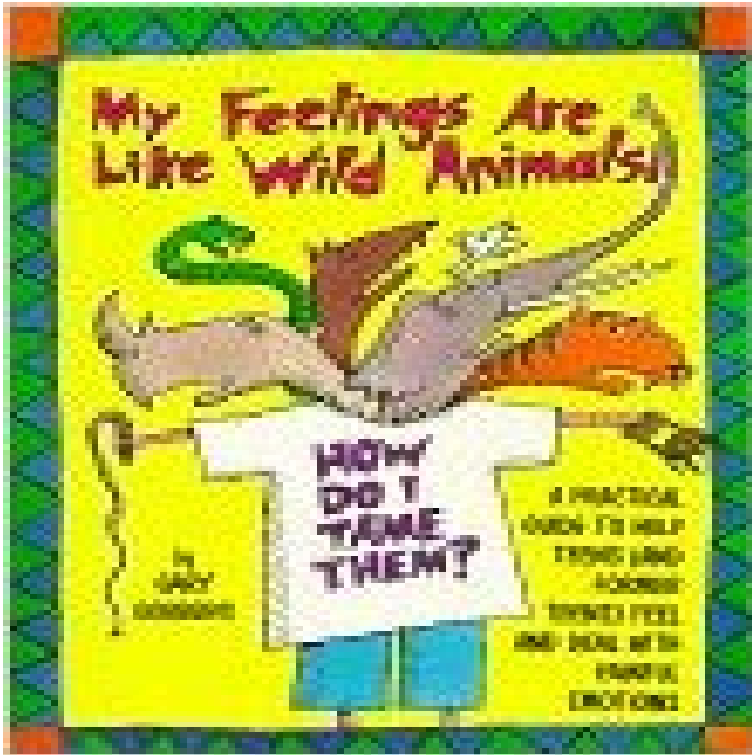


# My Feelings Are Like Wild Animals!: How Do I Tame Them? a Practical Guide to Help Teens (and Former Teens) Feel and Deal with Painful Emotions



Uses a Christian perspective to explain how to deal with difficult, unpleasant or painful emotions such as anger, hate, and fear.

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