



You Make Me Brave Too

Tagline: *You Make Me Brave Too* helps parent-child relationships thrive by intention.

Quote: “Because it is lifelong, the parent-child relationship must feed on that perspective to truly thrive. Because of what is shared between a parent and a child, they are not merely biologically linked, but experientially fused. . . We can use that.”

With *You Make Me Brave Too: Empowering Parent-Child Sharing Over a Lifetime*, Dr. Darryl Arrington encourages parents and children to embrace a view of their shared lives that extends from childhood to the elderly years of the parent. He outlines how empowered sharing changes over a lifetime, and he explains how parents and children—who already share so much of their lives—can take advantage of their common knowledge to discover and hold on to the deeper meaning of every shared experience.

ISBN 979-8-9857032-5-2 (paperback)	265 pages, 77k words (paperback)	17 Chapters, including References and Index	Flesch Reading Ease: 66.9. Flesch Kincaid Grade Level: 7.2
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Give your parent or child what they need the most—Share *you* better.



Knowledge-based

You Make Me Brave Too supports parent-child relationships with empirical knowledge, relatable illustrations, and inspiration from eternal wisdom.

Longitudinal

Through a study of how intentional parent-child sharing changes over a lifetime, author Darryl Arrington, PhD has created exciting new tools for parent-child sharing, tools that result in more impactful sharing, tools that parent-child relationships designed for use throughout their entire course of life.

Relatable

You Make Me Brave Too explores common parent-child experiences, illustrating the most sharing approaches that promote cohesion and shared meaning. Written with vulnerability and transparency, *You Make Me Brave Too* shows both parent and child—youth or adult—how to care and collaborate to produce life’s greatest rewards.

Practical

Addressing the effects of challenges like mental illness, bullying, trauma, suicide, and cognitive decline, Dr. Arrington creates a compelling case for parents and children to continually invest in their relationship with a driven full intention to learn to share their lives in ways that create understanding, joy, and comfort—in ways that stir bravery.

Inspired by practice and learning

Darryl Arrington is a state-licensed clinical counselor who also holds a Ph.D. in Marriage and Family Therapy. He practices in the DC-MD-VA area, specializing in relationship growth, recovery from mental illness, and psychological and spiritual wellness. Darryl promotes shared knowledge, productive collaboration, and the use of God-given abilities to share comfort. He is a devoted Christian, husband, and father. *You Make Me Brave Too: Empowering Parent-Child Sharing Over a Lifetime* is Darryl’s second non-fiction book. *You Make Me Brave: Empowering the Shared Experience of Your Closest Relationships* was released in 2022. He has also authored a novel of literary fiction titled, *A Woman to Love*.

***You Make Me Brave Too* helps all parent-child relationships flourish during their lifelong course.**

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