

**BUTTERY BRANIGAN BOOKS**

# QUARTERLY NEWSLETTER

AUGUST 24, 2022

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**Summer** *is winding down*

*We hope it was a fabulous one!*

Image by RawPixel

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# Exciting News!

Mixing Up Magic Book 3 will be released this November in honor of  
Diabetes Awareness Month.

Here's a sneak peek!



Lainey and the gang are back for another exciting adventure!



Lainey is having a rough time in school. Jarrod, the school bully, is teasing her relentlessly. Daily, Lainey is on the verge of tears, and her stomach is in knots. Lainey reluctantly turns to her counselor, Miss Helen, for help. Armed with Miss Helen's suggestions and Granny's magic spoon Lainey travels to California and discovers an



anti-bullying community in action.

Back home, Lainey hopes to inspire her classmates to change the bullying problem for the whole school. *Will they succeed?*



Find out in Mixing Up Magic: California Adventure!

Visit [www.mixingupmagic.com](http://www.mixingupmagic.com) for all Mixing Up Magic Content

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## How do I Stop Negative Self-Talk?

Recently, I asked that question to Dr. Laurie Santos of the Happiness Lab Podcast.


[Click here to listen to the podcast!](#)

I wanted to create a worksheet of the suggestions Dr. Laurie and Professor Ethan Kross gave on the podcast to help improve how we talk to ourselves.

I view myself as a successful person. Some of my accomplishments include raising three wonderful humans and successfully launching them into the world. I have co-authored and published five books while working diligently to acquire my license to become a drug and alcohol addiction counselor. I also cultivate lasting, meaningful friendships.

Yet, when I talk to myself, all of my accomplishments are not at the forefront of my mind. The things I say to myself are not kind. I choose to berate myself when I make a mistake. I blame myself if a conversation doesn't go how I had hoped. The worst self-talk by far is how I talk to myself when I look in the mirror. I am an active fifty-one-year-old woman, but I don't feel I fit the bill of what American society would deem attractive. So, I often criticize myself and tell myself that I don't deserve kindness.

I want to learn how to talk to myself more positively. I know the people who love me don't care what size my pants are. They care that I show up for them and am there to laugh and cry with them. My kids don't care what my size is. They care that I am available when they call, day or night, to listen and know they are loved and accepted. My body grew, fed, and raised three children. When I look at myself in the mirror, I want to see how strong, capable, and incredible my body is.



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These are the tips that Dr. Laurie and Professor Ethan Kross suggested to stop negative self-talk and learn to love yourself.

1. Know you are not alone.
2. Notice when you are talking unkindly to yourself. Say STOP!!!
3. Time travel with your troubles. Will this still be a problem in a day, month, or year?
4. Talk to yourself, like a good friend would, with loving-kindness.

Sometimes, even with practice, the negative self-talk will persist. That is the perfect time to reflect on what you are saying to yourself. When you reflect on your negative self-talk, it may help you to avoid future mistakes or make healthier choices.

Taking the time to reflect on my negative self-talk concerning my size has helped me to be healthier. Now instead of ruminating about my size, I ask myself what choices a physically and mentally healthy person would make. Sometimes that might be a salad. Other times I might choose to enjoy a treat with a friend. Either way, when I talk to myself kindly, I am happier and able to show up for myself and my loved ones. So please give yourself grace and speak to yourself kindly.

Check out the printable I created to practice being kind to your mind.

[Click here for this print-ready document and many more!](#)

Patricia



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Check out these easy-to-print Positive Placemats  
that Patricia designed.

They are great for at-home use  
or to keep your kids busy at a restaurant!

[Link to Positive Placemats on ETSY](#)

Positive Placemats: Back to School



Whether you are gearing up for back to school or looking forward to pumpkin spice everything, we hope you have had a spectacular summer and we will see you this fall!



B&P

