

Parenting With Purpose

A guide for parents raising kids on the autism spectrum who want to lower stress, increase happiness and give their kids the very best chance to **ACHIEVE THEIR FULL POTENTIAL.**



Here's how to help your kids achieve their
FULL POTENTIAL...

WITHOUT spending every single penny you have
(and more) on doctors, therapists, and experts.

Inside this short report you learn the Three Secrets we discovered that were holding us back from having our happiest, most joyful family.

This is NOT what I signed up for...

There I was, standing next to my car, ready to leave my family and NEVER come back.

I was angry, I was frustrated, I was hurt. "This isn't what I signed up for" I screamed internally.

There was nothing I could do. My family was failing, nothing I had tried was working.

I had no choice.

IF...

I was to have ANY chance at happiness, it would not be here, it would not be with this incredibly dysfunctional "slaves to autism" family. It didn't seem possible under these circumstances.

"THIS IS NOT WHAT I SIGNED UP FOR!"

Then... a memory of a lesson my Dad had taught me popped into my mind and started a change for me... and my family... forever.

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It all started on a Saturday morning like any other... EXCEPT... my son on the autism spectrum had awakened our family... at 6:30 am... with a BLOOD CURDLING SCREAM. You know what I'm talking about, right?

Somehow, he had been tipped into a meltdown and HIS FURY became the entire neighborhood's alarm clock.

Typically, one of his meltdowns might last between 15 and 90 minutes. This one lasted more than FOUR HOURS.

Every time we'd think we were starting to calm him down, something would send him back into the stratosphere.

There were holes kicked in walls, shattered glass, my 2 oldest typical sons had locked themselves in to their own room to avoid his wrath, and my wife (Shelly) and I felt like we were in a war zone. We were seriously afraid...

Of a SIX-YEAR-OLD.

He was out of control. And he hadn't even "sniffed" puberty, yet. Could it GET any worse?

When he FINALLY calmed back down after more than four hours, Shelly and I aimed our frustration at the person we were supposed to love the most as we hurtled angry insults at each other. "If YOU had only" and "If YOU wouldn't have" and "YOU always make it worse."

This was a fight like no other before. But it was a long-time coming.

For years we had struggled with the stress of raising our son on the spectrum. We'd tried everything. We'd done everything the experts had suggested.

But still... THIS?

I stormed out of the house to get away from the arguing and to cool off.

"THIS ISN'T WHAT I SIGNED UP FOR!"

I headed for the car. I was leaving this life for good.

That's when my Dad's words popped into my head. The words he'd said to me after a little-league baseball game.

It was a baseball game I was playing in when I was 12 or 13 years old. I was playing short-stop and we only needed one more "out" and the game would be over. A sure victory for our team.

Then it happened.

A routine grounder was hit directly to me. I'd made that play easily a hundred times before. But this time was different.

I fumbled the ball (an error) and the next few hitters got on base and they kept scoring... and scoring... and scoring.

We lost... they won... and it was all my fault. If I had just made the simple play, the game would have been over.

It was my fault.

I walked over to Dad with my head hung low and said. "I wish the ball hadn't been hit to me. Then maybe we would have won."

My Dad looked at me and with compassion in his eyes, said THESE WORDS.

"Son, I love you... but that's not the way WE do things in life.

You don't want to leave YOUR success or failure in someone else's hands. You want to be THE REASON for success.

WE NEVER GIVE UP OR RUN AWAY. You won't always win, but if you're ever in a situation where you're going to lose... DON'T GO DOWN WITHOUT THE BIGGEST FIGHT YOU CAN GIVE."

There it was.

His words rang in my ears.

“WE NEVER GIVE UP. DON’T GO DOWN WITHOUT THE BIGGEST FIGHT YOU CAN GIVE.”

But what could I do? I’d tried everything. My family was failing, my marriage was failing. I was failing.

There were no books, there were no guides, there was no one who understood or could even imagine what I and my family were feeling and going through.

So, I did another thing my Dad had taught me.

I pocketed my car keys, I dropped to my knees under a big giant pecan tree in the front yard and I poured out my heart in prayer.



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I don’t remember the details of what I said, what I asked for, or even how long I was there. I DO remember two things.

First, I remember I felt as if a higher power had reached out to me and said...

The problem is not your family... it’s not autism... IT IS YOU.

Surprisingly, this gave me hope.

And I vividly remember the look on Shelly’s face when I came back in the house.

She had changed – I THINK she must have seen me on my knees.

Then, when I said to her, “This isn’t what I signed up for but I’M GONNA FIGHT LIKE CRAZY FOR US” she half-heartedly nodded her head, and said, “We’ll see how it goes.”

I knew – at that EXACT MOMENT – that if it were going to get better, it was up to me. I’d have to take responsibility for changing the trajectory of our lives – or it just wasn’t going to happen.

