



# Hot Stuff to Help Kids: A Guide for Angry, Anxious, or Stressed Students

*Jerry Wilde Ph.D.*

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**Hot Stuff to Help Kids: A Guide for Angry, Anxious, or Stressed Students** Jerry Wilde Ph.D.

Hot Stuff empowers readers by helping them learn the tools needed to manage their emotions. This is an interactive and engaging book that teaches kids how to change what they feel by changing how they think.

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