

## ***Problem Solving Tips Articles***

These types of articles provide the best professional branding effect that you can achieve.

They specifically are designed to share your expertise and knowledge so that you are perceived as knowledgeable, giving, enthusiastic and expert.

- ◆ They offer actions and knowledge that people can use to acquire benefits quickly, to important problems that they wanted to solve yesterday.
- ◆ The focus is on problems that affect a large number of people in the media audience. The actions are things people can do that produce tangible benefits.
- ◆ The articles contain your best advice – real value-added content that you can offer that is not available elsewhere -- a hefty taste of your skill, knowledge and expertise so that you build trust.
- ◆ You can enhance your problem-solving tips articles with an offer for free reports and additional value added information. Create a separate tip sheet with the title of the free report. The tip sheet should start people down the path of a solution to a problem, or a goal. The problem must focus on something that lots of people have an interest in, so think broad. This of course must be related to the subject of your book, service, or product. Then use the following magic words in the news release:

*To get a free report titled "Ten Hot Tips to {fill in the title} Success" send an e-mail to "youre-mail@yourdomain.com" and place the words "Ten Tips" in the subject line.*

This goes towards the bottom of the release.

- ◆ Look at the publications that you want to be in and find article that represent what you'd like to have. Use the following news releases as success stories. Then use my 3 I Technique:
  1. Identify a successful model.
  2. Imitate the structure and content of the success model.
  3. Innovate with your own information.

Then create your own and send it to me.

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For Immediate Release

Contact: Gunnar Fox 214-929-1243 [gunnar@kickasscollege.com](mailto:gunnar@kickasscollege.com)

Media kits, review copies and interviews available on request. Please hit reply and provide us with your best street address.

## ***Kick Ass in College: A Guerrilla Guide to College Success***

***W******elcome to college! Your classes are in this building over here. The cafeteria is over there. Parties are available all the time. You can spend money really quickly. And flunking out is easy and you don't really have to try.***

***Are you ready? Will you get the most out of your college experience?***

As an academic counselor at the University of Texas in Austin, Gunnar Fox encountered just about every possible fiasco and recipe for failure that college kids could come up with.

*“Unfortunately, they don't teach success techniques in college. It's strictly **sink or swim.**”*

So he learned what it takes to get through to kids and help them succeed. He then created an irreverent and laugh-out-loud funny guide titled ***Kick Ass in College: A Guerilla Guide to College Success***. Here's a book that should be mandatory reading for college students everywhere.

He urges students to look at college as though it is a full time job.

*“Think of it as a low pay four-year, entry-level position into adulthood,”* he says.

Fox refined his aggressive strategies through working with hundreds and hundreds of university students, identifying the major causes of failure and negative thought patterns that plagued them.

College kids can be taught the blueprint for classroom success. But they also need to realize that there is a highly competitive job market that awaits them and that they need to learn how to handle relationships, substance abuse and many other real-world issues.

Gunnar dishes out hundreds of valuable tips with a trademark combination of raucous humor and bone-chilling candor:

### ***Among his tips for getting A's:***

- *Take 3-5 minutes to review and supplement your notes* at the end of class (instead of stampeding out of the room with the rest of the herd). This simple practice will increase your memorization of the material by some 75%.
- *There is no shame in watering down university classes* that threaten to destroy your GPA. See if you can fulfill those requirements at community college or

during a summer semester to improve your chances of pulling through with a solid grade.

- *Many professors maintain a file of old tests and essays at the library.* It is foolish not to study those – especially since instructors tend to recycle exam material!
- *Get tutoring at the first hint of trouble.* Think of tutoring as a way to land A's – not merely as a way to avoid poor grades. There are inexpensive (even free!) tutoring resources available to you for the asking.

Here are his **Top Ten Deadly College Mistakes.**

1. **Failing to understand that College itself is actually a job—a four-year entry-level position into adulthood.**

Looking for the “real world”? You're in it, baby! Sure, college is meant to be one of the most enjoyable times in your life. But it's also the place you go to become *the kind of person you would want to hire*. Employers will scrutinize your college record to assess your maturity, discipline and how well you juggle responsibilities.

2. **Not taking two minutes to seek out classes with great professors who have reasonable grading policies.**

A little research can mean the difference between having a fascinating experience in the classroom with a faculty superstar... and nodding off because your professor can't lecture his way out of a paper bag. You'll also want to avoid the sadistic instructors who pride themselves on giving as few “A” grades as possible.

3. **Using stone-age study skills that actually prevent you from harnessing the awesome power of your two greatest gifts: intelligence and memory.**

There are no shortcuts to studying. But there *are* ways (MANY ways) to make your study time exponentially more productive. Be a friend to yourself: seek out the best study and memorization techniques.

4. **Taking correspondence or Internet courses that keep them on the couch and out of the classroom.**

Correspondence/internet classes always require super-human discipline and the tests can be a lot tougher. Besides, you miss the in-class experience, which is one of the most enriching aspects of any college education.

