



**LisaRHein.com**    **727-434-0155**  
*Parenting Author and Motivational Speaker*



## Book Summary

**THE BOOK "I'm Doing The Best I Can!" (They won't always be cute and adorable)** has been said to be "one of the most down to earth parenting/family resource you will find for today's parenting needs."

Lisa Hein, a parent herself, shares her parenting experiences from birth until her child walked out the door for college. She says "Being a mom is a full time job that never ends."

When her child was born, her world did a 180 degree turn. When he was in elementary school, she was the center of his world. In middle school, she was the most 'awesome' mom ever, and by the time he went to high school, she was the most 'ridiculous' person he had ever met!

Her heartfelt story allows parents to see that even though we brought these children into the world, doesn't mean they have to be the 'center' of our world.

It appears that, at times, we provide too much for them, things that maybe have no value to establishing their personality or path.

If we understand then these children come to earth with their own agenda than maybe we can learn to relax and allow them to teach us what they have to offer.

Parenting can be one of the most incredibly difficult journeys we make, or, it can be the most amazing discovery zone we've ever entered. We have the ability to teach our children to be loving, respectful, and caring human beings by taking time out of our busy schedule and spending 'quality' time with them.

Children don't warrant - 24/7 in your face parenting, they do need really healthy and positive affirmations that teach them to be good decision makers while realizing the consequences for their actions.

It's so important to not cross lines that may put you in harm's way, eventually. Stay focused on everything you are doing to help mold your children into self-sufficient individuals without feeling that you have to provide everything for them.

Lisa feels that parents today try too hard to be their child's friend, to make sure they have every technological gadget, which they have 'everything' we never had....and the list goes on.

Let's stop this insanity, and bring back the theory that we were raised on...'if you want it, earn it.' Maybe then, we will not end up with self-absorbed children who think the world revolves around every one of their needs.

Hopefully, with lots of boundaries and consistency we will raise healthy, good decision-making children that will not fall prey to what the world has to offer them!



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## Biography Summary

Lisa Hein was born in Florida and has two sisters, Gia and Susan and one brother, Robert.

Their family consists of nieces, nephews, great-nieces and nephews, and grand-dogs. They are all very close even though they live all throughout the country.

She says that her father and mother did an amazing job raising them because there was a clear understanding of how the family dynamic worked. It was understood that 'Yes' meant yes and 'No' meant no.

That simple!

The other thing that stands out in her mind is that she never remembers ordering her parents around to meet her needs.

She says that at times, we barely had enough money to buy food, and at a very young age, learned that if you wanted something you earned it.

She lost her father many years ago, and unfortunately in March 2010, lost her incredibly wonderful mother to cancer.

The family is left with nothing but the fondest memories of them both. Lisa married Don when her son was 3½ years old and a beautiful family was born!

She was raised in a very modest home with her mother, Josephine, and her father George. Lisa shares, "As I think back, we barely got by."

When we were being raised, we thought we were millionaires, even though we barely had enough. We made do with everything we had."

Her father worked, sometimes, up to three jobs. He did the best he could. Neither of her parents finished their education, because, back in the day, you left school to work to help the family out. So, needless to say, education was not promoted in our home.

This is why, she believes, that she and her husband gave 300% of themselves by devoted every breathing moment to keep their child on track, so that he would have the education, be successful and prosper in his life.

She feels that, "As parents, we try to 'make up' for lost things in our lives. It would have been nice to have been given half the chances that we are giving or have given to our children."

"Life is good in spite of it all. We grow, we learn and most of all, we just keep loving each other, because that's really all we have! "The Family!"



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## Reviews & Testimonials



**Richard Paul Evans, #1 New York Times Best Selling Author, Emmy Award Winning Television Movie - *The Christmas Box***

"This book is an honest portrayal of a mother's experiences raising her child in both the good and difficult times of teenagerdom."



**Mark Wilson, Anchor, Tampa Bay Fox News 13**

"I met a neat woman last week and profiled her on Newsedge Friday night to talk about a bold endeavor she's embarked upon. She's written a parenting book - but it's not just any book. What I thought made it compelling was that not only did she have ZERO writing, publishing experience, she only had one child. So why in the world would this Seminole woman want to write a parenting book? Well, the answer I learned was simple. She didn't set out to do it... it just happened."



**Angelina Musik, Author/Speaker/TV/Radio Host & Founder of the MOMtrepreneurs Network™**

"I appreciate Lisa's forthrightness from from parenting personal experience. In a day where parents are so busy keeping up with their responsibilities Lisa's book reminds us that the greatest gift we can give our children is our time and sincere attention. She also addresses value of setting boundaries by being a parent first, a friend thereafter. I believe her gift is helping parents learn from her pain, preventing a few mistakes along the way."



