

# Love & Logic

## Saved by One Letter

*Weekly Tip from the Love and Logic® Experts*

*Dear Parents,*

Judy saved her own life. She used to listen when her kids argued with her. She used to fall for their manipulation. When her teen daughter said, "You love Billy more than me!" she used to get upset and insist, "That's not true! I love you BOTH!"

Now she takes better care of herself. When the arguing and manipulation start, Judy goes brain dead. She doesn't listen to the words lest she be tempted to do something dumb - like respond.

Instead, Judy picked a brilliant sound to use when her kids attempt to push her buttons. The sound is "Mmmmm."

It works with nearly any situation:

"You're ruining my life!"

"Mmmmm."

"You think it's 1950 or something!"

"Mmmmm."

Judy's life - or at least her sanity - is saved. She no longer gets roped into long, destructive fights with her kids. She no longer gets defensive or worn down. She just shuts her brain off, stops listening to the manipulative words, and repeats "Mmmmm."

Her kids have no idea what to do - but they HAVE learned very quickly that when Mom goes into "Mmmmm mode," there's no use in arguing. They hardly even try anymore.

For more great tips on using Love and Logic techniques to save your sanity, check out [Love and Logic Magic When Kids Leave You Speechless](#)

Thanks for reading! Our goal is to help as many families as possible. If this is a benefit, [forward it to a friend.](#)

Jedd Hafer