5. **Failing to work the system to avoid or water down G.P.A.-killing classes.**

There's no shame in learning to work the system to do an end-run around unpleasant requirements—so long as you get the degree you want. Your success depends on taking classes that inspire you... and not getting your own academic ass kicked.

6. **Drifting around in “undeclared” status like the Titanic in search of an iceberg.**

If you can't figure out a basic direction for your studies you may be wasting time and money. You could end up on the six-year plan or, worse yet, never finish. If you haven't chosen a major you must commit to taking daily (yes, daily) steps to resolve this problem (yes, it is a problem).

**7. Working for chump change when cheap financial aid loans and free grants are available to truly savvy applicants.**

Financial pressure can sink college students as easily as academic failure. Often, a student's knee-jerk reaction is to get a minimum-wage job. But consider this: if they spent **one tenth** of the time researching financial aid as they did flipping burgers they might not need the job at all. When I say "researching" I mean becoming a stone-cold EXPERT. Don't squander your precious time for a few bucks an hour until you have done this!

**8. Mismanaging new freedoms.**

This should be pretty self-explanatory. What is more important to you, your career goals or going on a "Beers of the World" tour every weekend? How will you behave when no one's looking over your shoulder? Are you even ready for college? Not everyone is.

**9. Allowing yourself to be ruled by circumstances, time constraints, ignorance—or unproductive relationships with negative people who are not going to get them a job or pay their bills when they get out of college.**

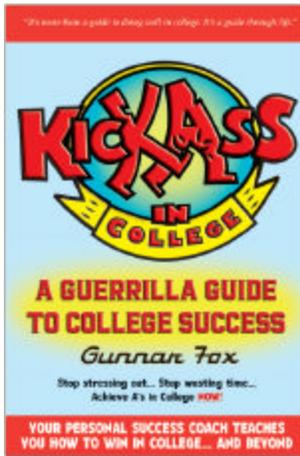
College is the time for you to take full control of your destiny. You must aggressively seek out information about your college's rules and deadlines so you don't get blindsided. Remember also that your primary goal is getting maximum bang for each college buck—not becoming enmeshed in a web of relationship drama.

**10. Not using the same bag of tricks as the students who are *kicking ass*.**

Success is a lifestyle. Hang with and model the successful people you encounter in college. You'll find they have a lot in common—not just in the way they study, but in their whole approach to life.

***"Hands-down the most succinct, practical, engaging, and immediately useful success-in-college book available."***

**The Voice of Youth Advocates (VOYA) Library Journal**



**Kick Ass in College:  
A Guerrilla Guide to College Success**  
By Gunnar Fox

ISBN: 0-9762928-2-3    \$16.95

Available online and at bookstores  
nationwide

For more information visit  
[www.kickassincollege.com](http://www.kickassincollege.com)

***Media kits, review copies and interviews available on request.***

## Can You Say *Yes to Less Stress?*

Carolyn Matheson is a woman on a mission to get people to relax and get rid of their stress.

Her new book ***Yes to Less Stress*** is full of stories of people who jumped in, dealt with the stress in their lives and can now sleep more easily. It provides an easy-to-use game plan and a whole arsenal of effective techniques to help make the transition to a less stressful life.

Here are Carolyn Matheson's top tactics to saying yes to less stress:

**Look inside yourself.** Although there are many dangers around that can cause us to feel stress, many of these dangers are lurking inside us. It may not be possible to eliminate stress altogether. However, it is possible to try to control the level of stress you feel.

**Take life in bite-size chunks!** There may be only so much that you want to change in your life to make it less stressful. You can't do it all at once! But no matter how small a step you take each day, over a year that will add up to 365 daily actions. Start wherever you are and take one step at a time - that is all you can do!

**Begin with yourself.** Most of us find it is hard enough to change ourselves. It is even more difficult to change others. So if you find yourself stressed by the actions of others, change how you react, rather than expecting others to change.

**Stop worrying.** Realize that there are many things in our lives that we don't have control over. Let them go. Instead worrying about what you can't change, focus your thoughts on what you can change. The antidote to worry is action.

**Put yourself first.** Take care of yourself first. It's not selfish - it's necessary, because if you are burned out and running on empty, you have nothing left to give to others. You cannot give away what you don't have. Put your priorities first and make sure you have the energy and attitude to help others.

**Take a break.** If you are doing something that is really frustrating, you need to take a break. Step away from the situation for a while. The more stressed you are, the less likely you are to be effective in solving a problem.

**Say No! Don't take on more than you can handle.** Say 'no' to other people, especially when it will make your life more stressful than you want. Take responsibility for what you can and can't cope with. Say 'no' and don't take on more than you can manage.

**Don't go without protection.** Just as we put sunscreen on us to protect against the harmful rays of the sun, we sometimes need to protect ourselves from people, places and things. You can't stop other people from being negative or living their lives from one drama to another, but you can stop yourself from being sucked in by them.