If my kids were going to achieve their FULL POTENTIAL... I would need to do better as a father and husband.

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Do you want to know what I did?

That's what we'll cover in this report.

The 3 secrets we learned that were vital to creating a happy, thriving family (that feels free to ACHIEVE) WITHOUT "fixing" our kids on the spectrum and WITHOUT spending all our money on autism doctors, specialists, and therapists."

Hi, my name is Kyle Jetsel and I want to thank you for taking a few minutes out of your busy schedule to review this guide.

By reviewing this guide, you've put a *just a small* amount of trust in me. I KNOW that you're busy... I fully understand and respect that, so I need you to know that I will NOT waste your time.

You've got a lot of options and a lot of choices and I am honored that you'd choose to spend some of your valuable time with me. Here's how what I'm about to share with you is different than anything you've ever researched before.

Everything I'm going to share with you is "evergreen." This ISN'T the strategy of the month club. This is tried and true information that focuses on issues that DO NOT change. No matter the diagnosis, the family situation, the ages or sexes of your kids on the spectrum... or where you are at in the process.

And... I don't just teach this stuff. I LIVE IT! Every day... just like you.

Way too many autism experts out there are what some call, "Shovel Sellers." What is that? During the gold rush, "shovel sellers" were the ones selling all the shovels and making all the money off those that were stuck doing all the work.

Today's "shovel sellers" are those that are making tons of money TEACHING YOU, autism strategies without "actually using" any of the strategies themselves.

The difference between what I do and everyone else is that I DO this. For REAL. EVERY DAY. That's right, I use every one of these secrets I'm about to share with you in MY family – and they've TRANSFORMED our lives.

And... after learning the secrets I'm about to share with you many, many families – probably just like yours – have seen the same transformations. From big families with multiple kids on the spectrum with varying diagnosis, to single parent families with one child. From a non-verbal, severe diagnosis to a high-functioning diagnosis.

This stuff just WORKS!

So, before we get too deep in to the three secrets... let me share with you a few things up-front.

Now, I'm guessing here, but maybe YOU have done a lot of research on autism and probably ALREADY worked your butt off trying to figure out some things, so I want you to know a few things before we start.



First, I want you to know if you find yourself occasionally struggling... it's not your fault. There's a lot of information and mis information out there... and it can be confusing.

Many times, all that information just confuses us, so it's okay. You're not alone.

Second, if you feel sometimes like you “don’t know what to do” or “want to quit” I want to help you recover and show you what you can do today to start to resolve the problems you may be facing... and... YOU CAN DO THIS. You just need the right person to explain it to you.

All those experts you've been to – that haven't REALLY helped you figure out what to do consistently to lower stress or make you feel like you’re better off as a family – I'm here to tell you...

they're WRONG about what they're having you do.

And I'll prove it to you in this guide today.

The doctors and experts and specialists “the shovel sellers” want you to think you must spend CRAZY amounts of money “with them” to get results. Well, that's just not true.

There's a reason they want you to think that.

BILLIONS are being spent each year - over 265 BILLION in 2017 alone - and STILL too many families are still unsure if they’re properly supporting their kids and giving them what they need to thrive.

THEY don't have the answers - if they DID have the answers, 265 BILLION would have done it, right? - but STILL... the same issues exist.

BUT WE have the answer - And we'll prove it to you today.

If you've ever wondered, “Why am I still wondering if I’m doing all I can... after all the work I've done to help my family?” I'm going to tell you why they're not doing the right stuff to REALLY help families like mine and yours.

The difference with us is that we really do care if you succeed and WANT to see your family succeed... and we're going to help you down that path.

So, that's what this is about. I know you have a dream to have a happy, joyful family life - even AS you raise your kids on the spectrum... and I want to show you how to do that.

So, if you want to lower stress in your home... or increase the happiness... and give your kids the best chance to fulfill their incredible potential... then you're in the right place.

That's my goal for this training. To teach you the three secrets we learned were VITAL... if you want to accomplish all those things.

So, this guide is for three kinds of families.

If you're **NEW** to this autism world, I want to set you up for success - and by that. I mean - teach you what you need to know to initiate happiness in your family in the future – even if you're already struggling... **ESPECIALLY...** if you're already struggling.

And if you've **been working at this thing for a few years** and you still feeling like you can do more - I'll show you how to plug in to some strategies that will help you moving forward.

And finally, for those of you that are **handling things okay**, I want to show YOU how you can help your child reach his or her FULL potential. No matter WHAT that is.

Oh, and if you're one of those that's been doing this awhile - you'll **FINALLY** see what all the stuff you've been trying may not have improved your situation and why - and what you can do to start getting better results today.

Remember, we're here to teach you how to lower stress in your home... to restore some happiness... and to give your kids the best chance to fulfill their incredible potential.

