



# Get in Control! Feel Emotions, Choose Behavior (Single Parent Wisdom)

*Julie Prescott*

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## **Get in Control! Feel Emotions, Choose Behavior (Single Parent Wisdom)** Julie Prescott

Tips for parents and children to understand what they are feeling and how to choose positive behavior instead of misbehavior to express those feelings. Anger management, sibling rivalry, reasonable expectations, threats and annoying behavior all covered in easy-to-read format. Over 50 single parents provide what worked and what didn't when they raised their children.

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