

TOM KERSTING IS A SOUGHT AFTER SPEAKER, NATIONALLY RENOWNED PSYCHOTHERAPIST, AUTHOR, AND TELEVISION PERSONALITY. HE IS THE CO-HOST OF TWO FORMER A&E NETWORK TELEVISION SERIES, SURVIVING MARRIAGE AND MONSTER-IN-LAWS AND IS A REGULAR CONTRIBUTOR FOR FOX NEWS. HE APPEARS REGULARLY ON THE MOST POPULAR TALK SHOWS AND NEWS SHOWS OFFERING INSIGHT AND ADVICE ABOUT PARENTING, RELATIONSHIPS AND WELLNESS. TOM HAS ALSO HOSTED SHOWS FOR NATIONAL GEOGRAPHIC CHANNEL, FOOD NETWORK AND OPRAH'S WELLNESS NETWORK.

PARENTING IN THE DIGITAL AGE...

- GAIN CONTROL OF YOUR CHILD'S MEDIA DIET**
- LEARN WHY ADHD AND ANXIETY DISORDERS HAVE SKYROCKETED**
- UNDERSTAND HOW SOCIAL MEDIA IMPACTS KIDS' SELF-ESTEEM**
- WHY EQ IS CRUCIAL AND HOW TECHNOLOGY IMPACTS IT**
- RECONNECT WITH YOU CHILD BY DISCONNECTING THE DEVICES**
- MINDFULNESS AND MEDITATION TO HELP RECLAIM YOUR CHILD'S BRAIN**
- GAMER ADDICTION AND WHAT TO DO ABOUT IT**
- RAISING LEADERS NOT FOLLOWERS**



TOM KERSTING

**FOR SPEAKING INQUIRIES CONTACT:
201-389-3586 OR EMAIL
TOM@TOMKERSTING.COM**