



# Intentional Parenting: Autopilot Is for Planes

*Sissy Goff, David Thomas, Melissa Trevathan*

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**This is about you, not just your child.**

Regardless of age, parenting requires a certain amount of uncertainty. But you can be certain that your children look to you to help them discover who they are. And you can only offer that to the degree that YOU know who you are.

Over the years, Sissy Goff, David Thomas, and Melissa Trevathan have helped countless families through their ministry known as Daystar Counseling in Nashville, TN. Due to the unique setup of Daystar, each is frequently counseling not only the child but the parent as well. Having both perspectives provides an opportunity to speak into some of the most common struggles that parents face in today's fast-paced society.

*Intentional Parenting* is built around 12 chapters that each dispel some of the most common parenting myths and reminds all parents of truths that can empower them to be not only the parents that their children need but that God has called them to be.

The book helps you discover first who you are and then takes that healthy person into a discovery of being more intentional, playful, consistent, merciful, and connected to your children.

Understanding your child. Understanding you.

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