



Good and Angry: Exchanging Frustration for Character ...in You and Your Kids!

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Parents often feel angry when their children do the wrong things. But responding to children in anger rarely brings about the desired result and can even have a damaging effect instead. Yet anger doesn't have to be the enemy. It can be a trigger that makes parents even more effective. Dr. Scott Turansky and Joanne Miller show them how.

Recognizing the very real emotions parents feel, *Good and Angry* taps into the constructive side of parents' anger and teaches welcome strategies for addressing the things their children do to drive them crazy. Addressing common problem areas for children—such as annoying behavior, lying, not following instructions, and bad attitudes—this book outlines seven routines that will help children improve in these areas and allow them to thrive in their relationship with parents and with others.

In *Good and Angry*, moms and dads will come to understand anger's true purpose and how they can use it successfully in their day-to-day parenting. They will also learn new approaches that will solve many common problems and, in the process, help both them and their children grow closer to God.

Good and Angry: Exchanging Frustration for Character ...in You and Your Kids! Details

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Grace says

Great book about self-control, anger, and how our words and actions play a huge impact on our kids. It's a bit of a tedious read at times simply because there is SO MUCH helpful advice and information, but it's full of great content. Highly recommend this to any parent struggling with frustrations and anger, and it's even better that it's from a Christian perspective with plenty of support from Biblical references to reinforce things.

Randy Watkins says

Great parenting book based on Biblical principles. If your family is dealing with attitudes, fighting and anger issues, then it's time to put some processes in place to get things in order and restore relationships. Turansky and Miller offer great advice especially for parents in being able to deal with their own anger and frustration! I recommend this book to all parents.

Leeann says

The most practical, insightful, encouraging and applicable parenting book I have read. It has been my 'bible' for my CHALLENGING young child. Learning how to be less angry and more empowered to have a plan to develop character in my children. Learning to take the time to discipline that not only changes the short term behavior but also the heart, the long-term character building. Especially powerful were two chapters...how to help kids who lack self control and sensitivity, and how to help kids with 'wrong thinking attitudes'. This is not an over-night fix. This is a marathon. I have been to the authors' parenting seminars a long time ago and I thought this book would hit the nail on the head and it completely did. Now I almost feel joy when my child acts up, because I feel armed and ready to chisel away at the issue and develop lasting character. If you have a challenging kid that makes your blood start to boil, I highly recommend this book for you.

Benjamin Shurance says

This is about promoting character formation in the family through virtue-enforcing habits and emotional intelligence. I personally have no taste for parenting books, but this wasn't bad (well, too many personal anecdotes and cheesy testimonies for my taste... but really I must say some good content!). It's written from a Christian perspective, but it's not full of Christianese or over-spiritualization. I will readily recommend it as a worthwhile resource on family life and discipline.

Catherijn says

Very helpful.

Luke Miller says

I was really helped by this book. My wife and I are already talking about how we can start using some of the ideas. It's much more practical than most of the books I've read on parenting, but it still keeps the focus on the heart of your children, not just the behavior.

The big idea of the book is that your anger or frustration as a parent is good for identifying problems, but terrible at fixing them. So the book walks through helpful ways to address those problems in your own heart or in the hearts of your children.

Definitely recommended, especially if you have young children.

Colleen says

This was a great book. The mom's group that I'm part of went through this book a while back. I intend to re-read it again here shortly. The authors give really sound, biblical advice. It wasn't typical of other parenting books that I've read and I found it refreshing because of that. It gave advice for what to change in YOU as well as how to guide your children through their needed changes as well.

Jill says

Every parents gets angry at their kids. No doubt about it. What this books helps to do is provide strategies for helping Parents understand where their anger comes from and how to use it in positive ways...which I know sounds strange. But the whole idea of the book is that being angry is usually a result of something needing to change and being able to get to the heart of the matter--literally--is important, so that instead of exploding in anger, we can take advantage of the opportunities to teach our kids--and not just to change behavior, but to nurture their character and hearts.

One of the concepts that the authors reminded me at the end of the book--and that I need to remind myself of daily--is that my kids are a work in progress. (I know, aren't we all), but really, they are. They are learning, growing, figuring everything out, yet at times, I put expectations on them that they will have everything figured out already. Reminding myself of that will likely help me react to situations in a more level headed way.

I would be remiss if I didn't mention a frustration I had with the book. There was a particular chapter discussing children who have some difficult personalities/strong wills, however you want to say it. As a parent of a child such as this, at times, I felt as if the authors were telling me that my child's character is flawed, or in grave danger of being flawed if I didn't do something about it. Or--that he would end up a damaged and an unwelcome member of society. There are some children in this world, who because of chemistry and development have limited executive functioning, impulse and self-control. It isn't that they are just defiant and we are just lazy as parents--there is a medical issue there. I simply wish the authors would have acknowledged that rather than making me feel like I'm not a good parents and my child will turn out

flawed.

