

DAVID THOMAS – BIOGRAPHY

Author of *Raising Emotionally Strong Boys*



David Thomas, LMSW, is the director of family counseling at Daystar Counseling in Nashville, Tennessee (daystarcounseling.com), and the coauthor of ten books, including the bestselling *Wild Things: The Art of Nurturing Boys* and *Are My Kids on Track?* He speaks regularly around the country and is a frequent guest on national television and podcasts. He and fellow counselor Sissy Goff are co-hosts of a wildly successful podcast “Raising Boys and Girls,” with more than two million downloads to date. He has also been featured in publications like *The Washington Post* and *USA Today*.

His newest book (and first authored alone), *Raising Emotionally Strong Boys: Tools Your Son Can Build on for Life* (June 2022, Bethany House), addresses the issues of how to raise your sons to handle difficult emotions and process complex ideas of masculinity.

The book’s release is accompanied by a companion workbook, *Strong and Smart: A Boy’s Guide to Building Healthy Emotions*, designed for elementary-aged boys to write in and use. Drawing from 25 years of counseling experience, David Thomas explains what’s behind anger issues, anxiety, and depression, and shares how to foster emotional intelligence within your sons by teaching them healthy, constructive ways to express their emotions.

Helping boys find their way to the full experience of being human and being fully masculine is what David is aiming for in all his work. “Camping out in the stories and places of struggle not only gives them permission to have those but also teaches them skills for how to navigate them. They feel prepared to hit bumps in the road when they encounter them because they know they are coming and the adults they trust faced them as well. They not only faced them, but they shared their experience of how they moved through them.”

Thomas and his wife, Connie, have a daughter, twin sons, and a yellow lab named Owen. You can follow David on Facebook and Instagram @raisingboysandgirls and find the latest parenting resources at raisingboysandgirls.com.

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