If THAT'S what you want, too... stay with us.

So, let me start by telling you a little bit about my family.



I am a happily married father of 6 kids. My two middle sons, Erik and Ricky are on the autism spectrum.

Over the years, we have become the family other autism families turn to when they're looking to improve the quality of their family life.

We speak at conferences, we run a Facebook page with thousands and thousands of followers (last time I checked it was over 15 thousand) and have Facebook videos go viral to the tune of over a million views.

We even got called by a production company that created what they called a **SIZZLE** to shop to TV for a **reality show**. I'll share a link to the "reality show sizzle" at the end of this report if you'd like to watch it.

You see... we **HAVE** what most autism families **WANT**.

We have a happy, fun life with kids that feel free to achieve their fullest because we've figured out what I'm going to share with you now.

But as you can tell from "where we started"...

it wasn't always that way.

There was a time - when as a family - we were in REAL trouble.

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When my wife and I first got married, we committed to each other... and we worked hard to build the kind of family we all want. We'd read a LOT of parenting books. We'd taken parenting courses and were pretty good at applying what we'd learned. And after having 2 typical kids, we seemed to be rolling along okay. We seemed to be well adjusted and we were thriving as a family.

But then... all HELL broke loose when my third son, Erik, hit the age of about three. All the parenting methods we had used to grow our family in happiness were failing miserably. The kid was "out of freaking control."

First, we thought we had lost all ability to parent. Then, when we finally got the autism diagnosis, we were *relieved* because now we felt like, "now that we know... and know that others had faced the same issues... we could finally get the help we need" to get our happy family back.

But it didn't really work like that.

Sure, we did EVERYTHING they suggested. We spent thousands and thousands on therapies, ABA experts, doctors and specialists but we were still slaves to autism.

We couldn't go anywhere, we were losing friends, even our family seemed to start to abandon us. Nobody wanted to be around the kind of chaos and stress we were living through.

IF we got any sleep at all, we'd wake up in the morning wondering, "What's going to happen today?" I'd drive home from work each day with a pit in my stomach KNOWING there was going to be some type of fight or craziness or who-knows what – each, and every day.

We were on an autism roller coaster.

You know what I'm talking about, right?

Check this out...

I'll never forget the day I finally coaxed him to tell his Mom, "I love you." We were on cloud 9. Two days later, he physically assaulted our



family and we could barely remember the moment.

Or the time, when we finally potty trained him – he was nine-years old!

Seriously, we cried we were so happy.

Less than a week later he smashed his head through a window in a fit of rage and I remember in the emergency room as I held him still for stitches - I could barely remember the good times.

It seemed the “lows” were so low, we were digging a pit of despair that we could not escape from.

If you’re reading this now, maybe you’ve experienced something like this – at least on occasion - in your life.

Then that Saturday morning meltdown happened, and it became a tipping point in our lives.

As I kneeled under that Pecan tree that day, I felt like God reached out and tapped me on the shoulder. I would swear there was a higher power involved as I started to design a new life for our family.

One of the first things I remembered was a quote I had heard somewhere that went like this:

“If you really want something... you'll find a way. If not, you'll find an excuse.”

We REALLY wanted to find a way... but we were experts at excuses.

But that horrible Saturday morning was the day I decided to put ALL the excuses behind us. And I decided I would NOT stop trying, until I changed the trajectory of our family.

No more excuses – I was going to find a way... and I did.

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Now you might think... we'll that's a great story Kyle - but what does that have to do with me?

Great question. Here’s a few questions I ask you, to answer your question.

Have you ever experienced the kind of “combat like” stress we described... in your home?

Have you ever felt like YOU were on the “autism roller-coaster?

Like me, have you ever thought, “This isn’t what I signed up for?”

Do you sometimes feel like you're SO EXHAUSTED you can't do it anymore?

Have you ever felt COMPLETELY ALONE, and no one can help you or even understand?

Have you ever wondered... am I doing enough for my kids? **Am I pushing enough, protecting enough, giving them the best chance at achieving their incredible potential?**

Then this is for you.

Secret #1: We need to learn a NEW, COMPLETELY DIFFERENT way of parenting that actually works with our kids on the spectrum (because THEY'RE completely different) -- FROM... someone who has actually DONE IT!

That very night after our horrible Saturday meltdown. I drafted a plan.

I would FIND the answers... and in my mind I thought... "who better than the professionals who'd devoted their lives to autism and its study. Somebody HAD to have an answer, right?"

And I would find them.

I researched and created a list of the top-rated autism doctors, specialist, therapists, ABA leaders, parenting experts and even dipped my toe in to a few of the "alternative" treatments...

With a list of hundreds of "experts" I started calling and interviewing to find out what – if anything – would teach me better parenting skills to help our family increase happiness by lowering stress so we could start to enjoy our lives again.

