

THE DAY I THREW BANANA BREAD AND ALMOST WENT TO JAIL

TRUE STORIES ABOUT HOW I
USED TO LOSE MY TEMPER
(AND HOW I LEARNED TO STOP)

By *Jeanette Hargreaves, M.Div.*



About: The Day I Threw Banana Bread

(AUSTIN, Texas. Pre-order available now. On sale date: September 1st, 2020; ISBN: 978-1087882475; D-\$9.99, P-\$14.99)

As a mom with a Master's in Divinity, Jeanette Hargreaves founded tempercoaching.com to help parents like her break the yelling cycle. Now, in this tender and inspiring new book, Jeanette shares her most vulnerable stories about losing her temper with her own family and how she was treated as a child.

With heart-breaking honesty and laugh-out-loud truths, Jeanette walks step by step through the stories and the practical techniques that helped her break free. From dancing in the kitchen to yawning like a mama lion, Jeanette motivates and challenges you to join her on the journey to be the patient mom you want to be.

With deep strength and grace, *The Day I Threw Banana Bread and Almost Went to Jail* reveals how to put laughter, love and family values back at the center of your life.

About: Jeanette Hargreaves, M.Div.

Jeanette Hargreaves received her Master's in Divinity from the Episcopal Seminary of the Southwest Austin. She runs her own business as an author, public speaker, and parenting coach, teaching private parenting classes over the phone. She's known for transforming people's lives with practical techniques and by sharing raw and real stories of her own.

Jeanette lives in Austin, Texas with her husband, their twins, and their spunky little dog Minnie.

[Learn more:](https://tempercoaching.com)

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STORY ANGLES

Mom rage is not ok

We don't have control over many things, like we don't have control over the pandemic, politics, or the economy. But we can control how we react at home with our kids. Part I of the book is called "How to Break the Yelling Habit," and Jeanette teaches parents how to stop yelling.

Back To School Stress?

This school year is especially stressful for some families. Learn practical tools for handling stress in healthy ways, and laugh along the way.

Break the Shame Barrier

Many moms feel guilty about yelling at their kids behind closed doors. It keeps them up at night, but they don't tell anyone. Talking about it is the first step. Jeanette says to tell someone, "I'm a yeller, and I want to stop yelling."

BOOK SUMMARY

Full Title

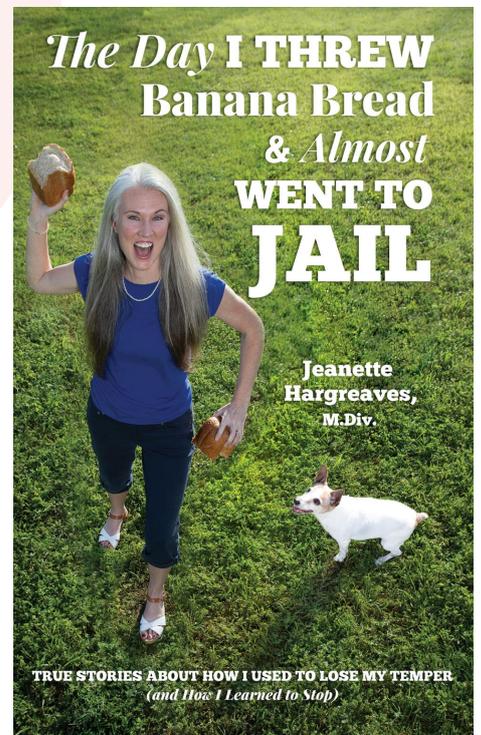
The Day I Threw Banana Bread and Almost Went to Jail: True Stories About How I Used to Lose My Temper (and How I Learned to Stop)

From the back cover

Read my story about the day I threw banana bread. And another story about the day I screamed over split bubbles...

I inherited my hot temper from my dad. When I had kids, my temper got worse. When you lose your temper, you don't feel like yourself. I'm a loving, hard-working mom. Sometimes those out-of-control moments are hard to admit and even harder to talk about.

But I'm breaking the silence.



Part I: How to Break the Yelling Habit

Jeanette tells stories about caregiving for her chronically ill father. She threw banana bread at him when he left a party she'd thrown for him. And she didn't go to jail, but she did get in big trouble (you'll have to read the book to find out how!).

Her relationship with her father was complicated from a young age. Growing up, her father was the rager, and he spanked Jeanette with his workboot. Her mom stood by silently as he raged regularly at the kids. As a young adult, Jeanette resented her parents, but over time, she learned to see them in a different light, as hurt people who did the best they could.

Jeanette chronicles her journey breaking the yelling habit with her family. She recounts her daughter asking why she yelled over split bubbles as she tucked her in to sleep. She talks about the time when she'd stopped yelling, but her husband started to yell, and how they all worked together to change the way they treat each other in the house.

Jeanette encourages people who want to stop yelling to focus on what you want. So if you want to stop yelling, what you really want is emotional intelligence, to be able to feel all your feelings in healthy ways. Even anger can be felt in such a way that you can use it to be helpful instead of hurtful.

Part II: Emotional Intelligence at Home

Jeanette's constantly asked, "If you're not yelling, then what do you say? What are the scripts?" Part II of the book contains the scripts like, "What to do When Your Kid Won't Listen," or "What to do When Your Kid Hits Another Kid," and, "When Your Kid Lies." Those are chapter titles, so the scripts are easy to find. She even shares a story about a time when she lied to her parents for a whole year as a child, and explores the reasons children lie.

The primary technique Jeanette teaches is called, "Connect." It can be used in place of punishments, threats, and rewards. Here are the steps:

- Maintain your composure
- Connect with feelings that are happening
- Connect with the values under the feelings
- Problem solve if helpful

Jeanette details each step. She also provides PDFs to download, print, and use at home. Readers access the PDFs using provided links to hidden pages on Jeanette's website.

Jeanette's passionate about her work. Like a Mr. Rogers for moms, she loves on them and supports them so they can be the mom they want to be. In one chapter, "What's God Got to Do With It?" Jeanette talks about her perspective as a mom with a Master's in Divinity.

Testimonials

"One of my very favorite speakers... Just from one meeting, it has REVOLUTIONIZED my life." - Bridget Brandt from Texas.

"Jeanette taught me how to break the cycle in my house and be a calmer mom," Maria from Costa Rica.

"Working with Jeanette was such a positive experience, and her presence is reassuring. It opened the conversation about anger in my house. I love her practical tips and tools that I put to use. Where I used to feel shame, now I ask for help," Olivia from Texas.

INTERVIEW GUIDE



Introduction

Imagine a household where the children have not been yelled at since 2018. Jeanette Hargreaves used to lose her temper every day, but she got help, and now she helps others as the founder of tempercoaching.com. Even through the pandemic, she's kept per patience. She works as a public speaker and parenting coach, providing private parenting classes over the phone. Her book, **The Day I Threw Banana Bread and Almost Went to Jail: True Stories About How I Used to Lose My Temper (and How I Learned to Stop)**, is available on Amazon and Target.com.

Interview Questions

What inspired you to do this work?

Tell us about the day you threw banana bread.

Tell us about the day you screamed over split bubbles.

How do you stop yelling at your kids?

So, my kid's misbehaving. What do I do?

Tell us some success stories from your clients.

What is if/then parenting?

What is a parenting coach?

How can you be angry in a healthy way?

What does it mean to have an emotionally intelligent house?

You have your Master's in Divinity. What does that mean?

How does God fit in with your work?

Do you have a good banana bread recipe?

What are your offerings?

How can people reach you?

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