

Praise for *Parents Who Lead*

“The intersection of working and becoming a parent can be daunting. Although what life-changing event is more magical than being a parent!? In *Parents Who Lead*, Stew and Alyssa offer wonderful stories, wisdom, and actionable advice about applying leadership principles at home. An inspiring read for working parents.”

—Aron Ain, author of *WorkInspired* and CEO, Kronos

“I’ve been a champion of Total Leadership for over a decade. The principles have been instrumental in my continued career success. *Parents Who Lead* applies them to the absolute toughest job – being a productive parent and role model. It does not disappoint! Read this book, put it to practice, and see the results.”

—Samuel Allen, SVP & COO of Marketing, Salesforce

“*Parents Who Lead* contains precious new knowledge for working parents. It’s an engaging, science-based, essential guide to upgrading your life, financially supporting your family, and being a stellar parent. Friedman and Westring share an easy-to-follow, proven method to cut your stress, succeed at work, and inspire your children to live healthy, meaningful lives.”

—Dave Asprey, Founder, Bulletproof and three-time *New York Times* bestselling author of *Super Human*

“*Parents Who Lead* helps us prioritize, strategize, and take conscious action so we can lead more well-rounded, successful lives. Friedman and Westring share advice that is at once practical and inspirational. They are going to help a LOT of parents!”

—Scott Behson, Professor and author, *The Working Dad’s Survival Guide*

“As a parent, son, and co-CEO, my main priority is to be present for – and create impact across – all of the important relationships in my life. I know I share that goal with others living in a fast-paced, digital world. *Parents Who Lead* makes that goal feel not only attainable, but realistic.”

—Neil Blumenthal, co-founder and co-CEO, Warby Parker

“*Parents Who Lead* encourages working mothers and fathers to take a crucial step back from their challenging day-to-day responsibilities to home in on the values that can transform their families. The enjoyable exercises are worth the time as they can lead to more fulfilling relationships and careers and to happier children with brighter futures.”

—Meredith Bodgas, Editor-in-Chief, *Working Mother*

“Every parent is a leader. Every parent experiences the challenge of having so much to do and so precious and finite time. *Parents Who Lead* articulates a sustainable, manageable path forward through this often stress-inducing gauntlet to help us lead ourselves toward the realization of a well-lived and well-shared life.”

—**Sam Calagione, Founder and Brewer, Dogfish Head**

“Parenting is the only 24/7 job that is legally allowed and it is the most important job we ever do, yet there is no training for it. *Parents Who Lead* is the ultimate guide that fills this void. A must read for any parent!

—**Zarja Cibej, CEO of myTamarin, The Parentcare Champion**

“At last, an inspiring and informative book on one of the most challenging leadership issues of our time – parenting. *Parents Who Lead* is full of lessons on how to handle demands on your time and resources – at work, at home, in relationships – while raising the next generation. Want to put everything in context and feel positive? READ THIS.”

—**Michael Dowling, President and CEO, Northwell Health**

“*Parents Who Lead* is a systematic, practical, and inspiring guide for parents who want to succeed in their careers and make the world better for their children. It’s a crucial resource for organizations committed to attracting and retaining the best people, who also happen to be parents.”

—**Anne Erni, Chief People Officer, Audible**

“*Parents Who Lead* provides data-driven toolkits and pragmatic direction to those of us choosing to be exceptional leaders, both inside and outside of our homes. This book is a must-read if you are a busy executive who wants to attain the highest possible ROI on the greatest investment of your life: your children.”

—**Jenna Fisher, Managing Director, Russell Reynolds Associates**

“With *Parents Who Lead*, Stew and Alyssa inspired me to go deeper with my wife, children, and community. If you are looking to strengthen the bonds with the people who matter most in your life, I highly recommend reading this book. It is well-researched and heartwarming.”

—**Greg Fitzsimmons, Comedian and Author**

“Stew was one of my favorite Wharton professors and his lessons have resonated with me as my wife and I raised our three boys and as I've built my health and wellness company into a 500-person operation. This well-written, compelling book distills evidence-based wisdom into actionable, outcome-focused tasks destined to improve the lives, and not just the parenting, of all who read it.”

—**Shaun Francis, Chair and CEO, Medcan and author, *Eat, Move, Think***

“Stew Friedman and Alyssa Westring have applied their thoughtful, reflective, experiential approach to help us lead the lives we want in our families, careers, communities, and in staying healthy. If your life feels out of sync with what you want—and whose doesn't—this gift of a book is for you!”