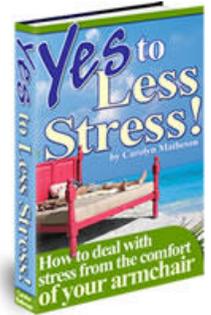
**Don't give up too soon. Refocus!** If you find you are slipping away from reaching your goals, STOP! Take a break and refocus your actions on the bigger picture. Any change can be difficult. But what is the cost of not changing?

## Yes to Less Stress

By Carolyn Matheson

Available online at [www.areustressed.com](http://www.areustressed.com)

For further information, call Paul Krupin on 509-545-2707  
or email her at [carolyn@peopleworkbest.com](mailto:carolyn@peopleworkbest.com).



### **Interview topics:**

Carolyn Matheson will explain her amazingly simple and well-proven strategies how to minimize the effects of stress in your life.

No matter how hard you've tried before, she can help overcome the challenges that produce the stress you experience.

She can talk about:

- How to stop feeling stressed before it stops you
- Simple ways to lower your stress levels and enjoy life again
- How to stop yourself reacting to other people when they push your buttons
- How to deal with distractions and cope with setbacks
- How to make changes to your life every day, even when you think you have no time
- How to say no to others and yes to yourself.
- How answering your own simple questions virtually guarantees your success in dealing with stress. Find your own answers to everyday stressful situations ...

And much MORE!

Carolyn's book ***Yes to Less Stress*** shows you how to cope with stressful situations and find more time for yourself, your friends, and your family.

Interview Carolyn Matheson.

-end-

Media kits, review copies, and interviews available on request.

**Important Feature Story -- Available for interview – Dr. Fred Baughman on The ADHD Fraud**

***Media review copies and interviews available on request. Local families can be identified for local feature stories.***

***Questions and answers below for your use in designing a show that will galvanize your audience.***

***Dr. Baughman is available for interviews by arrangement please.***

***For additional information or requests just hit reply and email your specific requests.***

Contact: Fred Baughman [fredbaughmanmd@cox.net](mailto:fredbaughmanmd@cox.net) 619-440-8236 (direct office line) or 619-504-6623 (his cell phone) or contact Paul Krupin 800-457-8746

***Questions and Answers for Dr. Fred Baughman***

***Talking About Attention Deficit Hyperactivity Disorder (ADHD) & Millions of Children in America***

***Doctor warns that there is an epidemic of psychiatric diagnosis of diseases in children***

***ADHD is not a real disease***

*DR. FRED BAUGHMAN IS THE AUTHOR OF THE ADHD FRAUD - HOW PSYCHIATRY MAKES "PATIENTS" OUT OF NORMAL CHILDREN. HE IS ONE OF NUMEROUS MEDICAL PROFESSIONALS WHO RECENTLY TESTIFIED IN FRONT OF THE FDA AND CONGRESS IN LATE MARCH 2006. FRED A BAUGHMAN JR., MD, IS AN ADULT AND CHILD NEUROLOGIST CERTIFIED BY THE AMERICAN BOARD OF PSYCHIATRY AND NEUROLOGY AND A FELLOW OF THE ACADEMY OF NEUROLOGY. HE HAS DISCOVERED AND DESCRIBED REAL DISEASES. HE HAS TESTIFIED BEFORE THE US CONGRESS, THE EUROPEAN UNION, THE CONGRESS OF MEXICO, THE PARLIAMENT OF WESTERN AUSTRALIA, AND INNUMERABLE OTHER NATIONAL AND INTERNATIONAL GOVERNMENT BODIES. HE IS AN EXPERT WITNESS IN LAWSUITS AND LEGAL CASES REGARDING PSYCHIATRY'S INVENTED DISEASES.*

***Interview Dr. Baughman***

According to **Fred Baughman, MD**, there is an epidemic taking place all across America and it is being exported to all of the developed nations of the world by the psychiatric-pharmaceutical cartel.

Parents are told to place their children on Ritalin or Adderall— amphetamines--or else be charged with medical negligence and risk having

their child taken from them and made a ward of the court—as has happened to tens of thousands across the country.

**Dr. Baughman can talk about what we are doing to children:**

- ◆ **“We are drugging normal children so that they act less like normal children and forcing them to act like the docile adults who are supposed to be teaching them”.**

Dr. Baughman is one of numerous medical professionals who recently testified in front of the FDA and Congress.

- ◆ *“ADHD is not a disorder or disease or a syndrome or chemical imbalance of the brain. It is not over-diagnosed, under-diagnosed, or mis-diagnosed. It doesn't exist in 3%, or 5%, or 10 % of the population. In fact, it doesn't exist at all. It's is 100% Fraud.”*
- ◆ *“ADHD is a manufactured disease-an invented disease that results in huge profits for psychiatrists, pediatricians, family practitioners, neurologists, psychologists, school districts, medical front groups (NAMI, CHADD) members of Congress, and, most of all, for pharmaceutical companies.”*

**Dr. Baughman can describe what is happening in schools:**

- ◆ We have allowed school and health care professionals to blanket-classify behavior and establish bounds for student conduct in the school environment. We hand out drugs to kids as freely as we give them Flintstone vitamins.
- ◆ In spite of schools with posted signs everywhere that say “drug free zones” it turns out that nearly everywhere, the most effective drug pushers are the legal ones.

