



Contact:

Shanon Stowe, Shanon@IconMediaGroup.us
Kelsey Hulgan, Kelsey@IconMediaGroup.us
Jennifer Willingham, Jennifer@IconMediaGroup.us
404-754-3474

NEW BOOK PROVIDES INSTRUCTION MANUAL FOR PARENTING TODAY'S TEENS

Authors Provide Insight for Parents of Teens in *Parenting for the Launch*

“Inspirational, practical, insightful and encouraging...a must read for parents of teens.”

—Troy Alstead, Chief Operating Officer, Starbucks Corporation

GIG HARBOR, Wash., March 2014—Launching a teenager into independence is one of the most exciting and anxious times in the life of a parent, yet few resources exist to guide parents during this pivotal time. Co-authors Arlyn Lawrence and Dennis Trittin have created the ultimate instruction manual for parents of teens to cross their t’s and dot their i’s before confidently sending their child off in *Parenting for the Launch: Raising Teens to Succeed in the Real World* (LifeSmart Publishing).

“We wrote this book for you as a roadmap for a successful launch of your teen into the real world—whether it be to college, the workplace, the military, service, or elsewhere,” write Lawrence and Trittin. “Whether your relationship with your teen is rock solid or strained, our hope is that our message inspires and equips you for the greatest of successes.”

Parenting for the Launch offers an empowering game plan and innovative strategies to help parents cover the bases, build an enduring relationship, and develop the leadership and life skills young adults need and businesses want. Co-authors of *What I Wish I Knew at 18: Life Lessons for the Road Ahead* (LifeSmart Publishing), a resource to prepare teens for life after high school, Lawrence and Trittin realized the need to create a similar resource for parents after receiving feedback from concerned parents, educators and employers. Their book covers three key areas to position teens and parents for a successful launch: destination, relationship and transition, focusing on the all-important relationship foundation.

“Even the most well-intentioned preparation efforts in the world will fall on deaf ears unless we have a strong relationship with our teens that will allow most of our messages to get through. They need to know we care about them *personally* and *individually*.”

Lawrence and Trittin provide practical advice, closing each chapter with thought-evoking questions and exercises to help parents prepare for this defining moment. Parents learn how to identify and affirm their teen’s unique assets, prepare them for key life decisions, move from “driver’s seat to passenger seat,” and let them go with confidence.

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The authors blend unique perspectives as a father and a mother from two different families, having already launched six young adults between them. In addition to their personal experience as parents, Trittin offers business and leadership wisdom gleaned from 28 years as a senior executive at a global investment firm, and Lawrence brings valuable insight from a career in child and family development.

About the Authors

Dennis Trittin is the founder, president and CEO of LifeSmart Publishing, and the co-author of *Parenting for the Launch* and *What I Wish I Knew at 18* with Arlyn Lawrence. Prior to his career in publishing, Trittin was a successful investment manager and senior executive for 28 years with Russell Investments. During this time, Trittin researched and evaluated thousands of investment leaders worldwide, giving him a unique perspective to share the strategies and practices of successful people. Trittin has been married to his wife, Jeanne, for 31 years. They have two grown children and make their home in Gig Harbor, Washington.

Arlyn Lawrence is the editor, curriculum developer and seminar leader for LifeSmart Publishing, and the co-author of *Parenting for the Launch* and *What I Wish I Knew at 18* with Dennis Trittin. A published author and international seminar leader emphasizing children and family leadership, she equips parents and educators with vision, perspective, and practical solutions. She and her husband Doug have been married for 30 years and have five children. They reside in Gig Harbor, Washington.

www.parentingforthelaunch.com

www.dennistrittin.com

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