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New Book Response - ABILITY A transformative and empowering framework for parents, educators, and mentors raising children with the ability to respond.

Author Rachel Estes Leyk introduces a life-changing toolbox for raising resilient children in an unpredictable world

Minnesota — [September 19, 2025] — In a world where children are constantly navigating emotional storms, bullying, pressure, and uncertainty, **Response - ABILITY** arrives as a beacon of hope for parents, caregivers, educators, and mentors determined to raise children who can stand tall in the face of adversity.

This powerful, heartfelt guide was born from the most harrowing moment in author **Rachel Estes Leyk's** life: the day her son, Cooper, was violently beaten at school.

But what followed wasn't the expected chaos of reactivity. It was something remarkable.

"That moment," Rachel shares, "should have broken him. But instead, it revealed him. Cooper showed up with grace, strength, and composure, he activated every tool he had been given."

It was this moment, terrifying, raw, and unforgettable, that affirmed the necessity of what Rachel had spent years quietly building: a framework for helping children *respond* rather than *react*. Through that experience, the **Response - ABILITY Toolbox** was born, a practical set of strategies to help children take ownership of their actions, manage their emotions, and intentionally respond.

This book is more than theory. It's a lifeline.

Blending Rachel's personal journey as a mother of a child on the autism spectrum with her professional expertise as a business strategist and coach, *Response - ABILITY* delivers both heart and strategy. With each chapter, readers are guided through tools that empower kids to rise above emotional impulsivity and show up with intention, even in life's hardest moments.

This is not just your typical parenting book. Response - ABILITY is a shift in how we equip children to face challenges with confidence, accountability, and purpose. Now, it's redefining how parents, caregivers, and educators love, care, support, and uplift.

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About the Book

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About the Author



Rachel Estes Leyk is an empathetic solution creator, coach, advocate, and author dedicated to equipping children with the tools they need to develop confidence, accountability, and resilience. Raised in Minnesota, she carries a strong Midwest work ethic that evolved into an unstoppable drive, one that blends strategic problem-solving with a deeply empathetic approach.

With an MBA from the University of St. Thomas and a career solving complex business and technology challenges for some of the world's largest corporations, Rachel brings a unique perspective to personal development. Her 16 years of experience raising a child on the autism spectrum inspired her to develop the Response - ABILITY Toolbox, a practical framework designed to help children build the skills they need to navigate life with strength and intention.

Through her writing, speaking engagements, and coaching, Rachel is committed to helping parents, caregivers, mentors, and educators, guide children toward success.