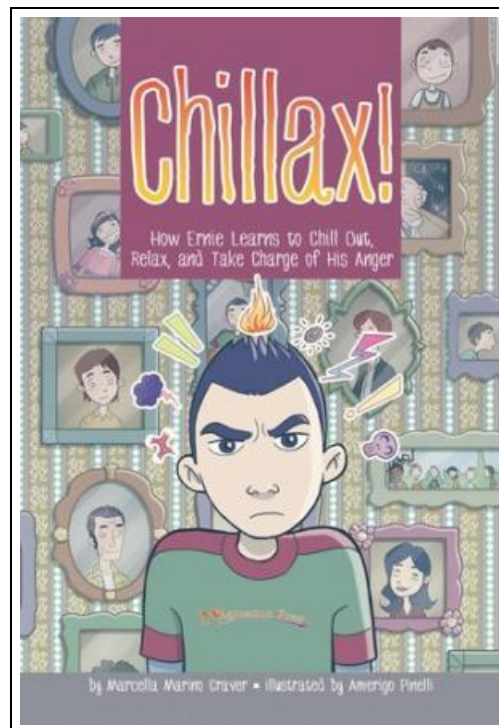


## Chillax!: How Ernie Learns to Chill Out, Relax and Take Charge of His Anger



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### **Reviews**

*Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.*

**(Timothy Lynch)**

## 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 doesnt 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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