

Practicing Presence:
A Mother's Guide to Savoring Life through
the Photos You're Already Taking
by Joy Prouty
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Professional Photographer Empowers Moms to Preserve Memories, Find Joy, and Practice Presence At the Same Time

"This book has enabled me to do more than capture photos of our family; it has freed my heart to live into the expansive joy of the everyday."—**Ann Voskamp**, author of the *New York Times* bestseller *One Thousand Gifts* and *WayMaker*

Your camera isn't a distraction--it's your portal to presence.

For mothers, life often feels like it is passing by in a blur. Taking countless pictures, trying to freeze time and capture the memories, but always looking back and barely even remembering and experiencing each moment. But what if there were a way to preserve your family's story while also becoming fully present within it?

In *Practicing Presence: A Mother's Guide to Savoring Life through the Photos You're Already Taking* (Baker Books, August 2023) professional photographer and creative director Joy Prouty helps moms let go of "perfect" and embrace self-compassion so they can experience more joy in the memories they are making right now.

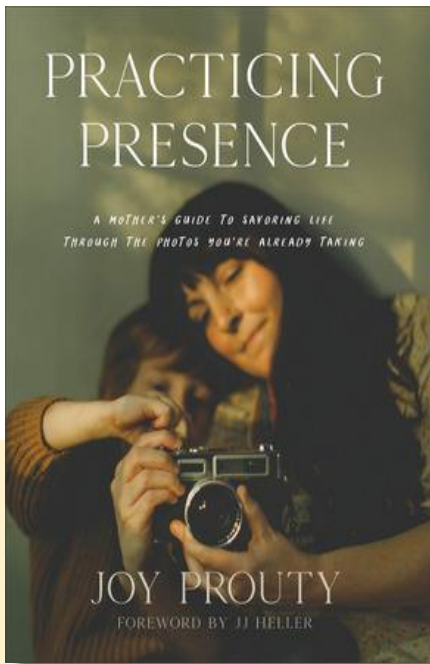
By combining the science of memory preservation with timeless photography principles, Prouty shows readers how to exit survival mode and enter the present moment through the photos they are already taking.

"*Practicing Presence* is a work of art that amplifies the art unfolding before our eyes." **K.J. Ramsey**, therapist and author of *The Book of Common Courage* and *The Lord Is My Courage*

Prouty is available for interviews and would love to discuss:

- How exhausted and overwhelmed mothers can become fully present and notice the beauty of their everyday lives
- Why moms should cultivate and nurture family memories using a camera (and the neuroscience behind it)
- How to experience more joy, let go of perfect, and embody self-compassion

"Everything! Everything! Everything is about how we see! Through honest words and vulnerable imagery, Joy Prouty invites us into perspective practices that help us see we are already standing on the sacred ground we have been searching for." **Scott Erickson**, author of *Say Yes* and *Honest Advent*



Get Connected:

www.thepresentfamily.com

<https://joyprouty.com/book>

Instagram

[@joyprouty](https://www.instagram.com/joyprouty)



About the Author

Joy Prouty is a professional photographer, creative director, and filmmaker who seeks to help people truly see. Her work has been featured on *Entertainment Tonight* and in a variety of publications, including *Magnolia Journal* and *People Magazine*. Joy and her husband, Donny, make heart-stirring films for musicians and nonprofit organizations. Through workshops and online courses, Joy teaches empathetic visual storytelling and self-validation through creativity. Joy lives in Washington state, with Donny and their seven children.

PRAISE for Practicing Presence

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"Few books have taken my breath away more times than *Practicing Presence*. This book has taught me how to be a better memory keeper and meaning maker, and after reading the beauty on these pages, I will forever be training my eyes how to look for the beauty and light in each moment. I don't want any mothers to miss the treasures in this book, as it will help them to not miss the treasures in their own hearts and lives." **Ellie Holcomb**, Dove Award-winning singer/songwriter and author

"Your life matters. Your humanity deserves to be honored and seen. There is goodness glinting through your days of both gladness and grief. *Practicing Presence* makes these truths feel real enough to receive as ours. Through stunning photography, poeticism, and compassion, Joy Prouty shows us the worth and the holy weight of paying attention to the lives that we have." **K.J. Ramsey**, therapist and author of *The Book of Common Courage* and *The Lord Is My Courage*

"This book unlocked something within me I didn't realize was hidden away. With searching candor and armfuls of practical tips, Joy Prouty offers a gentle reminder that we don't need to settle for distraction and disconnection. We already have what it takes to find our way back to curiosity, compassion, and, ultimately, each other." **Shannan Martin**, author of *Start with Hello* and *The Ministry of Ordinary Places*



Sample Interview Questions for Joy Prouty
Practicing Presence:
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- Thanks for joining us, Joy. Will you tell us a little bit about your story and why you decided to write *Practicing Presence*?
- What does it mean to “become present”? Why does becoming present feel so hard?
- In a world of endless hurry and distraction, how can we remain present?
- In Chapter 5, you write about preserving presence with your camera. What are a few practical ways we can do this in everyday life?
- How can taking photos help with memory preservation? Can you talk a little bit about the neuroscience behind it?
- Do you have any camera tips to create interesting and authentic images?
- There is so much pressure from social media to make our lives look perfect—yet you write “we need to let go of perfect pictures.” Why is that?
- What has being vulnerable taught you? Why is it important to let ourselves be seen?
- What is the true meaning of joy? How did you discover it in your own life?
- Many moms are feeling overwhelmed and exhausted. What encouragement do you have for them?
- Where can our audience go to connect with you and purchase a copy of *Practicing Presence*?

To schedule an interview or request a copy of the book, please contact:

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