletes and sports fans, which many persons with anger management concede is an interest." Dr. Ed Beck, Director Susquehanna Institute, Harrisburg, PA

Tom Letson

Author of 4 Downs to Anger Control

Creator of Bullystoppers.com - The Bully Reporting Site Where Nobody Tells!

Review 2:

I purchased this for my 15 year old son who refused to read anything about anger management. We went over the names of the chapters and the first one titled "Opening Kickoff" set the tone and got his attention. He's a football fan and became interested in what the author had to say. It's a start and I would recommend this book to anyone with a son who has an anger problem.

Review 3:

The skills are easily related to boys who are football fans. Very good resource for my bookshelf.

Review 4:

Thank you! I always knew my husband needed to read something on anger but I never wasted my money on a book he would never read. But mixing football with anger management made me think he would go for it and he did - he took one look at the cover and he was willing to give it a try. Now he walks around the house using his same old boring football talk when he's getting angry - who would have thought I would have enjoyed that! I would recommend that every wife with a sports nut husband get this book for him - if for anything for your own sanity.

Review 5:

I am a school counselor and this book is by far the most effective anger management approach I have ever used with students. They are interested in the football part of it and that part of it alone helps them to learn the skills. The author's no-nonsense "coaching" writing style also helps to give my students a blast of reality. Where's the workbook!

4 Downs to Anger Control: Control Anger and Strengthen Character ...

4 Downs to Anger Control: Control Anger and Strengthen Character With Football Concepts and Principles Finish Line Press, 1999 Tom Letson 144 pages 9780966961805. DOWNLOAD

/2rgK8QL. Getting Over Getting Mad Filled with strategies about managing anger, this guide to "getting over" ...

4 Downs to Anger Control: Tom Letson : 9780966961805 ...

4 Downs to Anger Control [Tom Letson] on *FREE* shipping on qualifying offers. This unique self-help book uses the reader's love and knowledge of football to teach easily remembered anger control skills. Filled with quotes from NFL and College Coaches.

anger management workbook - Seasons Therapy

work for you – not against you. anger may include: Verbal attacks or physical assaults. You may lose control and attack others physically or verbally. For example, you may: ? Throw or break things. ? Yell, insult or threaten. ? Slap, shove , kick or hit. Abuse. Tension and frustration may build. Family members may become your.

Principles of Coaching

Principles of Coaching. Introduction. 4. Introduction. As Special Olympics has expanded and evolved over the years, it has become clearly evident that the key to ... To apply the sport management team approach in recruiting athletes, volunteers and family members and the athletes' joy, frustrations, anxiety and anger.

50 Activities and Games Dealing With Anger | Activities, 50th and ...

50 Activities and Games Dealing With Anger - Great resources for kids and teens struggling anger management. Mostly for kids ... TherapyStress Management Activities. Teaching kids how to identify what they can & can't control // Kids Learning Activity // What are Things I Can & Can't Control: Anxiety & Anger Counseling ...

the seven habits of highly effective people - Texas Tech University ...

I have learned so much from Stephen Covey over the years that every time I sit down to write, I'm worried about This book is filled with practical wisdom for people who want to take control of their lives, their business The character ethic taught that there are basic principles of effective living, and that people can only.

Classroom Management Strategies for Effective Instruction Powerpoint

Believes that what he/she does outside of here has no bearing; Believes that anger shouldn't be part of the curriculum; Never makes time to just sit and listen; Believes that ... Establishes good control of the classroom; Does things right, consistently; Affects and touches lives; Exhibits positive expectations for ALL students ...

Helping Your Child Become a Responsible Citizen - ...

For more information, please contact the Department's. Alternate Format Center at (202) 260-9895 or. (202) 205-0818. Children's books and magazines are mentioned ... to recognize and honor the democratic principles upon which our country was ... offs for encouraging our children's character development are enormous.

STEPHEN HAWKING: How to build a time machine | Daily Mail Online

27 Apr 2010 ... I like to imagine how a spaceship might be able to take advantage of this phenomenon, by orbiting it. If a space agency were controlling the mission from Earth they'd observe that each full orbit took 16 minutes. But for the brave people on board, close to this massive object, time would be slowed down.

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