



# Living What You Want Your Kids To Learn: The Power of Self-Aware Parenting

By Cathy Cassani Adams

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## ADVANCE REVIEWS

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Eloquent and elegant, this wonderful and wise book digs deep into what it means to parent from the heart. It will open you up to an entirely new way of raising children. Heartwarming and insightful, Cathy Adams invites you to explore your most authentic self through your parenting.

~DR . SHEFALI TSABARY, Author of *The Conscious Parent*  
Oprah's Super Soul Sunday and Lifeclass Parenting Guest Expert

Cathy Adams invites parents to actually live what they are guiding their children to become—emotionally whole individuals who embody self-awareness. With a deep sense of what is real and true, this book offers an intimate glimpse into a mother's desire to navigate life from a place where her interior is authentically expressed in her daily life. Modeling this type of inside-out living, true integrity, is perhaps the greatest gift parents can offer their children.

A simple and profound book that will move you deeply!

~ANNIE BURNSIDE, Award-winning Author of *Soul to Soul Parenting*  
and *From Role to Soul*

This book is a lifelong companion! A source sharing homemade insights AND scholarly wisdom, each page inspires and enlightens. Cathy's personal and parenting reflections stream from the heart and remind us that we are not alone in our challenging moments. Her messages comfort the soul while encouraging parents to be awareness now and know joy as presence. Open the book to any page. What you read will be a gift to yourself and your children.

~ ALEXANDRA FOLZ, MSN, Author of *Indigo's Bracelet*, *Indigo's Crystals*,  
*Indigo's Wings—The Heirloom Trilogy*

I have been a fan of Cathy Adams Cassani for years. I appreciate her insight, humor and simplicity—she helps me stay present, assess what's really important, and she offers tools on how to act and react, especially during those times when I'm questioning myself. Listening and learning from Cathy has helped give me the confidence and tools to be more comfortable in my own skin. I accept that I'm not perfect, but I also know that who I am as a woman, mother, friend, daughter, wife, is the best I can be—*right here, right now*. I love this quote from her: "All we can do is make the best choice we know for this moment right now. It's unwise to plan too far ahead, and it certainly isn't helpful to hold onto past mistakes. We have to

embrace our own present-moment clarity, making the best game-time decisions we know to make with the information we have at present.” Thank you Cathy for writing this book and for allowing me to have all of your wisdom at my fingertips. You are a positive force for change and awareness in every aspect of our lives. This book reminded me that “living life is a practice”, and I know I’m getting better at it.

~JILL DAILEY MCINTOSH  
Founder of The Dailey Method

There are few books that move me to heartfelt tears and remind me of my own greatness along the way, but Cathy’s book did just that. She has opened her heart and shared her life so that we can be reminded of love, acceptance, and courage that resides in each and every one of us. Story after story I experienced a lump in my throat, tears in my eyes, and love in my heart. Her words have the power to uplift a tired mom, inspire a hopeful dad, appreciate a dedicated grandparent, and most importantly, remind our children of their greatness. Cathy is here on purpose. She is sharing her wisdom and love to remind us all of the power that lives in each and every one of us. As I finished the last paragraph in the book, I felt understood, empowered, valued, inspired, and enlightened. She is a gift to our planet.

~HEATHER CRISWELL, Founder of WiselInside

Every mother should read this book! Cathy Adams gives us the wisdom and perspective that mamas need. While it includes great specific parenting tips and stories, the power of this book is how Cathy points us again and again to the bigger picture. Why we should live with truth, clarity, and awareness. Why our own self-care is so important. Why we have to become the change we want to see. Why we must practice kindness, respect, and love for ourselves if we want our children to learn kindness, respect, and love. This book will help mothers, new and experienced, reach a new level of self-understanding. This benefits our families, our communities, and the world. Cathy balances refreshing honesty with an undeterred positive outlook that makes this book a must beside every mama’s bedside.

~HUNTER CLARKE-FIELDS  
Yoga & Mindfulness Coach for mamas at [HunterYoga.com](http://HunterYoga.com)

I absolutely loved this book. I found myself smiling, crying, laughing and nodding in agreement as I read this beautifully written, personal collection of everyday experiences and emotions of a fellow mother genuinely trying her best to lead by example. It’s easy to fall into the child-rearing trap. Keeping them on schedule, fed, bathed and on time to wherever they need to be. We don’t realize that during all of these otherwise mundane activities we can be connecting with our kids on a deeper level, simply by parenting with a greater sense of self-awareness. After reading this book, I see how much my own quest for greater self-awareness is entwined with my parenting. I can grow, alongside my children, into more of the person I want to be by simply living what I’d like them to learn.

