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By Kari Dunn Buron

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Building on Kari Dunn Buron's popular The Incredible 5-Point Scale, this book takes a narrower look at challenging behavior with a particular focus on behaviors that can spell trouble for adolescents and young adults who have difficulty understanding and maintaining social boundaries. Using a direct and simple style with lots of examples and hands-on activities, A 5 Is Against the Law! speaks directly to adolescents and young adults. A section of the book is devoted to how to cope with anxiety before it begins to escalate, often leading to impulsive and unacceptable behavior. Throughout the book, the reader is encouraged to think about and create his own behavior on an anxiety scale that applies to his particular emotions and situations.

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