

## Raising Resilience

### Take the stress out of feeding your family and love your life

#### **Message to the Reader (excerpt)**

“. . . Knowledge and experience are the two ingredients that build confidence. When we don't have them, it's so easy to feel powerless, judged, afraid, and confused. We get drawn into panic and obsession on the one hand, or to apathy and defeat on the other. We have to work hard to find a middle ground.

As we grow, our game plan starts to evolve. It expands and changes as we gain insight, and as it does, our confidence increases. Some parenting theories and strategies stick because they resonate, while others get caught by your filter and discarded. If we don't create this filter carefully and consciously, it becomes too easy to be thrown into despair and self-doubt again. An expert interview compels us to throw out groceries and change our menus. A blog article makes us question our style, and a random social media post riddles us with guilt and self-judgment. If you've ever felt this way, I encourage you to work on your filter.

This book is about the food and feeding part of your parenting game plan. It is about what to feed your family, and how to fit healthy food into your busy life. But more importantly, this book will bring you renewed confidence in the role you play in your child's health. I have worked with the most amazing parents over the years who, when they truly embrace their influence, create massive transformation in their children's health. Sleep improves, focus improves, tantrums reduce, learning improves, allergies reduce, growth improves—once parents become active and educated participants in healthcare.

The greatest tool at your disposal is food. The choices you make in the kitchen and grocery store hold profound potential to impact your child's health, but family nutrition is a hard road to navigate and figuring it out can take up an inordinate amount of energy, brain space, and heart. This book will guide you through the clutter and keep you focused. It will give you knowledge and strategies that will instill confidence and help you find a clear path forward . . .”

Jess Sherman