

**BUTTERY BRANIGAN BOOKS**

# QUARTERLY NEWSLETTER

SEPTEMBER 20, 2021

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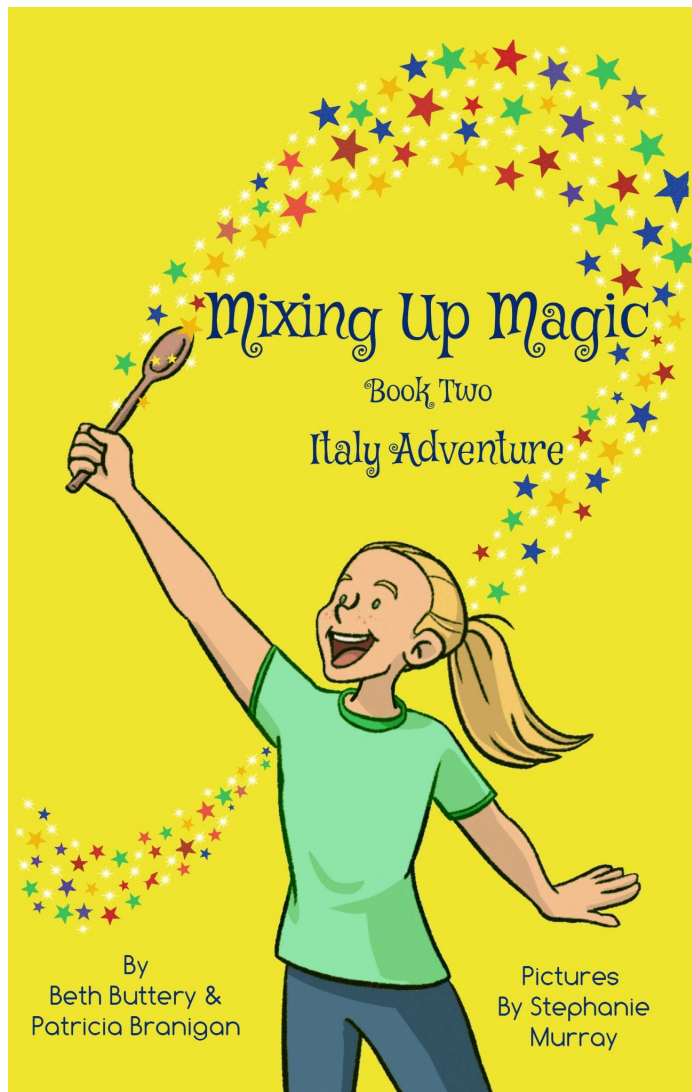
IMAGE RAWPIXEL.COM

## HELLO FALL

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# Exciting News!

Mixing Up Magic: Italy Adventure is available now on Amazon in Print or eBook [Here](#)



Join Lainey as her journey continues in Mixing Up Magic: Italy Adventure!

Lainey is having a fun summer with her friends and family. She doesn't like having type 1 diabetes but she is getting used to it until she is reminded of what is coming after summer... school! Oh no! How will Lainey handle being the only kid with type 1 in her class?

Travel with Lainey on another magical adventure to find out!

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## Nervous or Excited? You Choose...

During a family vacation, I found myself terrified to do the zip line course I had signed my whole family up for. After I told the guide I had planned this event he chuckled and said, “It’s always the moms that plan these activities and then they are the most afraid to do them. However, your brain doesn’t know the difference between being scared and being excited so you might as well be excited.”

I decided I didn’t have anything to lose by trying out his theory so I told myself, “I am excited!” as I sailed through the trees. When I arrived at the bottom, I felt proud of myself but I was still a bit skeptical of his advice. Is it true that my brain can’t distinguish between these emotions? After doing some research I discovered the zip line guide was right. Your brain can not tell the difference between being scared and being excited. Since that day when I have been nervous or scared to do something, I tell myself, “You are excited!” “You are excited to start a new job.” “You are excited to release a new book out into the world.” Being excited is a positive emotion and I want to live a life of excitement.

My teenage daughter recently left for college and I was beyond nervous for her. My brain kept looping all the things that could go wrong. I felt sick to my stomach and on the verge of tears (let’s be honest there were tears). After some deep breaths, I decided to be excited for her instead of nervous. She was taking a big step and I knew she would have some obstacles but would also have successes and I am very proud of her. When people asked me how I was doing I responded, “I am so excited for my fiercely independent daughter.” And you know what? I am excited for her. I remember how college felt for me and I was happy that she would have her own college experience.


Practice approaching things in your life with excitement instead of fear. Take a couple of deep breaths and repeat in your mind, “I am excited!” We are human and will have both positive and negative emotions. However, the next time you are nervous, approach the situation with excitement instead and see what happens. Help your children to see things through the eyes of excitement too. In life, when you can be scared or excited, you might as well be excited.

I am excited to hear from you! Drop me an email at [mixingupmagicbooks@gmail.com](mailto:mixingupmagicbooks@gmail.com)

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Fall is the perfect time to head outside to enjoy the cooler weather. Please follow these links for fun fall activities on our website's printable page ...

[Color Me Grateful](#)

[Fall Mindfulness Walk](#)



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## Best Banana Bread



What do you do when you have too many bananas?  
Make banana bread! This bread is a favorite in my house and  
always disappears quickly!

### Ingredients:

2 cups flour

1 and a ½ t. baking powder

½ t. baking soda

¼ t. salt

1 t. cinnamon

½ cup (1 stick) butter, softened

1 and ¼ cup sugar

2 eggs

2 to 3 ripe bananas, mashed (1 cup)

¼ cup sour cream

1 cup chopped nuts (optional)

- Preheat oven to 350 degrees. Lightly grease and flour loaf pan.
- Mix flour, baking powder, baking soda, salt, and cinn. In med. bowl, set aside.
- Beat butter and sugar in large bowl with electric mixer on med. Speed until light and fluffy. Add eggs, beat. Add bananas and sour cream, beat on low.
- Gradually beat in flour mixture on low speed. Stir in nuts and then pour into pan.
- Bake 45 - 60 min. Or until toothpick comes out clean.
- Let cool on wire rack and then ENJOY!



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We hope you have a wonderful Fall season!



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