



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

*Amber Lia*

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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.

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