

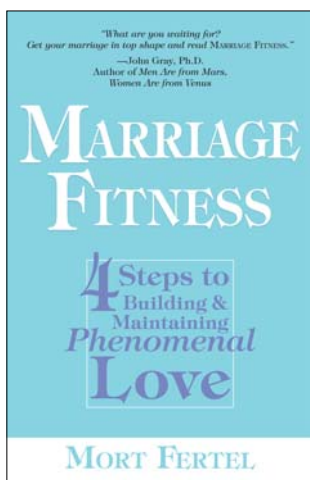
# FOR IMMEDIATE RELEASE

## PRESIDENT CALLS ON AMERICANS TO SUPPORT TROOPS

**2 Experts Answer Call with FREE HELP**

(Baltimore, MD) December 13, 2004 – Thanking U.S. Troops at Camp Pendleton in San Diego Tuesday, President Bush called on Americans to actively support our troops—and two well-known authors and experts on marriage and parenting are answering that call.

When it comes to active military service, absence does NOT make the heart grow fonder. In fact, separated war families face more stress during the holidays. Erin Brown Conroy, author of *20 Secrets to Success with Your Child*, and Mort Fertel, author of *Marriage Fitness*, are doing something about that. Their bestselling books are FREE for the asking for all active military families separated during the holidays. “This is the time for giving,” says Fertel, “And military families need what Erin and I have to offer now more than any other time of the year. They come through for us everyday. How could we not answer the President’s call and come through for them now?”



“We’re calling it a care package for the heart,” says Fertel, whose breakthrough book, *Marriage Fitness*, has been profiled on NBC, CBS, PBS, Fox News Network and in Family Circle, Glamour Magazine, and Fitness Magazine.

The other half of the author team is parenting expert and mother of 12, Erin Brown Conroy, M.A. “The holidays are a stressful and lonely time for military families separated because of duty,” says the author of *20 Secrets to Success with Your Child*, “It’s particularly tough on kids. I know Mort and I can help their situation, and we feel compelled to do so because of

everything they do for us.” Conroy shares 30 years of practical experience working with children and families and is a parenting columnist, frequent guest on radio, in magazines, and through online publications. Her practical tips for effective parenting have been quoted in hundreds of newspapers including the Chicago Tribune, Dallas Morning News, and the Miami Herald.

The President Tuesday referred to the United States Department of Defense program called “America Supports You,” designed to showcase support for the military from individuals, businesses, and groups ([www.AmericaSupportsYou.mil](http://www.AmericaSupportsYou.mil)). Fertel and Brown Conroy hope their gift inspires others to give too.

For Fertel and Brown Conroy, marriage and parenting isn’t just a clinical practice; it’s also a very personal topic. Fertel and his wife’s marriage spiraled downward after three of their infant children died in less than two years. They saved their marriage and then developed a 20-exercise “Marriage Fitness” plan to help other couples. Brown Conroy, once a single mother of five, is now remarried and the mother of 12 children—three as a birth-parent, two as a step-parent, and seven through adoption.

Active military families separated during the holidays can get both *Marriage Fitness* and *20 Secrets to Success with Your Child* as FREE downloads from December 13, 2004, until January 1, 2005, by visiting [www.GiftForMilitaryFamilies.com](http://www.GiftForMilitaryFamilies.com).

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### FACTS ABOUT MILITARY FAMILIES

- 55% are married
- 56% of those married are between the ages of 22 and 29
- There are 1 million military children under the age of 11
- There are 400,000 military children under the age of 5; 40% are 5 or younger
- 63% of military spouses work

Source: Department of Defense and National Military Family Association, 2001

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