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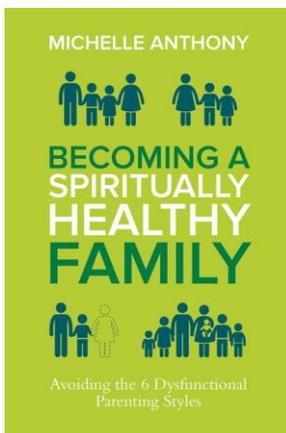
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**FOR IMMEDIATE RELEASE**  
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# PRESS RELEASE

## Overcoming spiritually dysfunctional parenting

Let God direct your family's story and show your children a truly abundant life



**Seattle:** No one who starts a family plans on falling into patterns of dysfunction, but between the baggage of the past and the pressures of the world today, developing destructive parenting patterns is all too easy. Family ministry leader Dr. Michelle Anthony has now brought hope and practical help to parents in her new book, ***Becoming a Spiritually Healthy Family: Avoiding the 6 Dysfunctional Parenting Styles*** (David C Cook/January 1, 2015/ISBN: 978-0781411394/\$15.99).

*Becoming a Spiritually Healthy Family* was made for that “freak-out” moment nearly all parents have when they realize their child’s view of God largely comes from what he or she learns at home. While the task is intimidating, parents can avoid the temptation to ignore, outsource or overcompensate and find balance in letting the Lord become the Director of their family’s story.

Anthony points out that while some dysfunction is simply the reality of living in an imperfect world, truly painful dysfunction comes when we choose to sit in the Director’s chair of our life — pursuing abundant life instead of pursuing Christ. By surrendering the pen and allowing God to write the script as He sees fit, parents can guide their children into the abundant life Jesus offers, even in the midst of day-to-day living. This inspiring guide offers practical ideas to get parents unstuck in their family journey of faith.

Outlining the six most common dysfunctional parenting styles, such as the “I-Can’t-Say-No Parent,” the “Criticizing Parent” and the “Double-Minded Parent”, Anthony offers grace to parents who fall short, while providing practical tips, advice, activities and reflective questions at the end of each chapter that will help parents envision what it looks like for a family to follow Jesus and not the seductive alternatives the world offers.

Many Christian families are pursuing the “abundant life” by trying to achieve *more* and *better*. But when families pursue the abundant life in their own strength, their spiritual health suffers. Whether it’s creating rites-of-passage events for your children or writing a family mission statement, *Becoming a Spiritually Healthy Family* will help families pursue Christ, the only way they will find the truly abundant life — as a family.

If you long to show your children Jesus but don’t know how to do it, you’ll find hope in this practical guide to creating a relentlessly grace-filled home that is focused on God as first in charge.

David C Cook also has a monthly magazine available addressing spiritually healthy parenting. [HomeFront](#) is the perfect resource to help equip parents to be the spiritual leaders of their children. Complete with family tradition ideas, recipes, articles for everyone in the family, and more, the magazine can be sent to the subscriber’s inbox or home each month. *HomeFront* highlights one of the ten environments from the book *Spiritual Parenting* (also written by Anthony) each month as a practical way to make those truths come alive in each family member’s lives.

## About the author



Dr. Michelle Anthony is the vice president of Learning Resources at David C Cook and the author of *Spiritual Parenting*, *Dreaming of More for the Next Generation*, *A Theology of Family Ministry* and *The Big God Story*. Anthony has graduate degrees in Christian education, theology and leadership and more than 25 years of church ministry experience as a children's and family pastor. She has written more than a dozen Christian education and family/youth ministry resources, including David C Cook's TRU Curriculum.

She leads The Gathering events each year and dozens of TRU events each year, sharing David C Cook's Family Ministry philosophy around the world.

Anthony and her husband, Michael, have two children and currently live in Colorado Springs, where she loves a good book and a cup of coffee.

**Learn more about Michelle Anthony and *Becoming a Spiritually Healthy Family* at [www.michelleanthony.org](http://www.michelleanthony.org), on [Facebook](#) or by following her on [Twitter \(@truinspiration\)](#).**

## Suggested interview questions

- What does a spiritually healthy family look like?
- In the book, you present six dysfunctional parenting styles. Of those six, which do you think is the most common?
- *Becoming a Spiritually Healthy Family* shares a number of stories from parents trying to make Christ the Director of their families. What is the common thread you see in spiritually healthy families?
- You use a picture of the relationship between a director and an actor to illustrate our relationship with God. Why did you choose that analogy?
- What have you done to avoid dysfunction in your own parenting?
- What should a parent do if they recognize themselves in the descriptions of dysfunctional parents you've included in *Becoming a Spiritually Healthy Family*?
- Why is it important for parents to identify whether or not they were themselves parented in a dysfunctional style?
- You talk about living "on script." What do you mean by that?
- In *Becoming a Spiritually Healthy Family*, you encourage parents to go beyond chore charts and good behavior. What do you mean by that?
- Why are rites of passage and milestones in a child's life important?
- What role does a mission statement serve for a spiritually healthy family?

**To request a review copy of *Becoming a Spiritually Healthy Family*, schedule an interview with Michelle Anthony or for more information, please contact Audra Jennings, [audra@lifusegroup.com](mailto:audra@lifusegroup.com).**