As I became more competent and guided in my interview questions, two things – VERY revealing things – became overwhelmingly apparent.

First, very few... okay... absolutely ZERO of those I interviewed had the same objectives as I did.

I wanted to know...

"Will following YOUR program help our family increase happiness, lower stress and regain some normality in our home?"

NONE of them... NONE... even attempted to answer that question. They'd all DIVERT to THEIR objectives.

And NONE of them had the same objectives as we did. We WANTED A HAPPIER FAMILY. If we do your program will that happen? We'd ask. Never, did we hear, Yes.

Then the kicker. Very few of them EVEN HAD kids on the spectrum. They'd work with our kids and then go home to typical lives... WE'D GO HOME TO...

A-TYPICAL LIVES.

They were experts at telling us WHAT to do. But THEY had never done it.

They had never EXPERIENCED anything like what we did on a day to day basis.

Their information was theoretical at best.

So, I changed my approach. I started ONLY interviewing experts who had kids on the spectrum...

And GOT REAL SCARED.

Why? Because those that I could find that DID have kids on the spectrum started confessing that their lives were just like mine. With all their experience and expertise, and training, THEY were struggling just like we were.

I FINALLY realized... we were looking in the wrong places for our answers.

Please understand, I appreciated all the services these experts provided so much and what they had done and do for families like ours...

but they DON'T have the answers to increasing family happiness and creating an atmosphere where our kids can thrive.

We needed something COMPLETELY NEW AND COMPLETELY DIFFERENT.

What we needed was a program that was FOCUSED... on increasing family happiness and creating an atmosphere where our kids can thrive. BY a family that had kids and had SEEN it work in REAL time. AND... they could show us their family was thriving.

THAT'S what we needed.

But it didn't seem to exist.

I considered... was I doomed to this struggling to feel this way forever? Was there no answer?

Because I was unwilling to believe that there were no families "thriving" as they raised their kids on the spectrum... so, I decided to change my approach and reach out to the people who LIVED with autism every day.

The parents of kids on the spectrum.

And the deeper I dug, the more parents I found that had figured a few things out.

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I'll never forget the day I met Dustin. A humble, sweet father of 2 daughters, one of which was labeled "classic autism."

As I asked him questions, he told me about how his daughter (now a big girl of 7) would – as her Mom walked by – reach up and grab her hair and kick up her feet and "yank and drag" her mother to the ground.

So, I asked, "What do you do when she does that to you?"

**YOU SAID
YOU'VE TRIED
EVERYTHING.
HAVE
YOU TRIED
NOT GIVING UP?**

“Oh, she doesn’t do it to me”, he claimed. Confused, I asked, “Why not?”

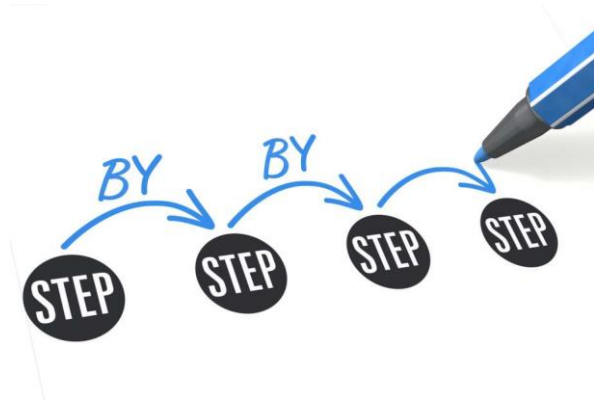
“Because I don’t put up with it.” “Wait! What? That’s not helpful... what exactly... DO YOU DO?”

Then I asked him, “what do you say, what are you thinking, how is your body positioned, what “state” are you in? What if she tries to do it? Do you restrain her, do you scream, do you whisper, do you talk in a firm voice?”

I wanted to know it all. “What happens after that... after that... after that? Is there anything in between each of those steps that you do?”

The more questions I asked, the more details he gave me. The very next day I sent him my “write up” and asked, “Did I miss anything?”

His answer? “I’ve never realized – until I saw it on your paper – exactly what I did. Now that I know exactly, I’ll share it with my wife and see if it helps her.”



And it DID.

His wife duplicated his exact steps and got the SAME results.

Over and over... and over... I’d find parents doing things more UN-consciously than consciously. They had developed step-by-step processes they used... THAT WERE WORKING... but they were unaware how to pass that information along in a way that could be duplicated.

Until we... almost LITERALLY... drug it out of them.

AND... we started to see very clear similarities in those things that helped families – every time.

We’ll cover what those similarities ARE, in secret three.

And once we got THAT information... it helped US tremendously. And it was the start of something fantastic for OUR and other families.

Like when we shared the information with Kyra.

