

In Control: Building Program for Teaching Young Adolescents to Manage Anger
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In Control is a user- friendly practical manual designed with the classroom in mind. This manual provides an opportunity for teachers and students to actively learn management techniques. *In Control* is divided into ten sessions, introducing strategies, thinking tools, and steps to aid students in controlling and redirecting anger to make positive choices in their everyday lives. These sessions are flexible and geared for the whole class, individualized or small group instruction. The manual includes valuable lessons through role-playing, self – evaluations, and connecting activities that are appropriate for the contemporary youth of today.

Reviewed by Sylvia Oden