

Seize the Peace

Israel and Brooke Wayne Help Parents Deal with Stress and Anger on their Hardest Days

Stressed out parents are looking for solutions to disciplining their children that will produce peace instead of anger. Today they can inhale hope from Israel and Brook Wayne, the parents of nine children, who have learned practical ways of de-stressing and responding to their children with words that encourage.

In *Pitchin' a Fit: Overcoming Angry and Stressed Out Parenting*, the Waynes humbly share their own parenting challenges, and how they learned practical ways to apply biblical principles. Moms and dads alike will relate to this parenting duo's stories and successes. Readers are reassured, "God is in the business of turning us worn-out, tired, stressed, and even angry parents into ones filled with self-control."

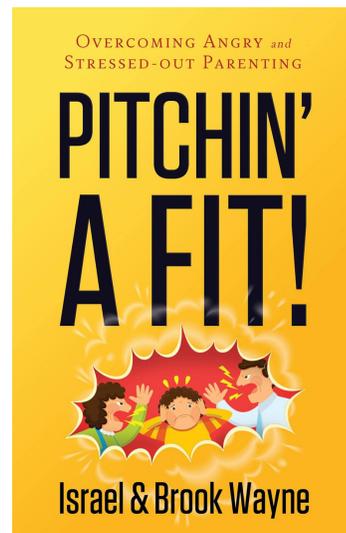
Pitchin a Fit' is a must-have resource for parents who want to cultivate healthy, lasting relationships with their children. Throughout each chapter, parents are coached to pursue peace within their own hearts with simple prompts like these:

- Avoid stirring up stress within your hearts and minds.
- Ask God to direct you instead of allowing the stress to.
- Purposefully replace fearful reactions with love.

Others are raving about this insightful and inspiring book, including Carolyne Forte of Excellence in Education.

"Pitchin' a Fit is the most practical, thoughtful, and insightful book on parenting that I have read. They teach us how to get past our emotional reactions and learn how to respond biblically and model the behavior we want to see in our children. "

Visit Masterbooks.com/NoMoreAnger for additional information.



Pitchin' a Fit
Overcoming Angry and Stressed-Out Parenting
Israel and Brook Wayne
New Leaf Press (March 4, 2016)
978-0892217397
Paper: 192 pages

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What Causes Anger?

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"But I'm Not Patient!"

What Patience Is and Isn't

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The Power of Affirmation

Creating Peace in the Home

Accountability

Suggested Interview Questions for Israel and Brook Wayne

1. What inspired you and your wife to address the topic of anger in parenting?
2. In the book, you say that anger is like cancer. Can you explain why you feel anger is this dangerous to a family?
3. Share some of the dangers of sowing the seeds of anger in a child's life?
4. In the book, you and Brook offer this great hope, "God is in the business of turning us worn-out, tired, stressed, and even angry parents into ones filled with self-control." Can you give us an example of how God has done this for you and Brook?
5. Many parents would be completely overwhelmed by the responsibilities involved in raising nine children. Tell us about your own challenges with stress and anger and how you have employed biblical principles in your response to these stressful moments.
6. "Even Jesus expressed anger in the temple" is an excuse many parents use to justify their own expressions of anger. Is this a valid rationale?
7. Anger happens to everyone. How should a parent express anger?
8. What is one of the most important steps a parent can take to live free from the tyranny of anger and stress?
9. Share with us your Roadmap to Freedom for angry, stressed, and overwhelmed parents.
10. Give us an example of correcting and affirming a child at the same time?



Israel Wayne passionately defends the Christian faith and helps families develop a Biblical worldview. In addition to his newest book *Pitchin a Fit*, he offers *Full-Time Parenting: A Guide to Family-Based Discipleship*, *Questions God Asks*, *Questions Jesus Asks*, and *Homeschooling from a Biblical Worldview*. He is a popular conference speaker and a frequent guest on national radio and television programs and has been featured in TIME Magazine, WORLD Magazine and the Wall Street Journal.

Brook Wayne partners with Israel as wife, mother of their nine children, home educator, author, and founder of FamilyRenewal.org. Along with *Pitchin' A Fit*, the couple co-authored the audio book entitled, *What God Has Joined Together*.

Learn more about Israel and Brook Wayne at FamilyRenewal.org.

To request an interview with Israel Wayne, contact Jennifer O. White at jenniferowhite@gmail.com or 318-547-4343.

