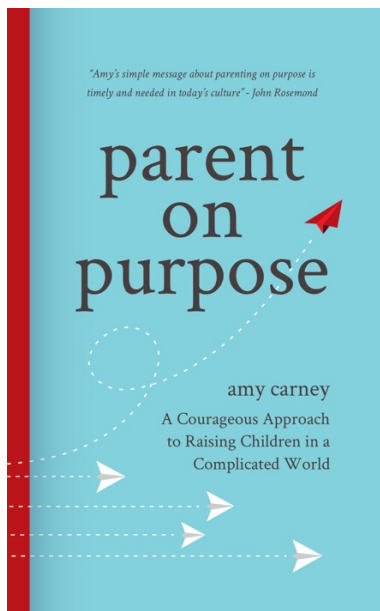




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PRESS RELEASE



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New Book Gives Parents Permission to Stop Hovering and Racing Their Kids Through Childhood

Today the mental health of children is a major societal issue, the behavior of many children is out of control and the season of full-time parenthood has become stressful and anxiety-arousing for many moms and dads. We are launching young adults armed with impressive resumes, yet they struggle to problem solve, build authentic relationships or wash their own underwear.

Author Amy Carney knows it doesn't have to be this way.

Writer, speaker, and Mother of 5, Carney created a lot of buzz when she wrote the article 'The 8 Things You Should Stop Doing for Your Teen.' Expanding on that viral conversation and her experience raising triplet sons, a subsequent daughter and a newly adopted son alongside her retired NHL star husband, Carney offers parents a framework to help them courageously lead, love and launch their child in today's performance driven culture.

“Amy Carney has written the definitive primer on effective parenting for our time. She challenges us to focus on what matters most and offers engaging strategies to build strong families and equip our children to fulfill their purpose,” says Dennis Trittin, Author of *What I Wish I Knew at 18*, in his endorsement of the book.

“Amy’s simple message about parenting on purpose is not new but is timely and needed in today’s culture. Her book reminds parents of the importance of slowing down and claiming their parenting goals, so they can better lead, love and launch their child successfully,” says psychologist and parenting expert John Rosemond.

Carney unpacks why the way we raise kids today matters, through her personal stories and expert interviews. She spotlights the importance of backing away and allowing children to grow into confident adults who can successfully launch from our homes armored with a strong set of values, life skills and childhood memories.

She helps explain to readers:

- Why kids should never be too busy to do chores, serve others, write thank you notes, play outside or work to pay for their own gas or phone bill
- Why parents need to prioritize building up a child’s character and life skill set rather than their resume
- How being a child’s pal instead of their parent is detrimental
- The critical traits university deans and employers say young adults lack today and what parents can do to combat these issues while raising their children
- How our over parenting is hindering our children from becoming the capable and confident young adults that the world needs
- How our kids can be involved in organized activities without it consuming our lives and family narrative
- The secret to creating healthy technological habits in our homes and families
- Why teenagers today don’t seem as motivated, hard working or respectful as past generations

Carney wrote *Parent on Purpose* after their family returned home from a courageous 7-month RV adventure around the USA. As a foster-adoptive parent, she also wrote the book as a way to give proceeds to benefit children who are currently living in the Arizona foster care system.