Dr. Baughman, author of the new book, ***The ADHD Fraud: How Psychiatry Makes “Patients” Out of Normal Children*** says that parents and educators have to stop thinking of “chemical imbalances,” diagnosing and drugging.

*“We have to stop thinking of our schools and normal children in medical terms—period!”*

This has been the key to their victimization and ours.

**“Where common sense, discipline and teacher accountability, are needed, psychiatry and Big Pharma have been ushered in. They have been legislated into our schools by Congress and have coerced the for-profit diagnosing and drugging of our entirely normal children.”**

**DR. FRED BAUGHMAN ANSWERS SOME IMPORTANT QUESTIONS ON THE SUBJECT OF ADHD AND CHILDREN**

**Q: Have officials at your school “diagnosed” your child as having ADHD? As a result of this labeling, is your child taking Ritalin? Adderall? Concerta? Metadate? Strattera? Any psychiatric drug?**

**A: Giving high energy children drugs to quiet them down is a very common practice in the United States. There are also significant risks.**

Here’s a case in point: On March 21, 2000, fourteen-year old Matthew Smith was having a good time skateboarding with two of his cousins. Suddenly, he collapsed to the floor and started turning blue. His cousins called 911 but the paramedics couldn’t revive him. At the hospital he was pronounced dead from a heart attack – a heart attack caused by Ritalin.

Matthews’s parents had been giving him Ritalin since he was six years old. Ritalin is classified as a Schedule II drug, which the DEA reserves for the most dangerous and addictive drugs that can be prescribed legally.

But to the educators at Matthews’s school, Ritalin was simply a magic pill that made troublesome students easier to manage.

Prior to being diagnosed as having Attention Deficit Hyperactivity Disorder (or ADHD or ADD for short), Matthew was an energetic, boisterous highly social child who did not focus on his school work quite the way his teachers wanted him to.

*Was he in dire need of medication? Did he need medication at all?*

The push to label Matthew occurred when he was in the first grade. School officials said that he was fidgety in his seat and would sometimes disrupt the class, and that he often had trouble staying focused on his work.

The school social worker called Matthews parents and said that Matthew needed to take medication saying, **“He’s got ants in his pants”**.

This unqualified social worker made the diagnosis and recommendation for medication and handed them a list of physicians who it was known would provide them with a prescription.

Even though technically this constitutes practicing medicine without a license, this same process has been occurring in school districts all across the nation by the thousands of teachers, administrators, counselors, psychologists and social workers for several years now.

## **Q: Parents are relying on school officials and their physicians. How bad is the situation really?**

**A:** There are over 6 million children in the United State who have been diagnosed with ADHD and drugged for ADHD. Forty to fifty percent of the children in some classes are said to have ADHD or ADD. In one school, 65 percent of the fifth graders had been diagnosed with ADD and were on medication.

In addition, parents are succumbing to the threats from school officials without any idea of the possible side effects or negative consequences.

There is an epidemic taking place all across America and it is being exported to all of the developed nations of the world by the psychiatric-pharmaceutical cartel. Parents are told to place their children on Ritalin or Adderall—amphetamines--or else be charged with medical negligence and risk having their child taken from them and made a ward of the court—as has happened to tens of thousands across the country.

Here is another real-life case in point: **Tammie Marie Kubiak** of **Buffalo, N.Y.** took her 12 year old son off of psych drugs that made him zombie-like, was proclaimed "negligent" and lost custody of all three of her children.

The situation is out of control and people need to be ready to protect their children.

## **Q: Where did ADHD come from?**

**A:** The pharmaceutical companies made a list of the most common symptoms of emotional discomfiture of children and in a stroke that could not be more devoid of science or Hippocratic motive, termed them "diseases"/ "chemical imbalances" each needing/requiring a "chemical balancer"- a pill." Thirty-five years of research in "biological" psychiatry's "chemical imbalances"/"diseases" as actual diseases. In 1970, when "hyperactivity"/ ADHD was first represented to Congress to be a brain disease, only 150,000 had it.

Today, not by science, but by the "big lie" -saying it is a disease often enough, 6-7 million have it! Nor is ADHD the only "chemical imbalance"/"disease" of the brain. They give us conduct disorder (CD), oppositional-defiant disorder (ODD), major depressive disorder (MDD), OCD, PTSD, GAD, SAD, etc., a total of 374 psychiatric disorders in the Diagnostic and Statistical Manual (DSM-IV-TR) of the American Psychiatric Association (APA), said to be "chemical balancers" --pills--thanks, once again, not to science, but to the "big lie."