—**Ellen Galinsky, President, Families and Work Institute
and Author, *Mind in the Making***

“*Parents Who Lead* provides a formula for helping parents bring the principles of success from the workplace into their families, where leadership skills are often needed most. It's a wonderful blueprint for integrating work and the rest of life, a hallmark for defining success that sets the example for future generations.”

—**Robert Glazer, CEO, Acceleration Partners and bestselling author of *Elevate* and *Performance Partnerships***

“The skills that define great leaders at work are surprisingly relevant to becoming a great parent at home. This book won't just help you identify those skills—it's a step-by-step guide for putting them into practice.”

—**Adam Grant, *New York Times* bestselling author of ORIGINALS and GIVE AND TAKE**

“In *Parents Who Lead*, Friedman and Westring bring together concepts too often separated – work and family, leadership and parenting – to the detriment of all. They integrate research with practical tools to help readers learn many enriching ways to improve their lives by focusing on the whole – their lives, careers, families, and communities.”

—**Prof. Brad Harrington, Executive Director, Boston College Center for Work & Family**

“If struggling to meet work, family, and social demands means you feel too busy to read this book, then you *really* need to read it! It will help you unlock creative steps to live a more grounded, spacious, and fulfilling life. *Parents Who Lead* is a resource to draw on as your family and your career evolve.”

—**Grace Ho, Regional Lead, Women's Recruiting and Development (Asia), McKinsey and Company**

“Working parents often feel doomed to do neither work nor parenting well. Friedman and Westring harness their experience as leadership educators and parents to provide fresh insights for overcoming this common quandary. Read it and learn how to lead your way into a new, more fulfilling and successful way of parenting.”

—**Herminia Ibarra, The Charles Handy Professor of Organizational Behavior, London Business School**

“People increasingly feel that there’s no point in succeeding at work only to fail at home. But what if they apply proven organizational leadership tools to their families? *Parents Who Lead* is a lively self-help book with a creative twist.”

—**Rosabeth Moss Kanter, Harvard Business School Professor and author, *Think Outside the Building: How Advanced Leaders Can Change the World One Smart Innovation at a Time***

“Most leadership guides ignore the fact that many professionals are parents. *Parents Who Lead* provides a refreshing perspective on leadership, with practical tools for building a purpose-driven, rewarding life that embraces career and family. This book will help children, families, and working parents thrive!”

—**Molly Kennedy, Director, Dove Masterbrand US Engagement, Unilever and 2017 Working Mother of the Year**

“Whether you are a new parent, entering into a different phase of your children’s lives, or a grandparent, this book is for you. Stew Friedman has expanded his award-winning Total Leadership principles into a manifesto that is a game-changer for the parenting and leadership literature.”

—**Stephen K. Klasko, President and CEO, Thomas Jefferson University & Jefferson Health**

“What a cool book! It spoke to me in so many ways. I needed this wisdom now, even after 27 years of marriage and 25 years as an executive and mother of three. *Parents Who Lead* is a tremendous resource to refresh and increase the quality of our lives as partners, parents, and professionals.”

—**Laura Kohler, Senior Vice President, Human Resources, Stewardship and Sustainability, Kohler, Co.**

“Parents Who Lead offers useful exercises and concepts to help parents reflect and learn as a team how to create parenting partnerships and a collective vision for a better overall life. Readers will gain a new understanding of how to proactively align and enhance their parenting strategies.”

**—Ellen Ernst Kossek, Basil S. Turner Professor of Management, Purdue University
and Former President, Work and Family Researchers Network**

“Friedman and Westring masterfully translate social science evidence into practical steps for building the leadership capacity to cultivate our relationships with our children and with all those important to their development. The compelling examples will inspire parents of all ages to develop more meaningful lives, lived together.”

**—Susan J. Lambert, President, Work and Family Researchers Network
and Associate Professor, University of Chicago**

“It’s fantastic to see a book that provides actionable, sensible, well-researched advice to both mothers and fathers. By focusing on parenting as a leadership challenge, *Parents Who Lead* empowers readers with a new way to make decisions that are best for their families, and for themselves.”

**—Josh Levs, Author, *All In: How Our Work-First Culture Fails Dads, Families, and
Business – and How We Can Fix It Together***

“Stew Friedman does it again! Drawing on his groundbreaking *Total Leadership*, his evidence-based research reminds working parents, and those who employ them, that sustainable success means bringing your whole self to work. *Parents Who Lead* is brilliantly done – a must-read guide that offers real solutions to working parents who strive to be values-driven leaders in today’s fast-paced world.”

—Dave Lissy, Executive Chairman, Bright Horizons

“I have given Stew Friedman’s books to hundreds of people – they are that good, best-in-category by a country mile! *Parents Who Lead*, with Alyssa Westring, draws on his entire lifetime of work. I only wish he had written it when I was just starting out as a parent.”

