

## Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing

By Lori Lite

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### Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing By Lori Lite

Angry Octopus is a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. Children relate to the angry octopus in this story as the sea child shows the octopus how to take a deep breath, calm down, and manage his anger. Children learn to unwind, relax, and control anger with this fun exercise known as progressive muscle relaxation. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. These effective stress and anger management techniques for children focus awareness on various muscle groups to create a complete resting of the mind and body. Progressive muscle relaxation can be used to lower stress, decrease pain, and manage anger.

This engaging story quiets the mind and relaxes the body so your child can let go of anger, relax, and fall asleep peacefully. This story is longer making it ideal for older children or those with a longer attention span.

Angry Octopus is also featured on the Indigo Ocean Dreams Audio/CD and is available as an interactive APP on the iTunes bookstore. It is also available in several eBook formats.

#### Note to Parent:

Angry Octopus is a kid favorite. Parents report that their children use the techniques in the story to calm themselves and also remind their parents to use the same technique. This story received national attention on ABC's Shark Tank. Every child has a different emotional maturity, attention span, and need. While the stories are best suited for ages 6-12, do not let this be your primary reason for selecting. You know your child best and remember this is not about the reading level. The focus is on the actual techniques.

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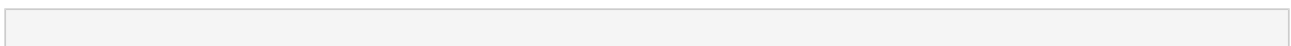
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### **Editorial Review**

#### Review

I am a psychotherapist and mother and find Angry Octopus indispensable. It does a wonderful job of guiding children and adults through a progressive relaxation exercise as well as conveying that angry feelings can be managed. It is clear, and the illustrations are inviting and helpful. For adults, it teaches relaxation skills in a down-to-earth and non-intimidating fashion. --Rhonda Bryhn, MSW

Managing anger is an essential part of life. The Angry Octopus teaches children how to be in charge of the emotion called anger and by using their breath, shifting to a serene and calm space. --Marilyn Powers, Vice President The I Am Foundation

With all the demands of busy young lives that children face today, how nice that an octopus and a friendly sea child can model appropriate anger management in a fun, easy and peaceful method. --Lynne Goldman, Johannesen, Elementary School

The first time I read this book to my children, they both engaged in the progressive muscle relaxation without any prompting from me. Several days later, my six year old spontaneously talked about how he could manage his anger by doing what the octopus did. A must have for anyone with children or anyone who works with children. --Dr. L. Teegarden, Clinical Psychologist

What a great book the Angry Octopus is! My children and I have been reading it every night before going to bed. I have downloaded a digital version of the book and my kids enjoy reading it on my laptop. They make comments about the beautiful illustrations present in the book. The most valuable thing for me is that it teaches kids that it is OK to get angry sometimes but there are also appropriate and healthy ways to deal with anger. And the book definitely teaches us how to manage our anger in a healthy way. I am planning to buy more books written by Lori Lite as she addresses stress management in a professional manner that is also very enjoyable from a child perspective. Thanks, Lori! --Christina V.

#### About the Author

Lori Lite is a pioneer in the field of children's stress management. She has dedicated her life to helping families reduce stress, anxiety, and anger. Lori created Stress Free Kids and a line of books, CDs, and lesson plans designed to help children, teens, and adults decrease stress, anxiety, and anger. Her work is considered a resource for parents, psychologists, therapists, child life specialists, teachers, doctors, counselors, and yoga instructors. She has been nationally recognized on Shark Tank, CBS News, and as a Sears parenting expert. Her sought after practical tips and articles can be found in hundreds of publications to include; Family Circle, NY Times, Web MD, Real Simple, Prevention, and Aspiring Women. Lori's titles are also available in Spanish, Apps, and eBooks bringing stress management to Smart Boards and making classroom implementation easy. Her constant upbeat presence on Facebook and Twitter (Stressfreekids) make her a real-time resource for anyone seeking practical advice for stress free living. For more information visit [StressFreeKids.com](http://StressFreeKids.com).

## **Users Review**

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#### **Terry Holmes:**

Reading can called head hangout, why? Because when you are reading a book especially book entitled Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing your head will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging just about every word written in a publication then become one web form conclusion and explanation this maybe you never get prior to. The Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing giving you a different experience more than blown away your brain but also giving you useful facts for your better life in this era. So now let us teach you the relaxing pattern is your body and mind will probably be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

#### **Emma Berkey:**

The book untitled Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing contain a lot of information on the item. The writer explains your girlfriend idea with easy means. The language is very clear to see all the people, so do not necessarily worry, you can easy to read that. The book was written by famous author. The author will bring you in the new age of literary works. You can actually read this book because you can read more your smart phone, or program, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice examine.

#### **Ida Green:**

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#### **Lee Erbe:**

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and deep breathing can to be your brand-new friend when you're experience alone and confuse with the information must you're doing of that time.

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