

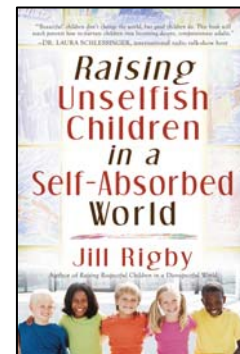
**FOR IMMEDIATE RELEASE:**

**Contact:** Ben Laurro, Pure Publicity

818.753.4056 or [ben@purepublicity.com](mailto:ben@purepublicity.com)

## **RAISING UNSELFISH CHILDREN IN A SELF-ABSORBED WORLD**

(Baton Rouge, LA) Are you a parent wondering if it's time to let your children make their own decisions? Maybe you feel like you have lost control over the decision making in your family? At what age should parents allow their children to make their own decisions? Remove your kid's curfew? Ask them to get a job or pay their own car insurance or do their own laundry?



Parenting enthusiast **Jill Rigby** is the mother of twin boys and the author of ***Raising Unselfish Children in a Self Absorbed World*** (Simon & Schuster/Howard Books), a guidebook to rearing more responsible and giving children in a self-entitled society. "More than ever children seem less satisfied and more entitled, rather than growing up grateful and thankful. Children are turning out to be ungrateful and greedy even to their own parents who have given them everything," says Rigby.

The first step in Rigby's new parenting plan is for parents to rid their own hearts of self-centeredness. "We say we want to raise unselfish children, but we're selfish ourselves. We rationalize our thoughtless decisions. Blame others when it is our fault. We encourage our children to share their toys, but do we share our toys? We often tell our kids, 'Enough!' But when was the last time we told ourselves, 'Enough is enough?'" Rigby shares how parents can instill a healthy self-respect for themselves through a selfless attitude toward others and other relevant topics including:

- ◆ Families and the lost art of "togetherness": Family dinners, family outings, family volunteer time, meaningful time spent as a family.
- ◆ Teaching children to understand and practice patience (chapter 5), compassion (chapter 7), forgiveness (chapter 9), generosity and gratitude (chapter 10)
- ◆ Creating family projects for each month (chapter 8)
- ◆ Which decisions to allow your children to make based on their age (chapter 4)
- ◆ Understanding your parenting style: Deflector, Depriver or the Developer

With her encouraging approach, Rigby helps parents realize it's never too late to change their children's point of view and equip them to interact with kindness and respect in a world outside themselves.

### **About the Author:**

**JILL RIGBY** is an accomplished speaker, columnist and founder of Manners of the Heart. She has been a guest on more than 125 radio and television shows including *The Early Show*, *Glenn Beck*, *Washington Weekly with Tony Perkin*, *FamilyLife Today* and *Focus on the Family*. She lives in Baton Rouge, Louisiana.

RAISING UNSELFISH CHILDREN IN A SELF-ABSORBED WORLD by Jill Rigby  
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For more information on **RAISING UNSELFISH CHILDREN  
IN A SELF-ABSORBED WORLD**, please visit: [www.simonsays.com](http://www.simonsays.com).

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## **Jill Rigby Bio**

Jill Rigby is an accomplished author, speaker, columnist, television and radio personality, and CEO of Manners of the Heart, a non-profit organization working to bring a return of civility and respect to our society.

Things were different, though, in 1989 when a simple assignment at her twin boy's elementary school sparked a flame that has propelled Jill into the national spotlight as one of the nation's foremost authorities on manners—in the home, in the classroom, and in the marketplace.

After teaching table manners to 150 children in that local school, she became inundated with requests for her curriculum. As demand grew, so did the curriculum, which is now in over 700 elementary schools in the U.S. and abroad.

Jill speaks to thousands of educators, parents and businesses across the nation and continents each year. Whether helping parents raise respectful children in our disrespectful world or training executives in effective communication skills, the definition of manners remains the same—an attitude of the heart that is self-giving, not self-serving.

Known for her “unending energy and outrageous passion,” behind the radiant smile is a testimony of God's faithful restoration of an exhausted soul and a broken heart. Living to bring others to their purpose, Jill's contagious obsession to change the world will fill your soul, touch your heart, and get your feet moving to the beat of the Savior's heart.

Rigby is the author of *Matters of the Heart, Raising Respectful Children in a Disrespectful World* and her latest April 2008 release, *Raising Unselfish Children in a Self-Absorbed World*.

Rigby resides in Louisiana.

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## **Suggested Interview Questions for Jill Rigby author of Raising Unselfish Children in a Self-Absorbed World**

1. You mention in your new book that the philosophy of self-esteem has damaged our society. How so?
2. You use the analogy of the mirror and the window. Could you help our audience understand that concept?
3. It becomes obvious how raising children in a mirror creates more selfishness. How can we begin to change the way we parent?
4. You propose three parenting styles. Give us a brief explanation.
5. You do not believe in giving young children choices. Why is that critically important?
6. Explain the difference between chores and duties.
7. Teaching children forgiveness is certainly no easy task. You believe there are three steps of forgiveness.
8. You ask your readers to go beyond the work they're doing in their homes to combat self-absorption. Give us a few examples of how we can change our self-absorbed world.
9. How can we help our children develop a passion for compassion?
10. Give us a few practical "Do today" tips to begin the process of becoming self-forgetful.
11. What age should a parent assign responsibility to their child for chores, finances and getting a job?