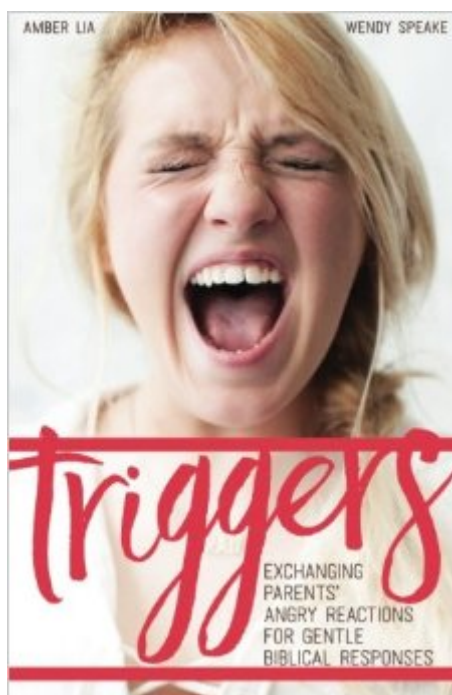


The book was found

# Triggers: Exchanging Parents' Angry Reactions For Gentle Biblical Responses



## Synopsis

Do you believe your struggle with anger stems from the wrong behavior you see displayed in your children? The knee-jerk reactions and blow-ups you're facing are often a result of a bigger set of triggers. Some of these are external, like a child's disobedience, backtalk, or selective hearing, while others are internal, like an overflowing schedule, sleep-deprivation, or perhaps your own painful experiences from childhood. *Triggers: Exchanging Parent's Angry Reactions for Gentle Biblical Responses* examines common parenting issues that cause us to explode inappropriately at our children. Moving beyond simple parenting tips on how to change your child's behavior, authors Amber Lia and Wendy Speake offer biblical insight and practical tools to equip and encourage you on the journey away from anger-filled reactions toward gentle, biblical responses.

## Book Information

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## Customer Reviews

I tire of Christian mommy self-help books. I've been introduced to quite a few through the M.O.M.S. group at our church, Facebook moms' groups and recommendations from friends. I've read and enjoyed a few, and I've enjoyed the conversation that a few of them spurred in my groups. But I tire of their step-by-step messages of how to fix this and do that better. I tire of their subtle guilt-inducing yet pandering and condescendingly sugary message, as if I am a tender thing to be coddled while a list of my failings is laid before me. I know they mean well, and some of them even contain the truth...somewhere. While I reject their trite offerings of an easy fix, I am ever aware that this mothering thing I'm doing is hard, that I'm failing at it in significant ways, and that there must be hope for doing it right, loving my little ones well, growing in grace. This is not one of those books. I've

seen reviewers call this book honest, practical, biblical, and helpful, and it is all of those things. It is divided into 31 topics and can function as a month-long devotional study. The chapters are short and contain many scripture references as well as practical advice. It can also be read straight-through (as I did). I have no doubt that every parent could find wisdom here applicable to her situation no matter the types of trials her family faces. But this is not why I love this book, have found it infinitely valuable on first reading, and will return to it again and again. What Amber and Wendy have done for parents is beautiful and far beyond self-help or practical advice. You will not find in this book a message of sticky-sweet guilt accompanied by a list of things to do, quotes to pin on your mirror, and charts to make everything better.

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