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Press Release

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The Resilient Child

Seven Essential Lessons For Your Child's Happiness and Success

Raising Resilient Children Preparing Your Child for Tomorrow's Challenges

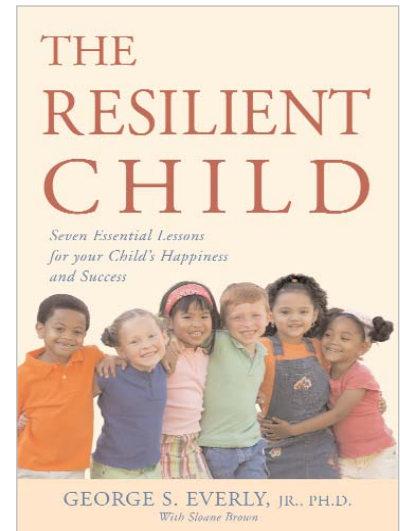
Kissimmee, FL—June 2008- Millions of parents would love to know the “secret formula” to raising resilient children who are confident, successful, and happy in their careers and personal life. Resiliency allows us to deal with stress, rebound from adversity, and build an inner strength that increases the likelihood of success in anything we do. Dr. George S. Everly, Jr., a leading expert in the field of stress management, provides parents with seven essential lessons that teach the basic skills children need to develop the inner strength that will help them overcome life's challenges regardless of the events they encounter.

In his new book, *The Resilient Child: Seven Essential Lessons for Your Child's Happiness and Success*, he reveals the ABCs (Action, Belief, and Codes) of stress-proofing children. The premise of the book is simple - resiliency and stress management are the keys to a healthy and happy life. Each lesson builds on this and addresses the seven important areas that will enable parents to guide their children as they teach them to:

- ✓ Develop strong relationships
- ✓ Make difficult decisions
- ✓ Take responsibility for their own actions
- ✓ Invest in themselves and others
- ✓ Follow a moral compass: Integrity
- ✓ Believe in something greater than themselves
- ✓ Think optimistically and harness the power of the self-fulfilling prophecy

The Resilient Child is for every devoted parent who wants their children to grow up with strength of character and an unbreakable spirit.

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THE RESILIENT CHILD

Seven Essential Lessons For Your Child's Happiness and Success

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AUTHOR

George S. Everly Jr, PhD with Sloane Brown

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To request a review copy or author interview contact Reina Santana at rsantana@resmarketingalliance.com or call 863-427-4848.

This book is available in bookstores nationwide, online at Amazon.com, bn.com, and is distributed via PGW.

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ABOUT THE AUTHORS



George S. Everly, Jr., PhD is one of the "founding fathers" of modern resiliency and stress management, and has a unique perspective on how human beings react in highly stressful situations. He currently serves on the faculties of The Johns Hopkins University School of Medicine, The Johns Hopkins Center for Public Health Preparedness, The Johns Hopkins University Bloomberg School of Public Health, and Loyola College in Maryland. In addition, he has served on the adjunct faculties of the Federal Emergency Management Agency, the FBI National Academy, and the U.S. Center for Disease Control Mental Health Collaborative Committee. He is an advisor to the Hospital Authority of Hong Kong.



Sloane Brown has been in the media for 30 years, as a disc jockey, news announcer, and news director in radio; and a daily news reporter, news anchor, and arts reporter/critic in television. Since 1999, Sloane has been the society/party reporter for The Baltimore Sun. Married to clinical psychologist Dr. Steve Sobelman for 23 years, she's become an expert in deciphering "psychology-speak" into layman's terms, and is delighted to use those skills in helping Dr. Everly transition from the lectern to the living room.

Advance Praise for *The Resilient Child*

“How often have we heard some version of the adage: We are provided no “owner's manual” when we embark on parenthood! Perhaps, Dr Everly and Ms. Brown have rendered that saying out-of-date. *In The Resilient Child*, the authors have woven the best of psychological science, common sense, and personal experience into an eminently readable child rearing guide that is, at once, fundamentally simple and remarkably profound.” - - **O. Lee McCabe, PhD, The Johns Hopkins Bloomberg School of Public Health and School of Medicine**

“...This innovative and practical book will assist parents in teaching their children how to cope with stress and adversity and how to develop resiliency...This is not your average book on stress management. In highly original work, Dr Everly discusses topics such as friendship, loyalty, courage, taking responsibility for ones actions, optimism, faith and integrity...captivating to read (and) full of engrossing examples, pearls of wisdom and insights. He shares learnings from his personal and professional life that develops an intimacy with the reader. In reading this book I felt at times as though I was sitting with an old friend and sharing innermost thoughts...punctuated with lessons, insights, wisdom and understandings ...It is a motivational book that can truly help people to change their lives in a profound way. It is also a practical book that is enhanced by exercises that will both help the adult reader to better understand this topic and also assist them in teaching this material to their children...” - **Robyn Robinson, PhD, FAPS, Clinical Psychologist, and Founder and President, Critical Incident Stress Management Foundation of Australia**

“Few would argue that our children are under more stress than ever before. They seem to be growing up faster and have little free time for “just being a kid.” In his latest book, Dr. Everly focuses his expertise on stress and resilience toward young people. He provides the reader with a series of practical, easy-to-follow tips and homework lessons. This delightful and informative book is designed to help busy caregivers and parents guide their children to view their lives as "half full" even in the face of adversity and the bumps along life's journey.” - **Alan M. Langlieb, MD, MPH, MBA, Director, Workplace Psychiatry, The Johns Hopkins Hospital**

