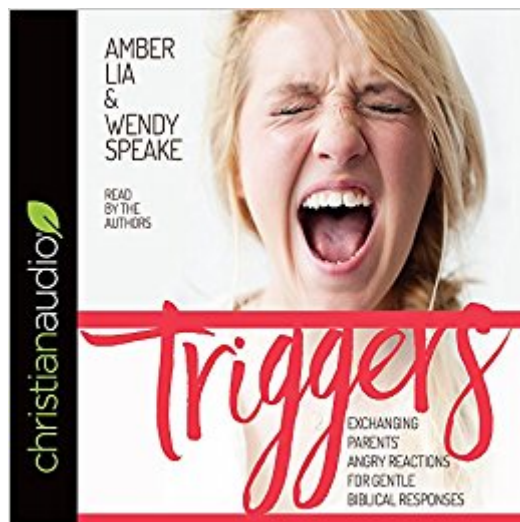




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# Triggers: Exchanging Parents' Angry Reactions For Gentle Biblical Responses



## 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

Amber Lia and Wendy Speake have linked arms to encourage and equip moms and dads who are in desperate need of hope, grace, and practical help for the parenting journey. **Amber Lia** | A former high school English teacher, Amber is a work-at-home mom of 3 little boys under the age of 8. She and her husband Guy own Storehouse Media Group, a faith-friendly and family-friendly TV and Film production company in Los Angeles, CA. When she's not building sand castles with her boys on the beach, or searching for Nerf darts all over her house, you can find Amber writing to encourage families on her blog at Mother of Knights ([www.motherofknights.com](http://www.motherofknights.com)). **Wendy Speake** | Wendy Speake is a trained actress and heartfelt Bible teacher. She tells stories both on page and

stage that allow her to point women toward Jesus on their hardest mothering days. You can follow along at [WendySpeake.com](http://WendySpeake.com) or find her regularly as a guest at The MOB Society. Wendy resides in sunny San Diego with her handsome husband and their three ruddy boys.

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. What you will find is the gospel, sometimes spoken in brutal honesty, but also in tender grace and humility. See, the thing that tires me about all of those other books is that I know, to the core of my being, that I cannot just set my mind to be a good mom and make it all come out roses. I am weak, and I am a sinner, and I fail. I can memorize your list of alliterated correct responses to my triggers and somehow call that to mind when it seems like all the world is crumbling around me, but that won't save me, change me, or grow gentleness in me. That is the point of the gospel, and that is on glorious display in this book. Whether you recognize a struggle with anger in your parenting or not, this book is an excellent resource. I don't know that I have ever read a better display of sanctification in progress. This is how it works. This is how God works- through prayerful repentance, humility, and the power of His Word. I started reading thinking I would pick out a few triggers that apply to me and breeze through the rest of it, but it turned out that every chapter arrested me. These are not easy or flippant answers; no

cheerleading; this is truth and I think I can breathe again. I received a free copy of this book.

The perspective shift you need to rescue your family from... well... you. My husband and I both just finished reading this and it has changed our family! Wendy and Amber give you practice ways to apply the biblical knowledge you already have and inject that into the attitudes and choices you make in the way you respond when parenting. I am so thankful for this book!! I would look to hear a few chapters from their husbands for husbands as well...

I often struggle with anger toward my family (mostly hubby and 3 year old) and this book challenged me to examine my own heart and give it to Jesus. I am thankful for the short experts that will make it easy to go back when dealing with specific issues and the heart of the ladies that wrote it. I have learned skills to help me in the now and in the future! thank you

This book has been really great for me! I think it has made me reflect on things and the way I handle my children. It's broken up into different sections, so it makes it easy to go to where you're having trouble, or you can read through it easily. They share personal experiences and some beautiful prayers to encourage and lift parents who are struggling. Worth the read.

This book has been life-changing for me, both for my own walk with the Lord and in my relationship with my children, particularly my 13-year-old son. Wendy and Amber are so refreshing and honest. It is so relieving to know that I am not the only Christian mom who acts a fool in the middle of the stormy parenting moments. I should know better, right? This book has helped me to see my own struggles, as well as give me ideas and strategies to help my son with his struggles. I also recommend the study guide that goes along with this book.

Loved how transparent the authors were! This book helped target areas that I've been weak in and give me hope that I can be a better mom (with God's help). There were only two chapters that were applicable to a later stage of mothering. The rest were generalized enough for what I feel is everyone. If you're struggling with your temper, and desire to be tempered by God, get this book!

I found this book at a time when i so desperately needed it. And knowing that i am not alone in my triggers gives me immense hope that i to with Gods help and these prayers can overcome them. I wish that one day i can say that each and every trigger in this book doesn't apply to me.!! GOD

BLESS Thank you from the bottom of my heart for this book!! I will deffiantly be recommending this book to everyone i know. It was beautifully put together and i know t will be a blessing to everyone who reads it and applies it to there lives!

I was struggling with a lot of anger and bitterness after becoming a single mom. I knew something had to change. That something was ME! 31 days to a new outlook on this parenting gig and even just after the first week I could see a new me and a new way of life at home. This past couple of weeks with my 3yo son have been amazing! Neither of us have had any major meltdowns and 99% of it is because of how I have changed! God Bless!

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