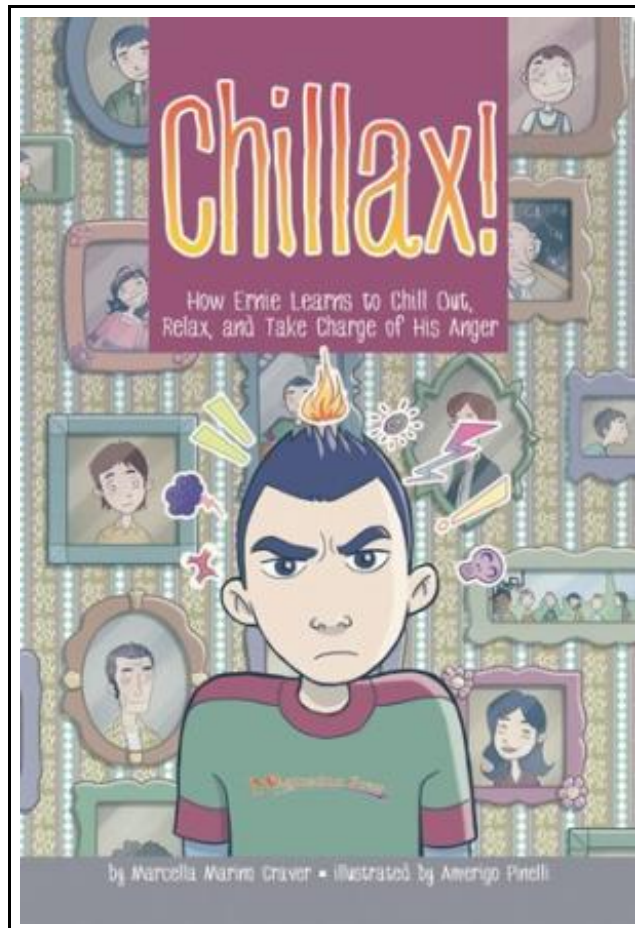


Chillax!: How Ernie Learns to Chill Out, Relax and Take Charge of His Anger



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American Psychological Association. Paperback. Book Condition: new. BRAND NEW, Chillax!: How Ernie Learns to Chill Out, Relax and Take Charge of His Anger, Marcella Marino Craver, Amerigo Pinelli, Meet Ernie, a typical kid with an everyday life. Ernie has great friends, a great family (except for his annoying sister), and a great school. There is just one problem--Ernie doesn't just get mad. He gets MAD!!! With the help of a friendly and understanding school counselor, Ernie learns about his angry outbursts and discovers that he has the power to control and calm himself. Once he practices the skills to control and manage his angry outbursts, Ernie finds that he can be a happier person as well as a better friend, brother, and son.



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