

**FOR IMMEDIATE RELEASE**

**New Book Helps Children Have Happier and More Successful Lives**

January 27, 2015 – Kansas City, MO – Author Stephany Hughes, Ph.D., shares her parenting experiences in her helpful book *Mother as Emotional Coach: 8 Principles for Raising a Well-Adjusted Child*.

“I have always felt parents should have to earn a license before raising a family. Stephany’s book can become the resource and guide to our obtaining that license and becoming your child’s life coach,” said Bernie Siegel, MD, author: *Love, Magic & Mudpies and Prescriptions for Living*.

Dr. Hughes wrote her book from personal parenting experiences and what she discovered about emotional development while doing the research for her doctoral dissertation. She was heavily influenced by a book written by Kazimierz Dabrowski, a Polish psychiatrist and psychologist on the *Theory of Positive Disintegration*. In his theory, the ultimate direction and control of behavior is located in the emotional rather than in the intellectual function. Dr. Hughes’s book stresses the importance of emotional development in children and the mother as emotional coach.

Dr. Hughes’s premise is that if parents can realize the importance of the 8 principles presented in her book, take them to heart, apply them to their own lives, and therefore, become a model of emotional development for their children, parenthood can be more joyful and fulfilling. Children will have happier and more successful lives.

The 8 principles in the book are (1) “Your Children Are Watching You,” (2) “Give Devotion To Your Work,” (3) “There Are Better Smarts Than Book Smarts,” (4) “Read, Read, Read, and Then Read Some More,” (5) “Children Must Learn to Quiet Their Minds, Unclutter Their Lives, and Cut Down On Their Activities,” (6) “Your Intuition is Your Best Teacher,” (7) “Your Child Will Thrive and Develop a Wider Range Of Emotions If They Feel Your Support and Unconditional Love,” and (8) “You and Your Child Can Become Empowered Through Prayer.”

In the last five chapters of her book, Dr. Hughes writes about her own version of the five levels of overexcitabilities (psychomotor, sensual, intellectual, imaginative and emotional) that Dr. Dabrowski talks about in his book *Theory of Positive Disintegration*.

The five chapters, which are a guide to nurturing developmental potential, are: “What’s That Big Word and What Does It Have to Do With Me?,” “Your Child May Not Have ADHD,” “It’s Your Fault Your Kid’s So Smart,” “They’re Not Wasting Time Playing Legos,” and “Where’s My Blankie?” Dr. Hughes concludes her book on effecting parenting with “You ARE an Emotional Coach.” Dr. Hughes’s book may be purchased at <http://www.barnesandnoble.com/>, <http://www.amazon.com> and <http://www.stephanyhughes.com>.

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**For review copies, a high resolution photo or interview requests, please contact Gini Wharton at 816-753-2692 or [ginimed@swbell.net](mailto:ginimed@swbell.net).**

**Please see the next page for information about Dr. Hughes.**

### **About the Author**

Stephany Hughes, Ph.D., earned her master's and doctoral degrees in educational psychology from the University of Kansas after graduating from Southwestern College in Winfield, Kansas. Raising three children and having a lifelong commitment to education are her proudest achievements. Her 24-year teaching career focused on the development of academically talented students.

She currently teaches creative writing classes and conducts poetry workshops in Excelsior Springs, Missouri, where she lives with John Hill and their dog, Ellie.

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