## **Q: How many people are affected?**

**A:** In 2003 Congressional hearings it was said that 17% of the nation's school children, 8.8 million, were labeled and drugged by psychiatry. Today it is 20%; one in five; 10.4 million! As if this were not enough the President's New Freedom Commission on Mental Health is set to foist upon us the compulsory, government-mandated mental health screening of all 52 million US schoolchildren. Clearly, it is a psycho-pharm-government cartel. When normal people are told they have a disease to make "patients" of them, for profit, we have "violation of informed consent - malpractice." When, next, normals – are lied to, made into "patients" and drugged -- again, for profit-- we have a "assault and battery - poisoning." As I wrote to Attorney General, Janet Reno, April 15, 1998, "This is the greatest health care fraud in US history."

## **Q: So what is the reason for this situation. Why is ADHD diagnosed so frequently?**

**A:** ADHD is not a disorder or disease or a syndrome or chemical imbalance of the brain. It is not over-diagnosed, under-diagnosed, or mis-diagnosed. It doesn't exist in 3%, or 5%, or 10 % of the population. In fact, it doesn't exist at all. It's is 100% Fraud.

ADHD is a manufactured disease-an invented disease that results in huge profits for psychiatrists pediatricians, family practitioners, neurologists, psychologists, school districts, medical front groups (NAMI, CHADD) members of Congress, and, most of all, for pharmaceutical companies.

We have allowed school and health care professionals to blanket-classify behavior and establish bounds for student conduct in the school environment. We hand out drugs to kids as freely as we give them Flintstone vitamins.

In spite of schools with posted signs everywhere that say "drug free zones" it turns out that nearly everywhere, the most effective drug pushers are the legal ones.

## **Q: Parents can often be caught in a bind if they rely on the school and their physician. What should parents do if they are told their child needs to be on drugs?**

**A:** We are drugging normal children so that they act less like normal children and forcing them to act like the docile adults who are supposed to be teaching them. Parents and educators have to stop thinking of "chemical imbalances," diagnosing and drugging.

We have to stop thinking of our schools and normal children in medical terms—period! This has been the key to their victimization and ours.

***Where common sense, discipline and teacher accountability, are needed, psychiatry and Big Pharma have been ushered in. They have been legislated into our schools by Congress and have coerced the for-profit diagnosing and drugging of our entirely normal children.***

***Susan B. Anthony had it right: "I taught little children six hours a day...As I got older I abolished whipping. If I could not manage a child, I thought it my ignorance or lack of ability as a teacher."***

***Once children are labeled with ADHD they are no longer treated as normal. Once any psychiatric drug courses through their brain and body they are, for the first time, physically, neurologically, and biologically abnormal.***

**Parents need to demand that educators and physicians prove that a real mental disease is present.**

Those who are announcing, child-by-child, by the millions that they are abnormal-diseased (abnormality = disease) bear the burden of proof—of demonstrating one-by-one the abnormality that *is* that disease before telling the patient any such thing.

And yet, in psychiatry, nowhere in the medical-scientific literature of the world is their proof that ADHD or any psychiatric diagnosis/"chemical imbalance" is an objective abnormality/disease.

The symptoms that appear in the 1987 Diagnostic and Statistical Manual (DSM) that form the basis for the diagnosis of ADHD and shows that most of them really amount to things that normal children do that irritate adults who do not have the patience compassion or interest to tolerate them.

***Q: What sort of changes do we need to make to school programs?***

***A:*** The real question is how we go about destroying the monster we've created. We've been conned into believing that abnormalities/diseases reside within our children. We've been lulled into believing in their "chemical imbalances" of the brain, all of them needing "chemical balancers"—the pills, which it just so happens, they produce.

The evil forces do not reside in the brains of our children, they reside in Big Pharma, government, psychiatry, organized medicine and medical practitioners, schools and in teachers everywhere.

Our children act in ways that bother adults. We've got to now teach the adults that the solution is up to them.

We know that there are sane people who are horrified at the thought of participating in a massive abuse of children—in poisoning them.

It's horrifying. There are over half a million children between the ages of 2 and 5 now being treated with powerful drugs for ADHD. Ritalin was created and it's history as a drug in search of a disease Nobody has any idea of the effects these drugs will have on children so young. We have got to stop this criminal, inhuman, diagnosing and drugging. The criminals who do it knowingly and willfully must be exposed, charged, indicted and sentenced for the masses of normal children addicted, injured and killed as it was known all along would be the case.

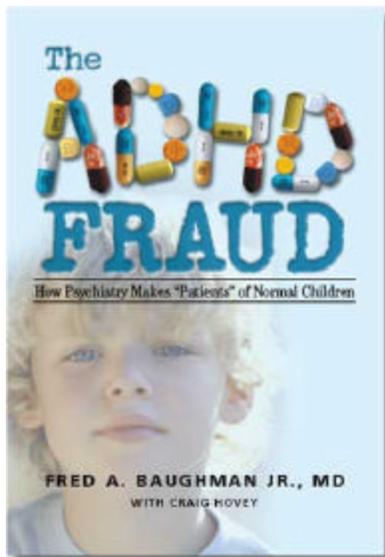
***Parents, teachers, and physicians have to be challenged openly to recognize the basic truth of the medical proof.***

***For a disease to be present there must be a macroscopic (gross, naked eye, palpable lump, audible heart murmur), microscopic or chemical abnormality in life, or at autopsy.***

With ADHD – there is NO physical abnormality/disease at all. No psychiatric disorder/chemical imbalance/disease is real...not one.

