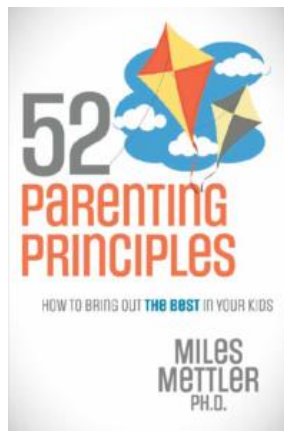


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**\*\*FOR IMMEDIATE RELEASE\*\***

## The Guide to a Stronger Relationship Between Parents and Their Children



NEW YORK—March 15, 2022—Morgan James' new release is *52 Parenting Principles: How To Bring Out The Best In Your Kids*, by Miles Mettler, PhD. In this groundbreaking work, the 52 principles empower parents with practical skills that will enhance their relationship with their children, while instilling positive behavioral and life skills. Adaptable for children of all ages, parents can immediately implement each principle and start to experience the joy of parenting.

Taking the guess work out of how parents should communicate with their children, *52 Parenting Principles* provides both context and examples parents can quickly understand, learn, and apply. No longer left to figure it out for themselves, the principles presented provide the playbook parents have been asking for to guide their parenting journey.

Based on proven behavioral change concepts, the discussion questions and actions steps allow for the information to be taken off the pages and into the home where both parents and children will be transformed for life. The principles in *52 Parenting Principles* are the perfect answer to help parents create a positive home environment where kids will grow in character and leave home with relational and life skills to excel in the real world.

For more information about this topic, or to schedule an interview with Miles Mettler, PhD, please contact Miles at miles@milesmettler.com or 719-216-1520.

### About the Author:

**Miles Mettler, PhD** Miles Mettler is an ambassador for Focus on the Family, a global Christian ministry located in Colorado Springs, Colorado. Miles is also a writer, speaker, and coach who is passionate about bringing out the best in people and helping families thrive. He leads people through a process to discover what makes them tick, so they are able to think better and get consistently better results in the key areas of their life . . . physically, mentally, spiritually, financially, and relationally.

Originally from South Dakota, he attended South Dakota State University, where he received his bachelor's and master's degree. After working for eight years at SDSU, he returned to school, attending Arizona State University to study exercise/wellness and behavior change where he received his doctoral degree.

A lifelong learner, Miles is certified as a life coach, a Leading from Your Strengths facilitator, and self-talk trainer. He enjoys speaking, coaching, writing, and opining on his blog at MilesMettler.com. He and his wife, Christy, have four children: one in high school, one in college, one in the US Air Force, and one working as a writer.

### More About This Title:

*52 Parenting Principles: How To Bring Out The Best In Your Kids*, by Miles Mettler, PhD, will be released by Morgan James Publishing on March 15, 2022. *52 Parenting Principles* —9781631956867 —has 226 pages and is being sold as a trade paperback for \$17.95

### About Morgan James Publishing:

Morgan James publishes trade quality titles designed to educate, encourage, inspire, or entertain readers with current, consistent, relevant topics that are available everywhere books are sold.

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