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Intentional Parenting: Autopilot is for Planes
Trio of Authors Taps Into 75 Collective Years of Counseling Experience

NASHVILLE, TENN – Sissy Goff, David Thomas and Melissa Trevathan, with 75 years of collective counseling experience, see today’s parents are changing. These parents are honest. They’re more self-aware. And they want to learn what it means to be intentional parents, parenting with purpose and hope, not with fear and guilt. These three should know – they are currently counseling children and offering parenting consultations to families via Daystar Counseling Ministries and as they speak across the country to groups of parents. Their collective wisdom and experience forms the basis for their new book, ***Intentional Parenting: Autopilot is for Planes*** (Thomas Nelson Publishers, March 2013).

“When we parent out of fear, our kids never get the best of us, because it’s a reactive form of parenting. We invite you into more proactive and active parenting which we call intentional parenting,” explains David Thomas. “It asks you to become a student of your own maturity and a student of your child. And the reflection, study, and investment pays off when you and your child are able to grow into the people God intended you to be.”

Intentional Parenting is unique because it draws on the expertise of three full-time counseling professionals, allowing each of the three authors to pen a chapter describing a specific element of intentional parenting, including:

- *Being an Intentional parent*
- *Being a Patient parent*
- *Being a Grown-Up parent*
- *Being a Balanced parent*
- *Being a Consistent parent*
- *Being a Playful parent*
- *Being a Connected parent*
- *Being an Encouraging parent*
- *Being a Spiritual parent*
- *Being a Merciful parent*
- *Being a Hopeful parent*
- *Being a Free parent*

Using modern, real-life examples, Goff, Thomas and Trevathan address major concerns of parenting with practical hope and encouragement. The authors function as a virtual “parent coaching team” by sharing anecdotes from their practice, asking heart-penetrating questions, and offering age-appropriate suggestions for parenting proactively.

Thomas Nelson will launch this new book with broad marketing support including print advertising in *ParentLife* and *Today's Christian Woman* magazines, extensive online advertising and promotions, a twitter campaign and a national publicity campaign. The authors will be available for interview to support the book's release.

Sissy Goff, MEd, LPC-MHSP, is the counseling director for children and adolescents at Daystar Counseling Ministries. The author of seven books and a video curriculum, she is a frequent radio guest and contributor to magazines. Sissy has a master's degree from Vanderbilt University and is a sought-after speaker for parenting and teacher training events. She has been at Daystar since 1993.

David Thomas, LMSW, is the counseling director for men and boys at Daystar. A popular speaker and the coauthor of seven books and a video curriculum, he is a frequent guest on national television and radio, and a regular contributor to *ParentLife* magazine. David and his wife Connie have a daughter and twin sons. He has been at Daystar since 1995.

Melissa Trevathan, MRE, is founder and executive director of Daystar Counseling Ministries in Nashville, Tennessee. A graduate of Southwestern Baptist Seminary, Melissa has taught graduate courses, spoken to churches and schools across the country, and been a guest on television and radio programs throughout the US and Canada. She is the author of seven books and a video curriculum. She founded Daystar in 1985 after working as a youth director and the head of spiritual life at a school in Nashville.

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Intentional Parenting: Autopilot is for Planes

By Sissy Goff, David Thomas, Melissa Trevathan

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