

***The Whole and Healthy Family:
Helping Your Kids Thrive in Mind,
Body, and Spirit***
by Jodi Mockabee

Trade Paper ISBN: 978-0-8007-4013-9
\$16.99; 208 pp
Ebook ISBN: 978-1-4934-3435-0
Release date: September 2022

Media Contact:

Carson Kunnen, Publicist
(616) 802-4665

ckunnen@bakerpublishinggroup.com



**Creating a Family Culture That Meets the Spiritual,
Educational, Emotional, and Physical Needs of Your
Children**

Like countless new parents, when **Jodi Mockabee** and her husband were in the earliest stages of parenting, they came to a place of near-hopelessness and exhaustion. Through routine prayer and extensive research, Jodi and her husband developed a family culture based on both biblical principles and scientific knowledge that aims to nurture their children mentally, physically, and spiritually.

In *The Whole and Healthy Family: Helping Your Kids Thrive in Mind, Body, and Spirit* (Revell, September 2022), blogger and influencer Jodi Mockabee walks alongside parents as they create their own family culture with intentionality. Combining her unique parenting philosophy and biblical worldview with practical tips, approaches, and tactics, *The Whole and Healthy Family* will inspire and equip young parents to build a more well-rounded and holistic approach to raising and educating their children. Some of Jodi's practical applications include recipes, family proclamations, emergency tips, further reading, and more.

The Whole and Healthy Family encourages parents to

- Preserve and protect the mental, emotional, and spiritual health of their family
- Develop a balanced approach to health and wellness, including primarily a holistic approach and when needed—a medicinal approach
- Listen to the Holy Spirit in their parenting efforts, including the discipline of teaching their children to be still and listen to God themselves

“What does it mean to have a whole family?” writes Jodi. “The term *whole* doesn’t mean perfected or finished but rather encompasses the idea of cultivating and stewarding the minds, bodies, and spirits of our children. We do so while they are in our home so that, in turn, they can raise whole families of their own.”

About the Author

Jodi Mockabee is a photographer, writer, blogger, speaker, social media influencer, and homeschooling mother of five living in the Black Hills of South Dakota. With a passion for health, wellness, parenting, and more, Jodi blogs her family's journey and shares tips for a healthy and active lifestyle. She also writes curriculum for creative and artistic learning in a homeschool environment. Find her at JodiMockabee.com.

PRAISE for *The Whole and Healthy Family*

"These pages are brimming with wisdom, ideas, encouragement, and biblical guidance for parents wanting to raise their kids to thrive in mind, body, and spirit. Even before I had my own kids, I was inspired by Jodi's intentional approach to parenting and the beautiful family culture she was creating in her home. If you are in the early parenting years like me, this book is a hope-filled handbook full of relatable stories and struggles but also helpful solutions!"

Audrey Roloff, *New York Times* bestselling author of *A Love Letter* *Life* and cofounder of *The Marriage Journal*

"I have known and looked up to Jodi for more than ten years, and for ten years I have waited for her to write this book—finally! She could have kept all of this hard-won wisdom to herself, but that's never been who she is. In taking the time to write it all down and share it with all of us, Jodi has offered a generous gift to families everywhere for years to come."

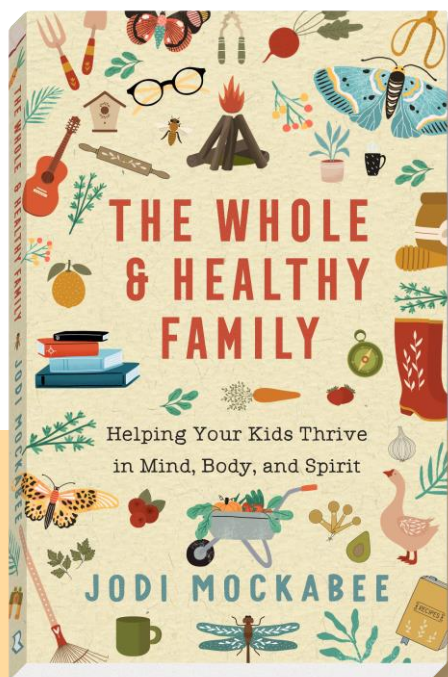
Raechel Myers, mama of two and founder and CEO of *She Reads Truth*

"This book is not a list of things to do but rather an invitation to look deeper at the systems and structures of your family and see where you can grow. Best of all, it is an invitation to know your children in deep and intimate ways. I walked away from *The Whole and Healthy Family* feeling inspired and empowered to help my family flourish."

Greta Eskridge, author of *Adventuring Together* and *100 Days of Adventure*

"When I think of Jodi Mockabee—and by extension her book *The Whole and Healthy Family*—the word that comes to mind is *intentionality*. Jodi's dedication to not just coasting through her days as a parent but instead being intentional to both study what helps her family thrive and measure it against what Scripture has to say on the subject is both convicting and inspiring"

Abbie Halberstadt, author of *M Is for Mama*



Get Connected
www.jodimockabee.com

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





Sample Interview Questions for Jodi Mockabee

The Whole and Healthy Family

- Thanks for joining us, Jodi! Will you tell us a little bit about your personal parenting story and why you decided to write *The Whole and Healthy Family*?
 - Your book is divided into three sections: the whole mind, the whole body, and the whole spirit. Can you give us a brief overview on each of these sections?
 - It sounds like building a family culture through intentionality was one of the most important decisions you and your husband made during your earliest years of parenting. How did that conversation take place? What are the elements of a family culture?
 - What role has prayer played in shaping your family culture?
 - For those who may not understand, what exactly is a holistic approach to health and wellness?
 - One of your chapters deals with sex and how we talk to our children about genitalia, masturbation, and intercourse. When did this conversation begin in your family? Why is it important for children to learn about sexuality at home first?
 - What are some of the other practices you discuss in *The Whole and Healthy Family* that have changed the way you parent? How has your research guided these practices?
 - Screen time has become a huge issue for parents in the last decade, and there are many different approaches to developing healthy screen time habits. What does this look like in your family?
 - Do you have any other resources available for readers interested in learning more?
 - Where can our audience go to connect with you and purchase a copy of *The Whole and Healthy Family*?
-