ALSO BY ANITA RENFROE Songs in the Key of Solomon: In the Word . . . and in the Mood

DON'T SAY I DIDN'T WARN YOU



Kids, Carbs, and the Coming Hormonal Apocalypse

Anita
Renfroe

Voice

HYPERION New York "If Everyday Was Like Christmas" written by Red West © 1965/1966 Atlantic Music Corporation

"I'll Never Fall in Love Again"
Words and Music by Burt Bacharach and Hal David
Copyright © 1968 New Hidden Valley Music and Casa David
Copyright Renewed © 1996 New Hidden Valley Music and Casa
David

International Copyright Secured. All Rights Reserved. Used by Permission.

Copyright © 2009 Anita Renfroe, LLC

All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without the written permission of the Publisher. Printed in the United States of America. For information address Hyperion, 114 Fifth Avenue, New York, New York, 10011.

Library of Congress Cataloging-in-Publication Data

Renfroe, Anita

Don't say I didn't warn you: kids, carbs, and the coming hormonal apocalypse / Anita Renfroe.

p. cm.

ISBN 978-1-4013-4098-8

1. Christian women—Religious life. 2. Motherhood—Humor. 3. Mothers—Religious life. I. Title. BV4527.R448 2009
248.8'43—dc22

2009012671

Hyperion books are available for special promotions and premiums. For details contact the HarperCollins Special Markets Department in the New York office at 212-207-7528, fax 212-207-7222, or email spsales@harpercollins.com.

Design by Karen Minster

FIRST EDITION

10 9 8 7 6 5 4 3 2 1



THIS LABEL APPLIES TO TEXT STOCK

For my family,
without whom I would not know love
(or have material)

‰‰

actually going on in my vehicle, so, of course, she can afford to be über calm and make me look bad when she leaves it to me to fill in the blanks for her.

ANITA SAYS:	GPS GIRL SAYS:
·	Prepare to exit on the left.
You do see, hon, that there are about	
six lanes between us and that exit,	
right? You might want to think about	
putting on a blinker so those people	
know you need to get over. You need	
to get over a couple more lanes or we	
are gonna miss the exit. You gotta get	
over because I can see the exit. You're	
not gonna make the exit. There's the	
exit. You're gonna miss the exit.	
YOU MISSED THE EXIT!	
	Recalculating.

I ask you, Who could compete with Little Miss Techno-Calm? Not that he would ever marry her. Sure, she's great with directions, but she can't play the piano.

When John and I were dating, he knew that he was preparing to be a minister, and guys who are going into full-time ministry work are on the lookout for certain types of girls who might be well suited to that life. I have no idea what might have given John that idea, but he knew I had one desirable minister's wife skill set: I could play the piano. I guess he thought that was enough

to offset my much larger set of liabilities (no edit button between brain and mouth was the most egregious). So we entered into the estate of holy matrimony with no money and lots and lots of love.

John used to meet with couples and go through their premarital counseling sessions with them. We used to laugh because all of those books said pretty much the same thing: If you want to have a great marriage, all you really need is great communication. Which would be fine if both parties were speaking the same language. But the gap between woman-speak and manspeak is bigger than that between clients and hairdressers. And the way we approach the things we want to discuss is so different. I don't think John has ever "prepared" for an "intense discussion" (aka "argument") with me. In fact I think he has spent most of his waking hours trying to figure out how to avoid those and always seems genuinely surprised that we "need to talk." On the other hand, I prep. I get my game face on. I think of what it is that I need to say to him and three possible responses. Then I think of three things I could say to each of those responses. Within minutes I am already twenty-seven moves into the conversation, and he doesn't even have a clue we need to talk yet.

Also, my husband of all these years is still laboring under some delusion that if he merely stops talking, somehow the argument is over. Not by a long shot, buddy. The argument has simply "changed venues," from out in the open, where he can control his side of the conversation, to inside my head, where I am now talking for BOTH of us. John still has no clue as to why I can be *more* upset thirty minutes after he's stopped talking. He doesn't have a clue what he's been saying all that time inside my head. He would have been better off to stick with the conversation.