She’s a single mother of 3. After a few weeks of learning what OTHER parents of kids on the autism spectrum had done to achieve success, she reached out to me and said...

“You know Kyle... I had been to 3 different psychiatrists and they had all said, “Try and do THIS when the tough stuff happens. I KNOW what I SHOULD do... but HOW do I do it?”

Now, I know HOW. That’s what I’ve learned.”

Now, don't get me wrong. I'm not saying DON'T get therapies for you kids or quit seeing the doctors or specialists. You know what's best for your child and this kind of stuff CAN and DOES help many kids.

Just DON'T expect what THEY ARE DOING to help YOU become a better parent and teach YOU how to increase happiness in your home. That's not what they do... and they never said they could.

So, that's secret #1. We need to learn a NEW, COMPLETELY DIFFERENT way of parenting that actually works with our kids on the spectrum (because THEY'RE completely different) -- FROM... someone who has actually DONE IT!

So, let's look at secret #2. Remember?

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Secret #2 is...

With the RIGHT training set up the right way... anyone can increase happiness and lower stress in their autism family – no matter their circumstances or diagnosis.

How can I say that? Check this out.

Once I started compiling all this great information from different families with kids on the spectrum who were having great success, I STILL had a problem in OUR family implementing it all.

First, the information was scattered. It was like I read the WHOLE "Harry Potter" series of books – all SEVEN of them – and was then asked to remember one detail from one book in the correct order – DURING a meltdown.

It was just too hard to implement. Especially for me. Why?

I had this BIG problem - and I learned this AFTER I started to have some success - but I had this BIG problem called, "Yeah, But, Syndrome."

I had tried ALL the stuff the experts had suggested – with ZERO success – and so I decided that it MUST be because I had a very unique situation so NOTHING would work for OUR family...

"Yeah, But," was a perfect excuse for all the reasons we weren't succeeding and took the pressure off ME!

Someone would suggest something, and I'd say, "YEAH, BUT," ... you don't understand. We have two sons on the spectrum at different levels... so, that won't work.

Or I'd find a book with some guidance and I'd - in my mind - say, "YEAH, BUT," ... OUR situation is unique... so that won't work. They don't understand OUR deal.

“YEAH, BUT,” this and “YEAH, BUT,” that. No one could tell me anything anymore. I was closed minded so I didn’t have to feel like I should try and do more. I was protecting my ego at the cost of my family’s happiness.

And that was not helping me.

I had to completely open my mind to all options.

The other situation I had to overcome was two-fold.

First, frankly, I’m not that smart. Heck, I barely graduated high school – from an inner-city Dallas school – full of knuckleheads (like me) and had a REALLY, tough time learning.

I’m sure my ADHD had something to do with that. Even to this day, I struggle with focus. Seriously, I sometimes feel like... Hey, Look! A SQUIRREL!

Need I say more?

I needed something that was SO easy to follow and SO easy to apply... that a simpleton like me could do it.

Then I remembered a few years earlier when I had learned a valuable lesson about “internalizing” information and making it part of who we are as a person.

On one specific occasion I entered my boss’ office to discuss a client. After making a few statements, my boss called me a PESSIMIST. “No, I’m a realist” I said. To which he replied, “That’s what ALL pessimists call themselves. Realists.”

Well, I was NOT happy and NOT content with being a pessimist.

So, I went out and found a book called, “the Power of Positive Thinking” and read it. BAM! There you go.

“Now, I’m an optimist!” I thought... UNTIL... I found myself back in my boss’ office discussing the same client a few weeks later.

After a few statements I THOUGHT were okay, my boss ‘called me out’ again. “There you go, again... being pessimistic.”

Now, I was REALLY NOT happy. I’d already read the book, right? I THOUGHT I knew the information. But I guess I hadn’t **INTERNALIZED** it...

So, I went back to my book and broke it apart in to ten separate lessons. Then I created a worksheet for each lesson and each week I focused on the specific worksheet and THAT ONE part of the lesson.

Week 1, I printed out my worksheet and filled it in (and put it by my bead) and focused entirely on that one portion. Week 2, I did the same with lesson 2. Week 3, lesson 3.

On and on until after 10 weeks when I had covered each lesson. You get it, right?

But it didn't take that long for "others" to see the difference in me. You see, once I started placing a weekly focus on "ONE THING" that "one thing" became part of the core of who I was.

So, I thought, "Why not import THAT process into my efforts to learn to become a better parent for them so I could lower stress, and give my kids the best chance at success. So, I did.

I started by creating a few rules for everything we discussed in our family. First and foremost, we wanted to keep our focus on, "How can we effectively SERVE our boys on the spectrum and help them achieve their full potential."

