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PRESS RELEASE

Resetting Your Parenting GPS after Divorce

Book offers encouragement and advice to dads detoured by the pain of divorce



TEZ BROOKS

Seattle—The saying used to be “father knows best,” but with changing cultural tides, a man’s role in the family has been greatly diminished — especially when it comes to single dads. The divorced father is often portrayed in movies and television as an object of humor, ridicule or pity. Where does that leave *real* single dads trying to do their best? It can easily make them susceptible to overcompensation or apathy, which is why Tez Brooks has written ***The Single Dad Detour: Directions for Fathering After Divorce*** (Kregel/February 27, 2015/ISBN: 978-0825443602/\$14.99).

Brooks understands how modern single fathers feel all too well. “Divorce was not something my family did, but you can’t make someone love you, and you can’t make someone stay. So although I didn’t want a failed marriage, I found myself single again. It was a lonely time for me, but I ran to the Lord to survive,” he explains.

The Single Dad Detour was born out of the difficult and painful lessons Brooks learned along the way. Using the metaphor of a car accident encountered while on a road trip, the book is interactive, with each chapter offering steps to take, questions to consider and suggested scriptures and prayers.

With an honesty and vulnerability that will appeal to men, Brooks admits divorce is ugly and depressing, totaling families and denting parent-child relationships. Without a strong connection to God, it can leave a dad feeling hopeless. “As I interviewed men in my research for *The Single Dad Detour*, I ran into guys who said they were tempted to be absent,” Brooks admits. “There’s already an expectation from the world that they are going to fail. Coupled with the normal low self-esteem that comes with a failed marriage, a guy can be left feeling like maybe his child would be better off without him in his or her life.”

Study after study discredits this fear and affirms a dad’s critical role. Without him, children are more likely to be involved in crime, promiscuity and other risky behaviors. Through this practical guidebook for the rocky road of single fatherhood, Brooks extends hope and compassion, instills confidence and addresses difficult challenges.

Brooks says his time as a single dad ultimately made him a better father and husband. “The Lord spent those seven years of singleness re-building me into more of what he wanted me to be. My wife, Christine, has always said she would not have been attracted to the kind of man I was before,” Brooks reveals. “I can’t say I blame her, Thankfully, God’s timing is perfect.”

Offering down-to-earth wisdom from one dad to another, Brooks wants fathers to finish *The Single Dad Detour* filled with the grace to forgive themselves and the courage to be the dad God is calling them to be.

Learn more about Tez Brooks and *The Single Dad Detour* at www.eversingledad.com, on [Facebook \(eversingledad\)](#) or on [Twitter \(tezd63\)](#).

Advance Praise

"When life doesn't mirror our dreams, we can respond in anger, denial, depression and escape. Tez speaks from his experience as a single dad with practical help and no-fuss straight talk. With humor, biblical truth and disarming frankness, this easy-to-read book shines a light, providing practical steps to embrace God's mission for single-again dads."

~ Bill Hodgson, former national director of Cru Australia

"*The Single Dad Detour* takes us along a journey that too many have traveled and where too few maps exist. Tez's narrative resonates and his authenticity is liberating. If I were a single parent on this journey, I'd want Tez's comforting voice on my GPS. It's a warm and understanding voice that's traveled the back roads and knows where it's going."

~ Rick James, publisher for Cru Press and author of *Jesus Without Religion* and *A Million Ways to Die*

"Honest, vulnerable and often hilarious, Tez Brooks reveals the raw sorrows and transcendent joys of fatherhood after divorce. *The Single Dad Detour* is a graphic roadmap drawn from the personal experiences of single dads. Along this byway, in a comfortably conversational way, Brooks reveals unexpected signposts of scriptural wisdom collected from years of both crashed guardrails and triumphant victory laps."

~ Dr. Alan Kent Scholes, seminary professor for Cru's Institute of Biblical Studies and author of *Enjoying God*

"Single fathers are busy and often emotionally mangled. They need information like *The Single Dad Detour* that's easy to read and use. There's no delusion, only sincere assistance for men on this detour, offering real help to see them through."

~ Mike Klumpp, solo-parenting expert for Divorce Care Ministries and author of *The Single Dad's Survival Guide*

About the author



Tez Brooks has been a writer since 1980. His experience includes serving as editor-in-chief for *TODAY* magazine, a publication of Campus Crusade for Christ (Cru) and as managing editor for The Jesus Film Project. His articles have been published in magazines including *Australian Family*, *Eternity* and *Worldwide Challenge*, among others. Brooks has also authored two other books: *Imagine Australia* and *Somewhere in the Journey*.

As a former law enforcement officer, his ability to relate to the everyday man with transparency and humor sets him apart. He is an international speaker and a certified Stephen Minister whose passion is to see husbands and fathers succeed as courageous men of God.

Tez and his wife, Christine, are full-time missionaries who recently returned from living overseas. They have two children together and two adult children from Brooks' first marriage. They reside in Orlando, where Tez serves as a film writer/producer for The Jesus Film Project.

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Suggested interview questions

- *The Single Dad Detour* shares insights and encouragement from your time as a single dad. You've said it was difficult to write it because of the memories that surfaced. What led you to write it anyway?
- Why did you use the metaphor of cars and navigating the road in your book?
- Would you be willing to share a little bit about your road to becoming a single dad?
- Many men build their lives on the idea that a wife, kids and house equal success. When that crumbles, where can they find their identity?
- Divorce often leaves a man feeling broken and depressed, yet pressured to put on a brave front. How can a dad authentically lead his children during such a dark time?
- *The Single Dad Detour* is also filled with practical advice on topics from what food to keep in your fridge to how to decorate your new house or apartment. Why are these things important?
- It's common for single dads to feel overwhelmed by their financial and relational responsibilities. How is *The Single Dad Detour* designed to bring meaningful change to a busy dad's life?
- You have now been remarried for thirteen years and have two young children. How did navigating the difficult years of single parenting prepare you for the challenge of a blended family?
- Why are some men tempted to become absentee fathers? What are some of the consequences for their children if they do so?
- Some believe the court system can be unfair to men in divorce and custody decisions. What advice do you have for those men on fighting resentment and bitterness?
- Men are "fixers" by nature, but it can be tempting for them to fix parenting problems without the Lord's help. You had one such moment after Christmas shopping with your daughter once. Tell us about that.
- How can a dad have a strong spiritual impact on his children, even when not living with them all the time?
- What is the number-one thing you want single dads to get from reading *The Single Dad Detour*?

To request a review copy of *The Single Dad Detour*, schedule an interview with Tez Brooks, or for more information, please contact Audra Jennings, audra@lifusegroup.com.