These are normal child behaviors. That is all.

***It is a problem of adults who cannot deal with the children.***



***The ADHD Fraud***

**How Psychiatry Makes "Patients" Out of Normal Children**

By Fred A. Baughman Jr., MD

With Craig Hovey

ISBN 1-4120-6458-9

US\$24.95, C\$28.69, EUR20.49, £14.35

Published by Trafford Publishing

Soon to be translated into Spanish

***The ADHD Fraud How Psychiatry Makes "Patients" Out of Normal Children*** is available in bookstores and online, at [www.Trafford.com](http://www.Trafford.com)

For more information visit [www.adhdfraud.org](http://www.adhdfraud.org) or [www.adhdfraud.com](http://www.adhdfraud.com)

### ***About the Author***

Fred A Baughman Jr., MD, is an adult and child neurologist certified by the American Board of Psychiatry and Neurology and a Fellow of the Academy of Neurology. He has discovered and described real diseases. He has testified before the US Congress, the European Union, the Congress of Mexico, the Parliament of Western Australia, and innumerable other national and international government bodies. He is an expert witness in lawsuits and legal cases regarding psychiatry's invented diseases.

Dr. Baughman is an experienced media guest and has appeared on many national radio and television shows. He has authored over a hundred articles in medical journals and the national press. He resides in San Diego with his wife Annette.

***Media review copies and interviews available on request.***

***This news release may be used in whole or part to support feature stories or interviews. We encourage you to create a show and invite in local families and educators in your area.***

***Dr. Baughman is available for interviews by arrangement please.***

***For additional information or requests just hit reply and email your specific requests.***

Contact: Fred Baughman [fredbaughmanmd@cox.net](mailto:fredbaughmanmd@cox.net) 619-440-8236 (direct office line) or 619-504-6623 (his cell phone) or contact Paul Krupin 800-457-8746

For Immediate Release

Media kits, review copies and interviews available on request

Contact: D. K. Simoneau 303-987-9429

## **New Children's Book Provides Help for Children of Divorce**

**D. K. Simoneau**, a divorced mother of two children who lives in **Denver, Colorado**, has created a wonderful children's book that takes an important step. It helps children of divorce voice their frustrations and figure out how to cope.

***We're Having A Tuesday*** is a true-to-life story of one little girl's process of coping with her parents' divorce. As she shuffles back and forth, from one parent to another, she struggles with living in more than one house.

She misses simple things like her bike, skates, favorite teddy bear and even her clothes. She discovers the most important lesson-that her parents love her no matter what home she is in.

This children's book contains a terrific story and a special interactive element along with beautiful and touching pictures.

The timing and importance of this rare book cannot be overstated.

One million American children experience their parents divorce each year. (Source: US Bureau of the Census),

One out of five children has a learning, emotional or behavioral problem due to the family system changing. (Source: National Center for Health Statistics).

Having been through a divorce, DK Simoneau has experience and advice for other parents who are going through divorce. Here are ten of the best ways to help children who are caught in the middle:

1. Don't talk down about the child's other parent, no matter how frustrated or angry you become. Talking down about a child's parent is like talking down about part of your own child.
2. Establish a special routine during transition periods. Perhaps play a game or serve a special meal each time your child returns. Kids thrive on routine and if they know exactly what to expect when they return to you it will make the transition easier.
3. Allow your child to have a transition object. If your child needs a blanket or teddy bear, let them. If the child is older and maybe doesn't want to carry an item that large, help them make one. Maybe pick out some rocks

that represent each parent. Have fun designing them so they know which rock belongs to who.

4. Call your child every day. You would be surprised at how much hearing your voice and knowing that you are thinking about them means to them, even if they don't say much in return.

5. Be understanding of their missing things from their other home, including the other parent. All of those things are very real to your child and not having them when they want them can be very frustrating.

6. Work with the other parent to establish a few basic routines that are at both houses. For example, at both houses bedtimes should be very similar. Sitting at the dinner table may be something to be encouraged at both houses. Television viewing or video game playing habits could be similar in both homes.

7. Establish some routine for going back to the other parent's house. Maybe develop a checklist. Did you remember your bear, your homework, your library book, your gym shoes etc. Make sure you do this each and every time so it becomes habit. Less things will be forgotten leading to less frustration and more responsibility.