Endorsements for *Pitchin' A Fit*

Speaking from the perspective of a pastor, their children are some of the most well-behaved children I've ever had the blessing of being with. They behave better, and pay attention in church, more than some adults I know. Biblically parenting their children isn't something they just do, it's who they are. I only wish I had their insights to parenting when I raised my own. It would have made things easier.

Richard Grom, Calvary Chapel Sunset Coast

The Waynes have done a wonderful job of telling a story of the danger of anger in the family. Their transparency shows they have lived in our shoes and this lends credibility to their anger solutions. If we fall to temptation and sin in the area of anger, there is hope in repentance and confession as seen in their story. I was greatly encouraged by regularly pointing us to biblical truth. One of the keys of adopting what the Waynes are teaching is that it will help to build the foundation for long-term healthy relationships with our children as they move into adulthood. I would highly recommend this book and the study questions at the end of each chapter to help overcome all forms of anger in the home.

Todd Kangas, Director of Midwest Parent Educators

A great blend of straight Bible and straight practical. Israel and Brook live "the real life" with a houseful of kids every day, so their wisdom is tried and tested! As a granddad who yearns to see today's couples turn first to the Word, and second to the experience and wisdom of other godly parents — not the other way around — *Pitchin' A Fit* is a breath of fresh air! Kudos to my good friend Israel and his amazing helpmate, Brook.

Dale Mason, author, magazine publisher, homeschool dad

Israel and Brook Wayne offer an excellent treatment for the problem of anger — a problem that afflicts practically every home in the world. This book is surprisingly approachable, highly practical, and biblically fortified throughout.

Kevin Swanson, pastor, author, host of Generations Radio

Solid biblical truth and real-life practical help for parents who struggle with whining, screaming, and bad attitudes — and I don't mean the kids!

Sonya Shafer, founder of Simply Charlotte Mason, author, conference speaker

Israel is a gifted, and much sought-after speaker on the subject of family and parenting issues. I recommend this book for every parent, even those who don't think they have anger issues. You will be helped by the insights Israel and Brook share on these pages!

Chris Davis, author, conference speaker, publisher

What a welcome breath of fresh air in a very me-focused culture to find a book willing to tackle what I believe is a real problem for Christian parents. Israel and Brook Wayne share their struggles while going one step further than most books, giving practical advice that will actually work. Not only do they give you advice on getting to the root of the problem, but enclosed is a roadmap to freedom, as well. If you need a book that will help you conquer anger and deal with stress with a big dose of encouragement, I highly recommend this book.

Felice Gerwitz, author and podcaster, founder of Media Angels, Inc.

Quotes from the first 50 pages of *Pitchin' a Fit*

We all struggle with anger to some extent. It is only through learning what God has to say on the subject of anger, and through appropriating the power of the Holy Spirit, that we can escape the tyranny of our own tendencies and addictions. p. 11

When we give into stress by living and feeding off of it, we're stirring it up. We stir it up by dwelling on our stress, feeling pity for ourselves, and rehearsing in the privacy of our minds how we're really being imposed upon. p. 18

When stress is overtaking you, whether directly with your youngsters or through the stresses of life, call on the power of God to provide you with direction. p. 19

God is in the business of turning us worn-out, tired, stressed, and even angry parents into ones filled with self-control. p. 21

We can let stress overtake us. Or we can look for ways to employ the power of God, love, and self-control in the midst of all that stress. p. 23

When even your carefully planned and trimmed life seems relentless, remember this season of parenting is a stretching season for everyone. If you feel like stretched-out elastic, take heart, because it means you are being stretched to hold more of God. p. 24

Ultimately, God's Word is going to be the real source of strength as we walk through parenting. p. 25

We cannot sow seeds of anger in our child's life and expect to reap a harvest of God's righteousness. p. 33

if you consistently, as a lifestyle, respond in anger to your children, the fruit you can expect will be anger, bitterness, and resentment from your child. p. 34

We love our neighbors (or family members) in the same way we want them to love us (in a redemptive way that considers our ultimate best interests). p. 49

Anger is often our attempt to right the wrongs and injustices done to us, or those we love, and bring our idealistic world back into alignment. In that moment, it is very possible to cross the appropriate line of responsibility and self-initiative, to becoming something we were never meant to be: God. p. 50