~KELLY PIETRANGELI, Creator of Project Me for Busy Mothers

Wise and paradigm shifting, *Living What You Want Your Kids to Learn* turns traditional parenting on its head, as it invites parents to move from a “parents-know-best” approach to one in which the parent and child engage in learning and growing together. Cathy reminds us that our children are our greatest teachers— not the other way around. Our children challenge and beckon us to heal our past and return to our essential self so we can see, appreciate and support who they really are instead of cajoling, managing and manipulating them to be the ‘mini-me’ our ego wants them to be. With compassion and wisdom gained from her own ‘wins’ and mistakes as a parent, Cathy shares real-world experiences through her candid story-telling. This book is different from the hundreds of other parenting books, because instead of simply telling us how, Cathy shows us what it looks like to be a conscious parent in today’s world.

Warning: this book may cause miracles in your parent-child relationship. Cathy makes you want to be a better parent. If you want your relationship with your children to flourish throughout life, read this book!

~**RITA HYLAND, Transformational Life Coach, speaker,  
Founder of Rita Hyland Coaching, LLC**

Cathy invites us to peek into her life as she demonstrates thought-provoking and loving anecdotes of self-aware parenting. Her personal stories are ones you can definitely relate to and each chapter will ignite your curiosity for how you can apply changes in your own life. Cathy gently reminds us that the key to connecting to our own children is in how we connect with ourselves. This isn’t another parenting book—it’s a personal and powerful journey into how one woman continues to practice living a life she wants her children to learn. The gift is that we’re able to practice our own journey and know that we’re not alone along the way. Find all these gifts and more in this book and then pass it on to another parent in your life.

~**JOSH BECKER, Teacher, Speaker, Author at isimply.am**

A thought-provoking and caring book full of practical tips for today’s parents. With her genuine voice and use of heartfelt stories, Cathy beautifully articulates the challenges and benefits of becoming a self-aware person and parent.

~**MARY ELLEN YOUNG, Author of *ELEMENTS for girls***

Cathy Cassani Adams has done it again. In her new book, *Living What You Want Your Kids to Learn*, Cathy gently yet powerfully invites us to grow in self-awareness. She intimately and generously shares her parenting and life experiences with her readers. Cathy addresses head-on the power of acknowledging our self-worth, and then gives us permission to connect with our inner joy. Every parent will benefit greatly by reading Cathy’s book, not only in our relationships with our children, but also in our quest to be our best selves.

~**GEORGIA P. DECLARK, MA  
PCI Certified Parent Coach®, preschool director/teacher**

The challenge of balancing work and family in today's environment requires us to slow down and think about how we parent consciously while meeting our obligations at the office. This book provides great insight, reminders, and tools to help parents become good examples for their children.

~AMY RODGERS, VP Global Human Resources  
Working Mother and Blogger,  
Chicago Working Women

I read and enjoyed both of Cathy's previous books, but *Living What You Want Your Kids to Learn* is simply a masterpiece. It is filled with stories and ideas that I could relate to as a mother, therapist and PCI Certified Parent Coach®. I "discovered" Cathy several years ago, back in the early days of the Zen Parenting Radio podcast that she does with her husband, Todd. It is both surprising and comforting that someone I have admired for so long struggled with the same frustrations I did in the early days of motherhood. I know how much I would have cherished her book if it had existed when my oldest child was born. I found myself smiling and nodding in enthusiastic agreement when I read about her experience of loss through miscarriage, her daughter not wanting to dance in the recital, and her response to chaos being her wanting to do things herself. Cathy's warm, engaging writing style feels to the reader like sitting down with a dear friend for coffee. Her heart-centered way of teaching through storytelling made me feel many times throughout the book as if she was speaking directly to me, and I am certain that parents from all walks of life will feel exactly the same when they read this wonderful book. Cathy is a parent and a person who is wise well beyond her years. This treasure is a must-read for all parents, no matter what ages their children are. I will be adding this to all the baby shower gifts I give from now on!

~ERIN TAYLOR, MA  
Mother, PCI Certified Parent Coach® and Therapist