"Lisa, you are a delight and your "simple" wisdom, in my opinion, is invaluable to parents everywhere and in every stage of parenthood. I think the segments we have done with you on 'Daytime' are timely, informative, and relevant. Thanks again, and I hope we see you again very soon." Dave Nemeth, Host of 'Daytime', Channel 8 - NBC Affiliate.



"A terrific resource for parents that uplifts and empowers the family." **Jane Porter, Award Winning Author of *Odd Mom Out* and the novel and LifeTime Movie - *Flirting with Forty*.**



## Reviews & Testimonials

Midwest Book Review - Gary Roen  
[www.midwestbookreview.com](http://www.midwestbookreview.com)

For so long books about parenting have been written by professionals in the psychological field of medicine who usually do not have children of their own. Those books have put out so much bogus information it's no wonder we have the society we have today. Thankfully, author Hein gives solid time-proven ways for parents to raise offspring.

Some of the things she talks about are that fathers and mothers have to establish rules and perimeters for youngsters to follow, say what they mean especially in the case of punishment, let them know when they have done something bad and deal with it with sensible penalties. She also shows that parents must be more involved in the education of their kids. Other things she talks about are that parents should have meetings with teachers, be more supportive of the school, and get involved in the kid's studies at home.

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Vicki H. - "I love the way you talk about consistency and the importance of keeping a strong family unit."

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Michelle D. - "From conception to the teenage years and everything in between. The author honestly admits her parenting mistakes and offers common sense advice to all parents who may be struggling or questioning themselves.  
You'll laugh, you'll cry.... you'll relate."

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Mona K. - "I wished it had been around when I was raising my teenager. I thought it was the 'mac daddy' of instructions of what to and not to do with my daughter. There was nothing like it when I was raising her. It was very easy to read and comprehend. It was an awesome book. Everyone that has kids should have a copy."

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Linda B - "I've always subconsciously believed that discipline was synonymous with punishment. THE BOOK was liberating in helping me understand that it's not about punishment, anger and shaming but about giving firm and loving correction and guidance."

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Diane K. - "Reading THE BOOK "I'm Doing the Best I Can" shows just how much a mother has had to go through, trying to raise a child to the best of her ability. Whether you can relate with her stories or not, you can appreciate how much love and devotion she has for her son. It will make you laugh and cry at the same time.

At times, your heart goes out to her, and at other times, you respect her standing her ground. In a world that has so many different ideas for raising children, her insight hits the marks every time. It is well worth seeing what this incredible mother has to say!



## Appearance Calendar

### 2011

- **March 8**  
Curtis Fundamental School - Speaker
- **April 21**  
Orlando to meet child prodigy Hollie Steel
- **April 25**  
Interview with Todd Burpo, Author, #1 NY Times bestselling book, 'Heaven Is For Real.'
- **May 11**  
Interview with Marci Shimoff, #1 NY Times bestselling author and Teacher of 'The Secret.'
- **June**  
'Angel Digest' published my story called 'Angelic Ancestors,' the experience we had during the last weeks of my mother's battle with cancer. The book is published by Angelnook Publishing and is available everywhere.
- **August 10**  
"Daytime" - Channel 8 WFLA - NBC affiliate, Nationally Televised Talk Show
- **August 16**  
FOX TV News - Orlando and Tampa, Expert Advice pertaining to the 'Twin who made the \$50,000.00 shot!'
- **August 25**  
Lisa interviewed by Janyelle Huff's show 'Healing Minds--Creating Choices' on: <http://tobtr.com/s/2154325>
- **August 27**  
Lisa interviewed by Teri Sica's show 'Discovering Authenticity' on [www.95watd.com](http://www.95watd.com). To listen to the archived show visit [www.TeriSica.com](http://www.TeriSica.com).
- **August 30**  
Lisa interviewed by Janyelle Huff's show 'Empowering You' on: <http://spotlightmadisoncounty.com/self-help/inpowering-you/viewvideo/54/inpowering-you/11-positive-parenting.html>
- **September 9**  
"Daytime" - Channel 8 WFLA - NBC affiliate, Nationally Televised Talk Show

### 2010

- **November 18**  
Great American Teach In at Seminole High School & St. Petersburg High School
- **October 30**  
Interviewed on WWBA Newstalk 820 AM with Rita Ciccarello & Brenda Martin
- **October 6**  
Speaker at First Baptist Church of Indian Rocks Parenting Conference - Largo
- **October 2-3**  
Speaker at FLAIEYC 55th Annual Conference - Orlando
- **September 12**  
CBS Channel 4 Interview - Denver, CO
- **August 30**  
Radio Interview with Joseph Dobszynski on RadioEarNetwork.com
- **August 5**  
Co-Host of "View From The Pew", Taped 3 episodes - Atlanta, GA
- **July 23**  
Co-Host of "View From The Pew", Taped 4 episodes - Atlanta, GA



