

“Dynamic talk-show guest; full of positive energy!”

Roni Wing Lambrecht Author, Editor, Speaker

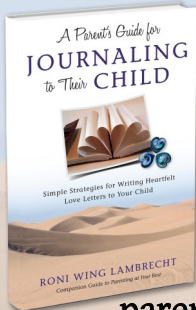
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Book Titles Published by 3 Hearts Press:

- ♥ *Parenting at Your Best; Powerful Reflections and Straightforward Tips for Becoming a Mindful Parent*
- ♥ *A Parent's Guide for Journaling to Their Child; Simple Strategies for Writing Heartfelt Love Letters to Your Child*
- ♥ *A Parent's Journal to Their Child; With Simple Strategies for Writing Heartfelt Love Letters to Your Child*

From a completely different perspective than ever written before, in *Parenting at Your Best*, you'll learn how to:

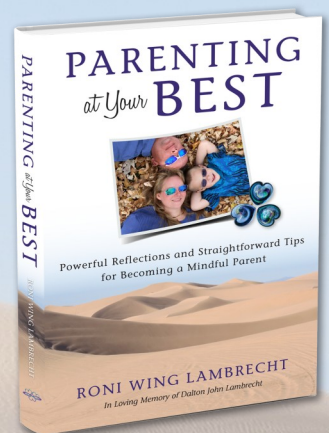
- ♥ Be a role model for what you desire in your child's life
- ♥ Be involved in your child's life, but not excessively involved
- ♥ Create lasting memories with your child by being present



*Do you wish you could write to your child,
yet you have no idea what to say?*

*In **A Parent's Guide for Journaling to Their Child**,*

parents are given a myriad of prompts helping them write to their kids, and they'll find that showing their love in writing makes it a tangible treasure forever.

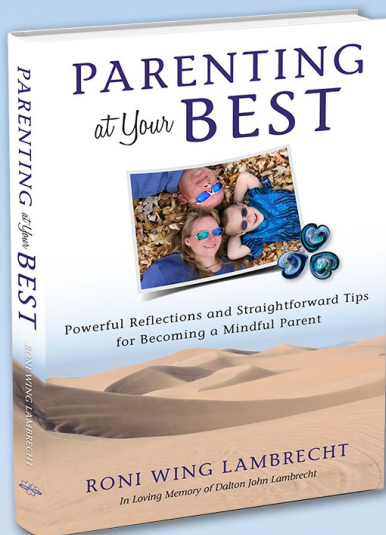


Roni Wing Lambrecht was just a typical wife and mom from Castle Rock, CO, working long hours to make ends meet, when her entire world changed in a split second. Her beautiful son, Dalton, left for Heaven just after Christmas 2013 due to injuries from an ATV vs Sandrail accident. Dalton lived his short life creating smiles, laughter, and happiness by sharing his kind spirit and helping others through tough times. Roni and her husband, John, now continue his legacy by practicing random acts of kindness in Dalton's memory each day. They also help other parents live in-the-moment with their own children by sharing their truths about regret and finding beauty in the everyday chaos of family life.

In loving memory of their son, John and Roni have also started a Pay It Forward Campaign...

...Asking everyone to perform a random act of kindness each and every day, and then handing the receiver a “Dalton card” asking them to Pay It Forward. So far, over 3500 random acts of kindness have made their way to across the world in Dalton's memory. Additionally, Roni spends time each day contacting school districts across the nation offering her books as fundraising tools donating 60% of the proceeds. If you happen to know a school, team, music department, church, or any other non-profit, looking for a great fundraiser, please have them contact Roni directly at 303-902-0121 or via email at DoItForDalton@gmail.com.

www.ParentingAtYourBestWithoutRegrets.com



Parenting at Your Best; Powerful Reflections and Straightforward Tips for Becoming a Mindful Parent is a recipient of the prestigious **Mom's Choice Award**. The Mom's Choice Awards® (MCA) evaluates products and services created for parents and educators and is globally recognized for establishing the benchmark of excellence in family-friendly media, products, and services. Using a rigorous evaluation process, entries are scored on a number of elements including production quality, design, educational value, entertainment value, originality, appeal, and cost. Around the world, parents, educators, retailers, and members of the media trust the MCA Honoring Excellence seal when selecting quality products and services for families and children.



Reviews of *Parenting at Your Best*...

- ♥ "Overall ★★★★★ Story ★★★★★ Performance ★★★★★
I chose this book, because I wanted tips to help me be more present with my children. I ended up getting those tips. But the stories this mother tells about her son were what really made me change the way I think about parenting. I highly recommend *Parenting at Your Best* to any parent who has found themselves in a rut or taking their role for granted."
- ♥ "I'm so thankful that I could read this book. The story of how precious our lives are and how important it is to not take a single moment for granted is instilled in me more than ever before. This book includes wonderful and practical parenting advice and tips, some of which we may not think we need, but undoubtedly do. This is a great read and very informative to new parents, soon to be parents and current ones. Also, it's inspiring for those who have suffered loss and are trying to find a way to move on while still holding those precious memories dear everyday."
- ♥ "The author handles a relevant topic with mindfulness and simplicity, making it easy for readers to incorporate her suggestions and tips into their lives while handling their children. The stories, footnotes, and journals make the book unique, original, and different from the usual parenting books that one reads."
- ♥ "I absolutely loved it! The author provides simple yet practical tips on how to develop and maintain a positive and loving relationship with your child, even before their birth. Her own personal story makes this book even more compelling and heartfelt. This book is an excellent guide to fostering healthy relationships with all of your friends and family as well as your children. A lovely and well written book, and a must have for every parent!"

Reviews of *A Parent's Guide for Journaling to Their Child*...

- ♥ "I found the concept interesting and different, and the topics are separated in a way that helps readers to plan their written words. The three sections - past, present, and future - will touch the hearts of all at any given time and the contents are priceless."
- ♥ "The journal is a good gift for weddings, baby showers, and birthdays, and can be kept in one's personal collection as it teaches everyone to display their love and affection openly."

Additional Book Reviews and Media Appearances may be found at
www.ParentingAtYourBestWithoutRegrets.com.