Our three rules became:

1. We will always do what's best (in the long-term) for our kids on the spectrum... even if it's REALLY, hard.
2. We will always do what's best (in the long-term) for our family... even if it's REALLY, hard.
3. We will always act in a "spirit of love." ESPECIALLY when it's REALLY, hard.

With these rules in place, every Sunday night we met as a family... and in fifteen minutes we did three things.

First, we asked ourselves, "What did we do RIGHT last week in association with our weekly focus?" Then, we asked ourselves, "What could we have done better?" And finally, we looked at our NEW weekly focus, each completed our worksheet and kept it next to our bed(s) so we could remember our focus for the week.

As you can imagine, the change in our family was dramatic. I, my wife and my two typical sons who were 11 and 9-years-old at the time found ourselves more prepared, more patient... and the stress in our home started dropping almost immediately – and as stress lowered and we felt more prepared, happiness increased automatically.

And once we started stacking those parenting lessons, and it became "part" of who we were, the change in our family became more and more incredible.

A consistent, sustained focus changed each of us... to the core. We were internalizing and applying the "right" information and techniques and tactics at the "right" time.

And this hasn't just worked for us.

We get messages all the time from families sharing with us THEIR success stories.

Like Lauren, who said this:

"I handle it so much better and I'm actually happy – which makes my kids happier. I've learned actual strategies for lowering stress, things I can actually DO in the moment. "

And Sarah-Jayne who said this:

"I started to believe that this was my new life. A life of stress and way too many frustrations. Now, I've started to change my thought-process and started to believe I CAN have success and it's been a huge weight off my shoulders as now I feel more relaxed and in control."

I'll never forget the day a few years back, when my typical twins, who were nine years-old at the time, came down the stairs with their eyes welled-up with tears.

My wife, Shelly asked, "What's wrong?" Their reply? "Erik (their older brother on the spectrum) called us Moron's."

My wife handled it like a champ. She looked at them and with a big smile and her deep Southern accent, said, "Well... YA'LL ARE THE CUTEST LITTLE MORONS I'VE EVER SEEN."

They ALL started laughing – REALLY HARD.

Then my wife pulled them in close and said, remember when we talked about...

And then went on to re-share with them a discussion we'd had in one of our family meetings. She even grabbed the worksheet and helped each of them fill it out.

No kidding... a few days later they came down the stairs giggling. When I asked, "What are you guys laughing about?" They said, as they smiled from ear-to-ear, "Erik called us Moron's."

I want you to think about that for a minute.

Think about what happens in YOUR home when one of your kids calls another a name.

They start to argue, maybe scream, maybe fight – then YOU must get involved and start trying to figure out what happened. "Who started this, what happened, can you NOT fight for a FEW MINUTES? C'MON!

Then it escalates, everyone is mad, names are called... and stress goes through the roof.

Everyone is upset with each other. Maybe they complain about each other. And discord follows.

Compare THAT to what my twins did. My twins had lowered stress and added joy to our family – just because they had LEARNED... what to do... KNEW what to do when it happened... and did it. AND... it was **modeled** for them by their Mom.

That's what MOM knows how to do... and does. Every time.

Wow.

And THAT'S what you can expect... if you take the time to internalize the information by devoting 15 minutes per week – and then making that your focus.



Have you ever heard of Alex Honnald? If not, he's the world's most renowned free-solo climber.

Recently, he won an Oscar for his documentary called, "Free Solo." It's on Netflix. It's awesome. Go watch it. But be prepared to sweat as you watch.

Why?

Because a free-solo climber is a person that climbs mountains and cliffs (alone) with NO ropes.

You read that right. NO ROPES or any kind of safety equipment that will protect them from a fall.

Nothing... nada... not a single thread of safety equipment.

And they climb the steepest, slickest, scary mountains you can imagine.



Like Yosemite's El Capitan; a 3,000-foot wall of granite:

<https://www.youtube.com/watch?v=96FUPTQeqYI>

How does he do it? By not panicking. "If you're properly trained, one sound, rock climbing decision is simply not that hard to make. Just keep doing what you are doing." Alex says.

He says that he's not an especially powerful climber and his fingers aren't the best, but he has an amazing ability to "keep from melting down."

Did you catch that? He has an amazing ability to "keep from **melting down**." Sound familiar?

Thousands of times per climb, the choice is... make a good, sound, rock climbing decision...

Or DIE!

Does Alex get tired? Of course. Climbing a half-mile-tall, sheer cliff is exhausting.

Does Alex get nervous or scared? Absolutely.

Imagine you slide your hand in to a crack to get a hold and it has a spider in it with no place to go and ready to defend its space with a bite. It's happened.

Or you place your toes on a foot hold only to find it's wet with morning dew. Yep... slip... and you DIE!

But he doesn't panic. He doesn't melt down. He calmly turns to his training.

