

*LaToya  
Edwards*



Learning to let Him lead. 

## Taming Mt. Momma: Dealing with our Mommy Anger

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### **I. Why are we angry?**

- a. We're overwhelmed
- b. We are control freaks
- c. We are perfectionists
- d. We're depressed

### **II. Why don't we talk about it?**

- a. We are ashamed
- b. We have isolated ourselves
- c. We are afraid

### **III. What do we do about it?**

- a. Admit there's a problem
- b. Seek help {professional if necessary}
- c. Pray and read God's Word
- d. Self-Care
- e. Community (we are not alone)
- f. Seek forgiveness (from our children and ourselves)
- g. Speak Life
- h. Walk in Victory

# Resources:

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## Blog Posts:

- Blowing it BIG time: <http://latoyaedwards.net/2012/10/blowing-it-big-time/>
- For those days you want to quit: <http://latoyaedwards.net/2013/01/encouragementwhenyouwanttoquit/>
- Mommy Anger Management Series: <http://www.meetpenny.com/tag/anger-management/>

## Books:

- [She's Gonna Blow!: Real Help for Moms Dealing with Anger](#) by Julie Ann Barnhill
- [Let. It. Go.: How to Stop Running the Show and Start Walking in Faith](#) by Karen Ehman
- [Unglued: Making Wise Choices in the Midst of Raw Emotions](#) by Lisa TerKeurst
- [Taking Care of the "Me" in Mommy: Becoming a Better Mom: Spirit, Body & Soul](#) by Lisa Whelchel
- [No More Perfect Moms: Learn to Love your Real Life](#) by Jill Savage
- [Hope for the Weary Mom: Where God Meets You in Your Mess](#) by Brooke McGlothlin and Stacey Thacker
- [Desperate: Hope for the Mom Who Needs to Breathe](#) by Sally Clarkson and Sarah Mae