—F. William McNabb III, former CEO, Vanguard

“I love this book! It’s engaging, inspirational, and relatable. As mother of a teenage daughter and spouse of a physician husband, I identified with parents in the book and was engrossed in their stories. *Parents Who Lead* is a great, timely resource for working parents and a landmark contribution to organizations seeking to embrace the whole lives of employees.”

—**Jennifer H. Mieres, MD, Senior Vice President, Center for Equity of Care and Chief Diversity & Inclusion Officer, Northwell Health**

“Being a CEO is tough job, but it’s not nearly as demanding as being a mom or dad. Thank goodness, then, that Stew Friedman and Alyssa Westring have brought their knowledge of leadership to the challenge of parenting. *Parents Who Lead* will stir you to rethink your assumptions about yourself, your partner, and your kids — and map a more fulfilling future for your lives together. If you feel overwhelmed by the demands of work, family, and the rest of life, take back control with this insightful and compassionate book.”

—**Daniel H. Pink, author of WHEN and DRIVE**

“In *Parents Who Lead*, Stew Friedman, who has been enlightening the Fatherly community since our inception, and Alyssa Westring have created a playbook for how leadership principles translate to hearth and home. It has already empowered me with tools for better communicating what I want for myself and from the relationships in my life.”

—**Michael Rothman, CEO, Fatherly**

“It’s hard to maintain a true parenting partnership, especially with a shared commitment to carrying the mental and emotional load of leading your family together. Friedman and Westring provide a step-by-step plan for engaging your partner, children, colleagues, and community in building your family's life by design rather than by inertia.”

—**Matt Schneider, Co-Founder, City Dads Group**

“I can think of no better guide than *Parents Who Lead* to help overwhelmed parents find time for what matters most. It’s filled with compelling stories, evidence-based research, advice gleaned from the best of leadership science, and engaging, fun, and practical interactive tools. It’s going to be so helpful to so many people.”

—**Brigid Schulte, award-winning journalist; author, *Overwhelmed*; director, Better Life Lab**

“What a marvelous book! I wish I had had it when I was a young parent, but it’s equally valuable at the empty-nesting stage. The application of the Total Leadership approach to parenting is a wonderful reminder for how we can grow and lead in every area of our lives.”

—**Anne-Marie Slaughter, CEO, New America**

“*Parents Who Lead* is great! It offers a thoughtful approach to parenting with tips for enriching and nurturing the most important relationships we have. This book is a must for every parent who seeks to transform not only their relationship with their children but their relationship with the world.”

—**Julie Smolyansky, CEO, Lifeway Foods**

“*Parents Who Lead* is relentlessly engaging and useful for anyone who has children—or is considering becoming a parent. You, dear reader, won’t think about either parenthood or leadership in quite the same way after your journey through Friedman and Westring’s compelling blend of stories, advice, and practical exercises.”

—**Robert Sutton, Organizational Psychologist and Stanford Professor, author of bestsellers *Scaling Up Excellence*, *The No Asshole Rule*, and *Good Boss, Bad Boss*.**

“As a mom and leader, it can be confounding to have to manage a leadership dance. Finally, a book that treats parents like the leaders we are! *Parents Who Lead* provides real, not squishy, teachings and treats parents – especially moms, but dads too – with the respect we all deserve.”

—**Genevieve Thiers, Founder, Sittercity and Producer, RUN the Series**

“I’m buying this book for my team and clients. *Parents Who Lead* is a winning playbook for how to raise healthy children while pursuing professional lives, and enjoy our lives in the process! It debunks the myth of “work/life balance” and unlocks HOW to reimagine work and family as a mutual win.”

—**Sally Thornton, CEO and Founder, Forshay**

“Your children need you to read this profoundly useful book. Its practical insights will help you confront essential questions, make better everyday choices, and learn how to lead a more enriched way of living – for you and your family. It’s required reading for parents striving to earn an A+ in life.”

—**Tom Tierney, Worldwide Managing Partner, Bain & Company and Chairman and Co-Founder, The Bridgespan Group**

“How do you manage a cross-country move and a new job while striving to be a great husband and dad for your two young children? Read this book to learn how to focus on *what* really matters with *who* really matters so you can lead with values at work and at home.”

—**Jason Toff, Director of Product Management, Facebook**

“Parents, whether they realize it or not, are leaders. Like the best leaders, they can unite people around a shared vision to achieve more than anyone can alone. In this practical and encouraging book, Friedman and Westring guide parents toward creating a better life for their families and everyone around them.”

—**Laura Vanderkam, Author, *Off the Clock* and *Juliet's School of Possibilities***