Time and time again, through hundreds of days of climbing per year, he does not die. One good little decision after another, many thousands of them, cling together to form the closest thing Honnald has to a safety net.

Just keep going and don't self-defeat.

Think about that. With the right training... and THAT kind of sustained, consistent effort, Honnald says, "REALLY hard things are doable."

Just like you can do, too.

[THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS](#)

So, now that we've covered the first 2 secrets, let's move to the final secret... and this was HUUUUUGE for me... and ONLY happened because I am SUPER STUBBORN and wouldn't give up.

And that is this...

My kids on the spectrum were not the problem. My typical kids and my spouse were not the problem.

My extended family nor teachers nor society nor bullies were the problem.

The reason my family was in discord and was experiencing so much stress is because...

I was the problem.

That's right.... I said it... and I know I'm going to lose many of you here and that's okay. Because if this upsets you, then you're just not ready.

But if you ARE ready to create a happier home and lower stress this is great news for you. You CAN control YOU. That's the only thing you can control.

And THAT'S how you can ensure your efforts will work in YOUR unique family situation.

Secret 3 is... YOU are the only thing you can control.

If WE can learn the skills that help US control US, WE can increase happiness and lower stress for ourselves and our family. AND... that will automatically help us feel more confident and FREE US UP to help our kids REACH THEIR FULL POTENTIAL.

But it takes time... and effort.

Keep in mind, early on, even MY OWN WIFE would not respect what I was trying to do. Why?

Because I... was the one that had gotten us in to this mess. I couldn't be trusted to FIX what I had – in her mind – created, right?

I'll never forget sharing a strategy with my wife that I thought would be effective and her saying, "PFFFT. That's stupid... that won't work. You don't know what you're doing."

So, I did an experiment.

A few weeks later, I took the same strategy and wrote it on a piece of paper and slipped it in to an "Autism Book" and opened the book – without her knowing – to the same strategy I had written... and then read it to her (as if it were a part of the book.)

She THEN said... "You know what... Now THAT... might work."

I had to completely do it alone until she saw MY results... and I had started to fix ME... and then she started to model what she saw me doing.

However...

There was a MASSIVE CHANGE... for everyone... when Erik (the older of our two on the spectrum... the less verbal... more severe) hit puberty... and became aggressive... to the point where my wife was scared to be left alone with him.

At one point, he had a violent meltdown, during which he took a swing at me. I was able to duck out of the way, but the punch still caught me in the ear—hard enough to draw blood.

Fireworks of pain went off in my head, and a familiar kind of anger and fury started to boil over.

A younger, less experienced me... would have "smacked him back" and escalated the situation to all new... possibly horrible heights.

But because of my parenting training... this time... I caught myself.

And I made a dramatically different, much better choice.

I refused to get sucked into the conflict.

Instead of striking back, I remember I looked at my son with tears in my eyes and gently said, "Please don't hit me. I love you."

It was a turning point for our family.

And we ALL started to clearly realize... that when WE learned how to parent in a way that changed OUR patterns of behavior in response to HIS patterns of behavior... things started to dramatically improve.

When we STOPPED trying to force him to change his behavior and instead started to focus on changing how we REACTED to his behavior... HIS BEHAVIOR CHANGED FOR THE BETTER.

Because – at one point – HIS meltdowns... were causing OUR FAMILY'S meltdowns... which lead to more of HIS meltdowns and OUR meltdowns.

Once we “broke the cycle” by changing our patterns – his patterns changed for the better as well.

And we started to escape the vicious cycle.

You know, we thought we were SO different as a family. And we were. We have 6 kids with our two middle sons that are on the spectrum.

So, because we THOUGHT we were SO DIFFERENT... we assumed WE’D need a magnificently unique program (just designed for us) with a unique set of strategies and techniques and ideas.

We were wrong.

We needed something entirely different.

When Erik was a little boy, one of the ways I rewarded him for good behavior was to take him to McDonalds for French Fries. As it turns out, the french-fries regularly came way too hot to eat immediately.

So, I developed for him what I called the “French Fry Cool Down Method.” And I would crank up the air conditioner to full blast and showed him how to hold the french-fry in front of the blower until it cooled down. Then he would pop them into his mouth and smile.

Then one day I looked over and saw him performing the French Fry Cool Down Method... perfectly.

“What a smart little kid” I thought. But then I noticed a few problems.

First, the air conditioner wasn’t on and second, the French-Fry wasn’t even hot.

He was performing the strategy perfectly, but he didn’t understand the principles that needed to be in place for the strategy to work.

That’s what WE needed to understand BEFORE any autism strategies and tactics and techniques would work.

As parents, we needed to learn and internalize the “grounding principles” of THOUGHTFULLY parenting our kids on the spectrum before ANY strategies and techniques would work.

And the #1 MOST important principle we learned was this.