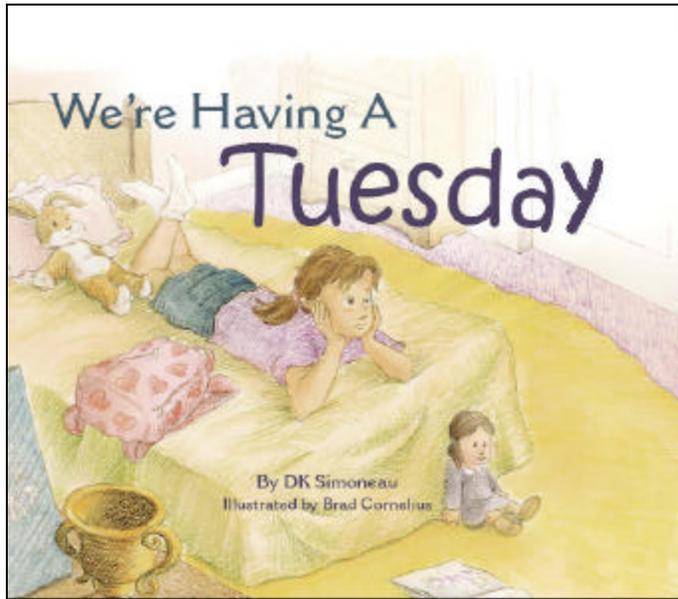
8. Develop firm procedures and rules about what is acceptable about forgetting things at the other parent's house. Are you going to ground your child because he forgot his teddy bear? Will you be driving over to your ex's house to get it at 9:00 at night because your 4 year-old just can't sleep without it? Are you willing to let your child get a failing grade because your ex doesn't follow a checklist and make sure your 5th grader had packed her month-long book report assignment? Make procedures and follow through.

9. If it is possible, keep the communications open with your ex. You won't always agree, but if you are at least communicating you both will always be in the know.

10. If you are able to keep the communication lines open, make sure your kids know this. Have family meetings. Present yourselves as a united front even though you live apart. Back each other up. Doing this will prevent your kids from trying to play you off each other.

***D.K. Simoneau has created a special gift that celebrates the individuality and uniqueness of the children in divorced families in a gentle and beautiful way. It may be particularly difficult to fully explain to your children how much you love them, but this book articulates that message in a way that makes it a great, unique book. Words of kind acceptance and positive messages encourage children to feel good about themselves, and to feel loved. This is a***

*wonderful book for helping to instill personal worth in children a difficult situation.*



## **We're Having a Tuesday**

**By DK Simoneau**  
**Illustrated by Brad Cornelius**

Published by AC Publications

ISBN 1933302135 \$16.95

Available in bookstores and online.

For more information visit [www.werehavingatuesday.com](http://www.werehavingatuesday.com)

### **About the Author**

DK Simoneau is a real-life divorced mother of two. Originally an accountant by profession, her children's love for books has inspired her to write stories that teach and validate as well as stimulate an everlasting curiosity in reading. She lives in Lakewood, Colorado, where she is currently working on several other book projects.

### **What People Are Saying:**

"Today concerned knowledgeable single parents are balancing their own personal turmoil alongside the need of their children. This book gathers a

child's perception of reality and the possibilities that can happen when everyone strives to achieve a common goal-becoming a new type of family-together while apart"

Laurie Olbrisch,  
Executive Vice President of Rainbows

"We're Having a Tuesday is a significant book for both children and parents who are struggling with a split family scenario. It gives a voice to children and is a wonderful tool for communicating with them about the pain and joy they are experiencing. It is a must-have for anyone going through this situation."

Joan McWilliams Lawyer/Mediator, Denver

"DK Simoneau understands how to relate to kids. This story demonstrates that gift...and the beautiful illustrations make her vision complete."

William Savarino Lawyer/Child Advocate, Washington DC

Dear DK Simoneau,

My Mom and Dad are divorced and you reading that book made me feel good inside. I wish I can go back and forth- but I have to wait a long time to see my Dad because he lives in another state. He lives in California.

Love, John

Hi DK,

I just wanted to let you know that I gave the book I bought from you at the last CIPA meeting to my friend who is going through a divorce with her 3-year old son. It is now the ONLY book he wants to read and they read it multiple times each night before bed. I knew it would be perfect because, as the child of divorced parents with joint custody, it told the story of my life from age 9-18. I wasn't so sure it would be as meaningful for a 3-year old, but it most certainly is. You really hit the nail on the head with your book. Nice work.

Elizabeth

Dear DK,

My son loved the book. I am also a psychotherapist and feel it is really well done from a professional standpoint as well. Furthermore, it helped me as a newly divorced mother to not feel so guilty! Congratulations

Abby

**Media kits, review copies and interviews available on request**

**Contact: D. K. Simoneau 303-987-9429**

For Immediate Release - unique feature story interview opportunity

Media kits, review copies and interviews available on request. Jackie & five children who recorded the audio book version (ages 7 to 13) are available for advice and commentary and guarantee a unique entertaining and educational show.