Ok--now that that is off my chest, on the whole, I liked this book and walked away with some solid ideas and strategies. I particularly enjoyed the end of each chapter where key ideas were summarized, follow up questions were asked, and in depth look at related bible passages were provided. Definitely worth a read.

Jim Robles says

The thirty-forth book I have finished this year.

I like the emphasis on having a plan for everything. (Of course I am a "Boeing guy." When we were teamed with Lockheed we used to say they could not develop a plan to save their lives, and they used to say we could not go to the bathroom without a plan. O.K. - this may not be relevant, but it came back to me.)

It would be swell is Christianity were to acknowledge how much it took from Stoicism, but that is just unrealistic. Christians seem to believe that they invented everything.

"Dialogue" is a noun: its use as a verb us just yucky.

p. 92. The working at home hazard.

p. 101. Learning to live within boundaries would have helped the protagonist in "The Woman Upstairs." The book advocates teaching children to accept limits as children, so it will be easier for them to accept limits as adults. The alternative, or course, is to spoil them now and let them adjust as adults.

p. 106. addresses the hazards of too much explanation, that arise with the approach that is inherent in this book.

p. 126. addresses balanced between "discussions" and "obey first, then we'll talk about it."

p. 128-129. . . . and choose strategic bible verses to memorize . . .

See also p. 197 Teach About Honesty

p. 157. Self-control is the ability to control myself so that Mom and Dad don't have to.

p. 158. When parents get fed up with a behavior, they often sentence a child to her room, take away a privilege, or give a heavy dose of angry words.

I have not, that I recall, seen a prohibition of corporal punishment: it simply does not get mentioned. It also seems inconsistent with the discussion of "forgiveness" on p. 166.

p. 159. Children learn self-control by memorizing scripture, playing an instrument, and getting involved in sports, drama, and other extracurricular activities.

See also p. 193 Teach Children to Work Hard

p. 166. After all, God, our Heavenly Father, doesn't treat all his children the same.

p. 168. In fact, God uses struggle to develop character (Romans 5:3-4), so be careful that you don't make life too easy for your kids.

The ten (p. 174 - 176) lie detector tests are excellent illustrations of where the boundaries lie.

p. 188. Only through salvation in Christ can we fully live out a commitment to the truth.

I do not understand why anyone would make such a (p. 188) manifestly false claim: many non-Christians have demonstrated the commitment to fully live the (neglecting Christian belief) the truth. Matters of faith are one thing, but it should bother you if your belief system makes you say things that are manifestly untrue.

Andrea says

One of the best parenting books I've ever read! This book has novel ways to help kids overcome bad habits such as whining, melt downs, and rebellion. The key is to teach them the right response without getting angry. The book works for parents helping kids but it also works for parents working on their own bad habits and it worked for me as marriage therapy.

Becky Marler pemberton says

I didn't always agree with the verbiage used as example of how to speak to your children, at times a bit condescending, but the explanations of how behaviors are linked to certain character traits is astounding and eye opening. How laziness and lack of hard work is related to dishonesty...it all makes so much sense. The applicable Bible verses are helpful in driving home lessons to children and to parents. Excellent read that I will revisit frequently in the future.

Holly says

This book is amazing. It is just what I have been looking for for years. It is Christian and scripture based, has excellent practical advice and ways to bring it home and teach it to the family at family home evenings. Written by a minister of some sort and a nurse, I loved it. I recommend it to all my parent friends. We just had a family meeting where we talked about badgers and what it meant to badger mom and dad and why God does not want us to do it. The wise appeal is amazing! My kids have started using it and it will make them much better human beings, employees and children.

Emily says

A very helpful book! Practical wisdom from a god-centered perspective. I would highly recommend this book with the caveat some of their examples of things to say to our kids may be a little overly

psychological. While the underlying principle of a statement like "I feel as though you may be too upset to talk about this right now" is solid - the exact phrasing in the book may not be the words you should choose.

Lisa says

TOTALLY awesome book for anybody imo. Yes, it's geared more towards parents but I think you can use the tools to help any relationship really. It helped give me insight into how to change some of my not-so-good tendencies into more useful reactions, lol! LOTS of good parenting tips on how to help kids deal with their "issues" as well. The title is a tad misleading in my opinion because the book deals with so much more than just "anger/frustration" issues. It's every day issues that I would think every parent with kids will have. I just love the Turansky and Miller books I have read so far and will be reading more by them.

Jen says

I thoroughly enjoy all of Turansky's work. These two authors have a wonderful way of hitting on all the real life situations that make it easy to personalize. They are not pushover parents, that is for sure. They teach parents to expect proper behavior, manners, respect, etc. They offer a good amount of principles and ways of working on issues, yet give broad recommendations so that each family can make their principles work for their individual family. They seem to always touch on things I didn't even know were an issue or something I should ponder. They are very focused on changing the heart, not just behavior - that is at the heart of behavior! Attitude!