“...a book that holds and informs the reader, provided usable information, and challenges all who will read it...there is great wisdom that all can apply and it is the stuff of great personal reflection and family discussion...(an) effective blend of research, case presentation, personal experience, disclosure, and passion. Together, these elements build a sound and understandable foundation for the book's major messages. The exercises are a great help to the reader in applying the book's content. All parents who struggle (and that is most all of us) to prepare our children to make the most of their lives and to be good world citizens will find something helpful in this book.” - **Rear Admiral Brian W. Flynn, EdD, Assistant Surgeon General (USPHS, Ret.)**

Advance Praise for *The Resilient Child* Continued

"Dr. George Everly, Jr., one of the preeminent scholars in the field of stress and trauma, shares some of his vast knowledge of concepts related to areas such as resiliency and personality in this extremely practical and easy-to-read book,...Dr. Everly allows his knowledge as a parent and his heart to serve as the primary inspirational and motivational sources for this book. Its genuineness, passion, and applicability make it a st-read for parents." - **Jeffrey M. Lating, PhD, Professor of Psychology, Loyola College in Maryland**

"...a rare find; if not a treasure...Dr. Everly offers seven logical lessons that will provide all parents with a useful approach to parenting...These lessons are truly 'gifts' for eternal use...It is simple, direct, and of utmost importance to the children of this world. The gift of resiliency, wrapped in common sense language and everyday lessons, is a wealth of information, a cache of thoughts for consumption. He bares his soul in an effort to teach parents the lessons they owe their children. Lessons that are valued, everlasting, and lessons that will allow them to exist in an ever-changing world, long after they are on their own..." - **SSA (Ret) James T. Reese, PhD, Federal Bureau of Investigation, Retired, Founder, Stress Management in Law Enforcement Program, FBI Academy**

"a book that will surely resonate with parents, grandparents, teachers, and anyone responsible for helping to raise a child. This book is not only a collection of important lessons from an internationally known psychologist and psycho-trauma specialist; it is a treasure chest of concrete parent-to-parent advice. This is a book written from the heart of a man who deeply loves his three children...a legacy of practical parenting guidelines to help children to become stress resistant and resilient adults." - **Jeffrey T. Mitchell, PhD, Clinical Professor of Emergency Health Services, University of Maryland**

Tips from *The Resilient Child*

7 Tips for Building Strength of Character and an Unbreakable Spirit

1. Be honest and fair whenever you deal with other people. People will remember!
2. Be optimistic...expect success!
3. Remember the single best predictor of success is perseverance. Be willing to work harder than your competition.
4. Understand that taking responsibility for your mistakes shows strength of character and integrity.
5. Realize that nobody owes you anything. Rewards in life are earned.
6. One of the greatest investments you can make is in other people. The dividends will last a lifetime...and beyond.
7. Avoid toxic people. Those who betray others will betray you. Surround yourself with those who are honest and trustworthy.

Four Points for Your Child's Moral Compass

Consider these four attributes as the four points of your child's moral compass:

1. **Honesty**- Be honest. Tell the truth. Mean what you say. Say what you mean. Promises do not have expiration dates! Don't take unfair advantage (don't cheat). Don't take from others what is not yours.
2. **Virtue**- The ancient Greeks thought of virtue in terms of fairness, morality, and ethical living. This also includes kindness. Be kind, always, no matter whether you win or lose. Expect to be treated as you treat others. When you can, without adversity to yourself, take care of others, especially those who cannot take care of themselves.
3. **Self-discipline**- Within reason, hold yourself accountable for your actions. If you practice the first two points of honesty and virtue, self-discipline will be good for you and those around you.
4. **Reflection**- Learn from your successes. Seek to repeat them. Learn from your mistakes. Be better because of them, not in spite of them!



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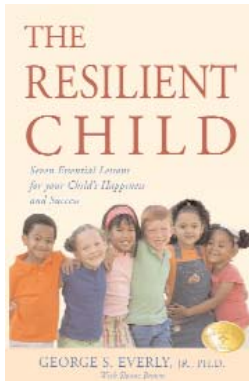
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The Resilient Child Winner of ForeWord Magazine's 2008 Parenting Book of the Year Award



Kissimmee, FL - July 2009 - In late May, at a ceremony held at BookExpo America in New York City, *ForeWord Magazine* announced the winners of the 2008 Book of the Year Awards. Winners and finalists traversed the independent publishing landscape, with the 2008 Parenting Book of the Year Award going to *The Resilient Child: Seven Essential Lessons for Your Child's Happiness and Success*, by George S. Everly, Ph.D.

In his book, Dr. Everly reveals the ABCs (Action, Belief, and Codes) of stress-proofing children. The premise of the book is simple—resiliency and stress management are the keys to a healthy and happy life. Parents learn how to help their children develop strong relationships, make difficult decisions, take responsibility for their own actions, invest in themselves and others, follow a moral compass: Integrity, believe in something greater than themselves, think optimistically, and harness the power of the self-fulfilling prophecy.

Midwest Book Review says “*The Resilient Child: Seven Essential Lessons for your Child's Happiness and Success* is advice for parents to prepare their children for the harsh world that seeks to destroy their mind and bodies. Advice on helping children form strong relationships, find integrity, and make responsible decision making actions, *The Resilient Child* is strongly recommended for parents who want to prepare their child in the best way possible.”

The Resilient Child is for every devoted parent who wants their children to grow up with strength.

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The Resilient Child: Seven Essential Lessons for your Child's Happiness and Success, Paperback, \$14.95, is available via Amazon.com, Barnes & Noble, and all major bookstores and wholesalers.

**To request a review copy please contact Reina Santana at
resmarketingalliance@gmail.com**