Contact: Jackie Dryden [jackie@justjackie.com](mailto:jackie@justjackie.com) 713-961-0834

## **Out of the mouths of babes The world's best parenting advice comes straight from children**

*Would you trust the parenting advice on how to parent from people who have no experience at all and yet may be the best-qualified people on the planet to help you?*

*Just Jackie says you should.*

***They are your children***, and while they've never parented a day in their lives, they've been on the receiving end of parental behavior for all their lives.

This, Jackie says, qualifies them to tell you exactly what you do right and what you do wrong.

"If you listen to children," Jackie says, "you can learn what to say and how to say it so that you become the best parent you possibly can."

Her enlightening parenting primer, **Just Me: What Your Child Wants YOU To Know About Parenting**, is a simple and easy to follow road map, which captures and explains in no uncertain terms, what children want their parents to know and to do.

**Want to say yes to your children?** There are at least forty-two critical things that every parent must know how to do to parent properly and get the most out of every situation with their child regardless of their age. Tapping into these parenting tactics can enable every parent to survive and thrive no matter what kind of situation he or she is faced with.

***Parents don't seem to get it.*** We as parents need to be able to learn how to deal with children at all times so that they turn out right and we stay sane and provide them with good direction.

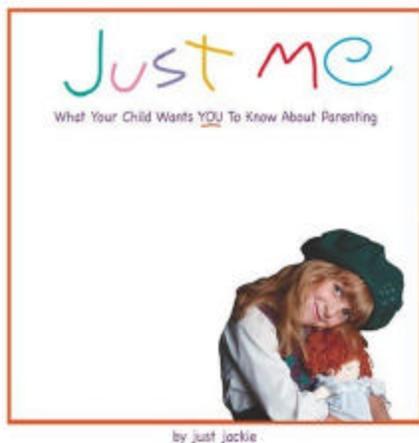
Here are just ten of the 42 powerful tactics that kids wish parents knew that you need to use to survive and thrive as a parent:

- 1 I don't want to be the boss - You are the boss and I like it that way. No matter how much I protest I need to know that you are in charge.
- 2 Be united or I will divide you - Mom and Dad, you need get on the same page or I will use you against each other.
- 3 I will do anything for your attention - If you reward my bad behavior by only paying attention to me when I misbehave, I will keep doing it.

- 4 Tell me what you “do” want - Stop telling me what not to do and tell me what you expect. I can follow a positive statement so much easier than a negative one.
- 5 Quit pushing for straight A's - Don't zap my enthusiasm for learning by obsessing over grades.
- 6 I want NO to mean NO - I may not like what you say or do, but I want you to teach me the rules of our home. And I need you to insist that I follow them. Please be consistent.
- 7 Don't parent me like my siblings - I am not like any other child. I am unique. I want you to see me for who I really am.
- 8 Be with me here and now - Stop trying to get “there” and learn to connect with “here. Don't miss out on being with me today because you are focused on tomorrow. I need you now.
- 9 Whisper and I will listen - Stop yelling and say the important things softly. Train me to listen and not to block you out.
- 10 I am not your “do over” - Don't try to live your life over through me.

***Is that all?*** Not by a long shot, but this is the minimum.

These are just a few of the life changing tactics covered by Just Jackie in her book, ***Just Me: What Your Child Wants YOU To Know About Parenting*** \$11.95 available at bookstores nationwide or online or from [www.JustJackie.com](http://www.JustJackie.com)



***Just Me***  
***What Your Child Wants YOU To Know About Parenting***  
By Jackie Dryden

112 pages / 8" x 8" / Softcover / **\$11.95**

Audio version with the voices of 5 amazing children. 90 minutes **\$14.95**

Jackie is quick to admit that she is not a psychiatrist or a family therapist. She is however typical of the multi-tasking 21<sup>st</sup> century moms that are found all over the country. She lives in Houston Texas and has three daughters. She has a successful career as an advertising creative director and conducts some very dynamic workshops and presentations on parenting.

For more information about staying young, healthy and mentally alert as you get more experienced at parenting effectively, visit [www.JustJackie.com](http://www.JustJackie.com)

Media kits, review copies and interview available on request. Call Jackie 713-961-0834 or email [jackie@justjackie.com](mailto:jackie@justjackie.com)

### **What People Are Saying**

*"What a great parenting tool! This book was recommended to me as a tool for effective, compassionate parenting guide that grows smart, loving and respectful kids. WOW. Easy to read and written from a unique perspective, this book should find its way home to every new parent. I've already bought several for my other new mommie friends. Enjoy!"*

**Becky Brock**, Austin, Texas

*"Jackie is a genius! Everyone can gain something from this book."*

**Rose Alanis**, Houston, Texas

*"The best book on parenting today! This simple straight-forward approach to listening to our kids is what the world needs right now.... Your children will thank you."*

**Cynthia Brian**, radio & TV personality and NY Times best selling author

*"Enough of the psycho-babble about parenting! This simple, concise book is the instruction manual that should come with every child."*

**Paula Randall**, mom/stepmom of five, freelance writer/producer

**just Jackie 3623 Newcastle Houston, TX, 7772 713.961.0834**

