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The Mom's Choice Awards Names the book ***Parenting at Your Best; Powerful Reflections and Straightforward Tips for Becoming a Mindful Parent***
Among the Best in Family-Friendly Products

Summary: 3 Hearts Press is honored to announce that the book, ***Parenting at Your Best; Powerful Reflections and Straightforward Tips for Becoming a Mindful Parent***, has earned the prestigious Mom's Choice Award®. Having been rigorously evaluated by a panel of MCA evaluators, ***Parenting at Your Best; Powerful Reflections and Straightforward Tips for Becoming a Mindful Parent*** is deemed to be among the best products for families.

Full Release:

Castle Rock, CO. The Mom's Choice Awards® has named the book ***Parenting at Your Best; Powerful Reflections and Straightforward Tips for Becoming a Mindful Parent*** as a *Gold Award Recipient* among the best in family-friendly media, products, and services. The MCA evaluation process uses a proprietary methodology in which entries are scored on a number of elements including production quality, design, educational value, entertainment value, originality, appeal, and cost. "We are thrilled to earn the Mom's Choice Awards Honoring Excellence Seal of Approval," says Roni Wing Lambrecht. "We know all the great things the MCA does to connect consumers, educators, and caregivers with the best products and services available for families." To be considered for an award, each entrant submits five (5) identical samples for testing. Entries are matched to evaluators in the MCA database. Evaluators are bound by a strict code of ethics, not only to ensure objectivity, but also to ensure that the evaluation is free from manufacturer influence. The five evaluations are submitted to the MCA Executive Committee for final review and approval. "Our aim is to introduce families and educators to best-in-class products and services," explains Dawn Matheson, Executive Director of the Mom's Choice Awards. "We have a passion to help families grow emotionally, physically, and spiritually. Parents and educators know that products and services bearing our seal of approval are high-quality and also a great value. The MCA evaluation program is designed to incorporate the expertise of scientists, physicians, and other specialists; but we also engage parents, children, educators, and caregivers because they are experts in knowing what is best for their families."

With the evaluation now complete, the author of ***Parenting at Your Best; Powerful Reflections and Straightforward Tips for Becoming a Mindful Parent*** will be using her books as fundraising tools for schools and non-profit organizations.

Books may be purchased at www.ParentingAtYourBestWithoutRegrets.com or by contacting 3 Hearts Press at 303.902.0121.