## MEDIA/PRINT COVERAGE

- "Everyday Parenting" - Lisa's Radio Talk Show, heard every Tuesday from 10:00am - 11:00a.m. [www.RadioEarNetwork.com](http://www.RadioEarNetwork.com)
- Innovation Bistro - [www.RadioEarNetwork.com](http://www.RadioEarNetwork.com), Radio Interview with Joseph Dobzynski
- "Homemakers" - Channel 2 WCLF, host Arthelene Rippey Nationally Christian Talk TV Show
- "Daytime" - Channel 8 WFLA - NBC affiliate, Interviewed by Dave Nemeth Nationally Televised Talk Show
- WPIO/WKFA - 89.3 FM, Radio Interview with Reverend Brenda Kelly on "Women in Christ"
- Sirius XM Radio, Interview on Cover to Cover - Book Radio Channel, Maggie Linton & Kim Alexander
- [WWW.RadioEarnetwork.com](http://WWW.RadioEarnetwork.com) Radio Interview with Joey D on Innovation Boogie
- WJBW 1000 AM Radio - Interview with Maria Bailey, Ft. Lauderdale
- Channel 8 -WFLA - NBC Affiliate - 'Daytime' with Cyndi Edwards & Dave Nemeth, Nat'l TV Broadcast - Talk Show Guest
- Channel 10 - 10 Connects, Television interview with Heather Van Nest
- WPIO/WKFA - 89.3 FM, Radio interview with Reverend Brenda Kelly
- [WWW.RadioEarNetwork.com](http://WWW.RadioEarNetwork.com) , Radio interview with Joe Dobzynski, Author's Connection
- WTGL Channel 45 The Good Life – Orlando, Television interview with Barbara Beck
- The Family Guide - Pinellas, Hillsborough, & Pasco Counties, Magazine interview with Lisa & Michael Batdorf
- 1490 AM WTTP American Perspective Radio Program - Vero Beach, Interview with Judyth Piazza
- Comcast Cable Channel 21 "Talk of the Town – Sarasota, Television interview with Sue Lilly
- 570 & 910 AM Florida Radio Station WTNB, Radio interview with Bill Bunkley
- Fox Network Good Day Colorado, Television interview with Shaul Turner
- The Denver Post Newspaper, Story written for The Hub
- Fox Network Tampa Bay, Television interview with Mark Wilson
- Seminole Beacon News, Article written by Marie Stepenski
- St. Pete Times Newspaper, Article written by Michael Maharrey
- 94.1 AM Florida Radio, Radio interview with John Sipos

## Feature Articles

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| • <a href="http://MotheringHeights.com">MotheringHeights.com</a>                                       | • <a href="http://IdeaMarketers.com">IdeaMarketers.com</a> |
| • <a href="http://Encounter Living &amp; Leisure Magazine">Encounter Living &amp; Leisure Magazine</a> | • <a href="http://Onenewsnow.com">Onenewsnow.com</a>       |
| • <a href="http://5 MinutesForParenting.com">5 MinutesForParenting.com</a>                             | • <a href="http://Pinkmagazine.com">Pinkmagazine.com</a>   |
| • <a href="http://WeMagazineForWomen.com">WeMagazineForWomen.com</a>                                   | • <a href="http://The Family Guide">The Family Guide</a>   |



## Interview Questions for Lisa R Hein

1. What inspired you to decide to write a parenting book?
2. What was your intent to bring your 'parenting journey' to audiences?
3. Why do you feel that you want to share your trials with others?
4. How did THE BOOK "I'm Doing The Best I Can!" (They won't always be cute and adorable) come alive for you?
5. Did you have experience in writing?
6. How does your son feel about you sharing his life lessons with complete strangers?
7. What has been your most inspirational experience to date? What was the life lesson?
8. Who has been your greatest mentor? Why did they want to be involved in your journey?
9. Since the release of your book, tell us about your accomplishments?
10. You have a radio talk show. Tell us how you came across that journey and why did you go forth in it?
11. You appear to be pretty grounded in your presentation. What gives you that ability to stay focused?
12. What do you feel are the most common challenges that parents are experiencing today?
13. Do you believe that fathers need to be better understood, and have a more effective role in child rearing?
14. Why should parents read your book when their children are young?
15. Is it still appropriate to read if their children are in middle or high school?
16. Do you believe there can be a healthy blending of families? Why?
17. You have been very busy speaking to women about the importance of 'decompressing.' What does 'decompressing' mean and why is it important?
18. Why do you think that children are slashing out the way they are?
19. How can we change bad behavior if it's already rearing its ugly head?
20. What do you feel is the appropriate age to discuss sex, drugs, and drinking?
21. Are children, today, being pushed too hard to grow up fast?
22. Why do you feel that media and technology plays a role in it?
23. Do you feel that we have created a generation of addicts? Tell us what you mean that it's not just drugs and alcohol, it's also technology.
24. What can we do about this bullying epidemic? What are the roles of parents, school and police?
25. Do you feel we can bring peace, tranquility, love, respect and adoration back to the family unit?