

**Do you ever wish for more love and fewer fights at home?  
Do you ever yell at or hit your child, like your parents did to you?  
Are you concerned that angry outbursts are harming your child?**

Your concern is valid. The latest brain science reveals that exposure to angry outbursts can hinder a child's brain development, limiting their ability to learn and regulate emotions.

A parent's unhealed anger is an emotional contagion that can persist in a child's body and mind for a lifetime – or until you take science-backed steps to release it. How?

In **ANGER MANAGEMENT FOR PARENTS**, you take proven steps that release triggers, even breaking the cycle of inherited anger and freeing you to love more and fight less.

**Author Hadley Finch**, also known as America's Love Guide, reveals the leading-edge strategies she used to release the inherited anger she had absorbed from one parent, before it harmed her own children.

**Practical Exercises & Quantum Techniques  
Quickly Help You:**

- Face conflicts in the only way that deepens the connection
- Do two things to rebuild trust in your child after an angry outburst
- Use age-appropriate scripts that calmly resolve trigger issues with toddlers, pre-teens & teenagers
- Enforce boundaries and discipline without harming your child
- Lead family exercises that reduce whining and restore joy
- Model Emotional Intelligence, raising a confident, caring child
- Form new habits that self-regulate, shifting from a stressed, survival state to one of peaceful calm in which love thrives
- Be the parent you want to be as you manage anger with love



**Hadley Finch**



**WORLD  
TRUTH  
MEDIA**

ANGER MANAGEMENT FOR PARENTS

Hadley Finch



# ANGER MANAGEMENT *for* PARENTS



**Heal Triggers & Raise Caring, Confident Children.  
Your Brain Plasticity and Quantum Tools Build  
Emotional Intelligence in Happy Relationships**

**HADLEY FINCH**