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# Keeping Your Cool, Part 2: Additional Sessions for the Anger Management Workbook

*W. Michael Nelson III, A. J. Finch Jr.*

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**Keeping Your Cool, Part 2: Additional Sessions for the Anger Management Workbook** W. Michael Nelson III, A. J. Finch Jr.
For those who want to continue working with the adolescent on anger management skills, this workbook is a continuation of the work begun in the "Keeping Your Cool" Workbook. These additional 10 sessions of training exercises offer continued rehearsal and practice of the basic skills of anger management, and more thoroughly integrates termination exercises into the treatment format.

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