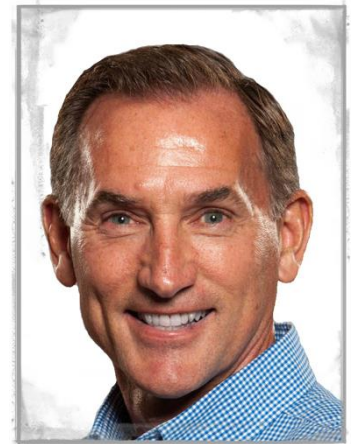

MILES METTLER, PH.D.



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.



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BOOK

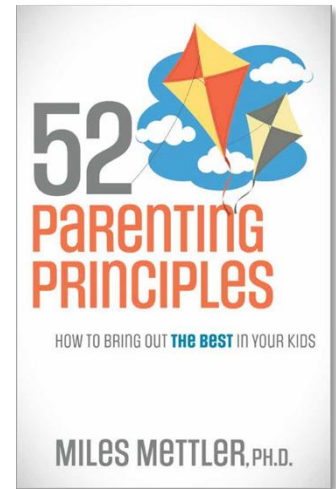


52 Parenting Principles: How to Bring Out the Best in Your Kids

52 Parenting Principles provides practical and proven principles for parents to enhance and maintain their relationship with their children. The essential insights offer simple strategies for parents seeking to cultivate positive behavioral and life skill in their kids as they grow – and are adaptable for children of all ages.

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 action 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* are the perfect answer to help parents create a positive home environment where kids will grow in character and leave home confident with relational and life skills to excel in the real world.



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REVIEWS



"When we're raising children, every day can feel like a landmine of questions, concerns, and dilemmas. Dr. Miles Mettler is well aware of the common challenges that arise for parents – and he has great wisdom about the principles and approaches that make for solid, effective parenting."

Jim Daly, President, Focus on the Family

"I love the concept of parenting your children in a way that you can have a wonderful relationship with them once they are adults. Multi-generational family impact is such an ancient and noble goal and Miles has laid out a practical and action-oriented guide to help you parent with effective and long-term relationship in mind. This book will help you raise your kids the right way and is laid out in a way to build new actions and reactions inside your family. I highly recommend you get this book and start bringing out the best in yourself and your kids!"

Al Robertson, Pastor, Author and Star of A&E's *Duck Dynasty*

"During a time of parental confusion and anxiety, Dr. Miles offers sound, actionable and encouraging advice to help parents. *52 Parenting Principles* is insightful, timely and practical. Every parent should read this excellent book!"

Meg Meeker, MD, Best-selling author of *Strong Fathers, Strong Daughters*

"Have you noticed those EV charging stations springing up near you? Look at this insightful, helpful, encouraging book as a way to super-charge your parenting! Plug into each parenting concept, one here for each week. You'll find yourself better able to tackle the everyday hills, valleys and even potholes that come with parenting. Better yet, use these as weekly positive parenting charges with your spouse, or even a small group."

John Trent, Ph.D., President, StrongFamilies.com and author of *LifeMapping* and *The Blessing*

"Parenting has never been harder. Miles Mettler's book is an invaluable resource that will help you raise healthy, godly kids. His '52 Principles' are comprehensive, practical, proven, and powerful."

David E. Clark, Ph.D., Christian Psychologist, Podcaster, and the Author of 15 books, including *My Spouse Wants Out* and *I Didn't want a Divorce, Now What?*

"Without wisdom, we're all in serious trouble. And with it, we --and our kids!-- will flourish. This book is stacked with rock-solid wisdom, start-to-finish. What's more, it's easy to read, easily digestible, and perfect for discussion. So glad Miles wrote this."

Brant Hansen, Author of *Unoffendable*, *Blessed are the Misfits*, and *The Truth about Us*

"Miles Mettler is a coach's coach, the kind of parenting coach I want to learn from. For decades, he has been distilling wisdom from Christian leaders. Now he has shared accessible parenting principles with a chapter for every week of the year. Miles has proven himself coachable, and in *52 Principles* is encouraging us all to pursue the same goal, turning what we learn into successful action and living our best lives. Are you coachable? If you are . . . this is a coach to learn from."

Tim Johnson, Regional Director, Fellowship of Christian Athletes

INTERVIEW TOPICS



- How to you bring out the best in your kids
- Repairing damaged relationships with your children
- How to help your kids succeed
- The keys to effective communication
- Leading kids through the different stages of life
- Best ways to build and strengthen relationships between parents and kids

SAMPLE QUESTIONS

1. How did you come to write *52 Parenting Principles*?
2. Why this book . . . why now?
3. Why did you write *52 Parenting Principles*?
4. Who is this book designed for? Who do you think should read *52 Parenting Principles*?
5. There are a lot of different books on parenting What's unique about *52 Parenting Principles*?
6. How will *52 Parenting Principles* help me if I didn't have a good experience growing up?
7. What do I do if I feel as if I've blow it in my parenting so far?
8. There are 52 chapters or sections. It would seem as if we should read one principle each week? Is that what you recommend?
9. What are some of the biggest challenges parents are facing today?
10. What were your biggest failures as a parent?
11. What's a Family Vision Statement and how can it help parents?
12. What does it mean to listen with L.O.V.E.?
13. What does it mean to correct before you correct?
14. What are some of the concepts you can share related to how we should talk to our children?
15. What responsibilities should kids have?
16. What one piece of advice would you like our listeners/viewers to remember today?
17. How do you deal with strong-willed children?
18. How do the principles work if you're a single-parent?

PUBLIC SPEAKING



Miles is available to speak on a variety of topics and at various venues. He has experience delivering key note addresses, as well as speaking to small groups, and providing workshops.

- AUDIENCES: Parent groups, business leaders, congregations, work teams, teenagers, law enforcement, military personnel
- VENUES: Businesses/corporations, resorts, cruises, churches, non-profit organizations, schools, libraries, bookstores,
- TYPE: Keynote, single or multi-day workshops, small group presentations, assemblies
- FEE: Varies depending on type of talk and organization

You can connect with Miles to find out more and book your speaking engagement at: www.milesmettler.com/contact, or email: miles@milesmettler.com, or call 719-216-1520.