



WILLIAM MORROW

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In today's increasingly complicated and scary world, do children lack the flexibility and mental strength they need to cope with life's challenges? With "safe spaces" and "trigger warnings" designed to protect kids, many adults worry that children don't have the resilience to reach their greatest potential. In ***13 Things Mentally Strong Parents Don't Do*** Amy Morin identifies the tools that adults—parents, teachers, and other mentors—need to become mental strength trainers.

After her blog post on mental strength went viral in 2013, psychotherapist Amy Morin expanded those ideas in her internationally bestselling book *13 Things Mentally Strong People Don't Do*. Now, in her highly anticipated follow up, ***13 Things Mentally Strong Parents Don't Do*** (William Morrow; September 19, 2017; ISBN: 9780062565730) Amy Morin turns her focus to teaching parents how to raise mentally strong and resilient children in an everchanging world.

As a foster parent, psychotherapist, and expert in family and teen therapy, Amy draws upon her professional and personal experiences in ***13 Things Mentally Strong Parents Don't Do***. And while other books tell parents what to do, Amy teaches parents what "not to do," which she says is equally important in raising mentally strong kids. To raise self-assured children, mentally strong parents don't:

1. Condone a Victim Mentality
2. Parent out of Guilt
3. Make Their Children the Center of the Universe
4. Allow Fear to Dictate Their Choices
5. Give Their Children Power Over Them
6. Expect Perfection
7. Let Their Child Avoid Responsibility
8. Shield Their Child from Pain
9. Feel Responsible for Their Child's Emotions
10. Prevent Their Child from Making Mistakes
11. Confuse Discipline with Punishment
12. Take Shortcuts to Avoid Discomfort
13. Lose Sight of Their Values

By combining case studies, practical tips, specific strategies, and proven exercises, Amy Morin shows parents how to build mental muscle and develop children into strong adults. Enclosed is the galley of ***13 Things Mentally Strong Parents Don't Do***, which I hope that you will consider for any reviews, features, or interviews you may be planning for September or back to school coverage.

**ABOUT THE AUTHOR:** Amy Morin is a licensed clinical social worker, college psychology instructor, and psychotherapist. She is the only person in the psychology industry who is talking about mental strength on a global level. Her Ted Talk has received nearly 3 million views.

To schedule an interview, please contact:

Maureen Cole, Associate Director of Publicity

212-207-7691; maureen.cole@harpercollins.com