When our kids are overwhelmed by big emotions or tipped in to melt-downs, it is our job to help them calm themselves... NOT join their chaos.

NO strategy worked when – as a parent – we were frustrated or angry or discouraged. But almost ALL strategies work when we are patient and kind and loving.



THIS is how you can ensure a program will work for you. Because YOU have all the control. If YOU can control YOU, then YOU can do this.

It's NOT as much about your child's diagnosis or their behavior – as it is about YOUR behavior in response to their behavior. And YOU have control of YOUR behavior, right?

Well, maybe not so much... at least I didn't... NOT UNTIL I LEARNED parenting techniques on HOW to control my behavior when times get really tough.

Like Lauren said...

“If anyone is wondering if they can do this (because Lord knows I made so many excuses for why this wouldn't work for me) you can!! I've got my daughter on the spectrum who also has cerebral palsy, and my almost 17-month-old. I am a stay-at-home mom and my husband works long hours so most of the time I am on my own. Can you say STRESS?

I am now one week in and we've had a few issues but NO meltdowns. My sweet girl, who throws furniture, bites, hits, scratches and head-butts, has not hurt herself or anyone else. What?!?!?! We went from filling a prescription for a mood-stabilizer to having no meltdowns. That's just crazy.

It WORKS if you work it!”

Now, I'm not saying it's easy. Better managing yourself when things get hard... is hard. But you can do it... IF, you're willing to learn.

So, those are the three secrets.

[THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS-THRIVEINCHAOS](#)

Now, I have a few questions FOR YOU.

Do you think if you STOPPED looking for answers in the wrong places – and learned from someone who'd ACTUALLY DONE IT –

And you could spend 15-minutes a week “modeling” a proven way to restore sanity –

And you could ensure it would work for you... in your unique family situation –

Do you think you could have the kind of success so many others are having?

OF COURSE, YOU COULD!

So, maybe you're excited but a bit overwhelmed at all the information I've shared with you. Obviously, I can't show you everything but would it okay for me to show you what we've put together to help you?

Hopefully, that's okay with you.

So, here's what we've done.

We've MIRRORED exactly what we did. Each, and every week... I mean, MINUS all the things we tried that DIDN'T work.

It's like YOU ARE sitting in on our family meetings.

So, how did we do that? Simple.

We've created what we call the Thrive In Chaos "insider's membership club." And the very day you start, you immediately get a full copy of our 245-page book, "Thrive In Chaos" and two audio programs.

The same book you can get on Amazon for \$19.99, and...

The 2 audio programs (70 minutes each) are called, "Thrive In Chaos" and "Laugh With Me."

I'm not going to go into too much detail here, but the "Thrive In Chaos" 70-minute audio covers a few grounding principles that will help you jump-start your success.

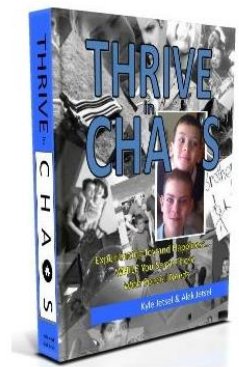
We've had parents listen to it while they drove, while they worked and Janet – one of our members now – says she listens to it while she sleeps; she says, to internalize it. Tamara even suggested it boosts her spirits and prepares her for the day's events – no matter WHAT may happen.

The "Laugh With Me" 70-minute audio is chocked full of crazy, wacky and funny stories that will keep you smiling, let you in on some of the zany experiences we've had as a family and may even sound familiar to some experiences YOU'VE had.

Alana – just two-weeks after experiencing a full-blown anxiety attack that sent her to the hospital started listening with her husband to "Laugh With Me" and described it like this:

"We were laughing so hard that we had tears running down our faces. Not just because the stories were funny but because we were laughing with relief and a new realization that what we were experiencing is "normal" in our situation. It's SO nice to know that others have gone through this journey and have come out with their sanity and marriage still intact!"

Now if you bought all these separately, you'd pay more than \$37. But that's not all.



If you decide to start today, we're also going to throw in our 6-module introductory video classes (with coinciding worksheets) – worth \$997... and our 6-module experts video classes (with coinciding worksheets) – worth \$997...

What's in these video classes? Everything you'll need to start THRIVING... IF... you'll simply apply what you'll learn.

Each video lesson falls in to one of 3 categories.

Making Your Past an Asset, Thrive In Chaos and Creating a Compelling Future.

I don't know about you, but my parents weren't perfect. Sometimes events in our past can prevent us from feeling like we are properly equipped to be successful. In the **"Making You Past an Asset"** series of videos, we help you create new beliefs that you CAN become successful – no matter WHAT your past experiences were.

A lot of people TALK about what you should do when it gets hard. In the **"Thrive In Chaos"** series of videos, we SHOW you step-by-step what you need to do when things go haywire. The result? When they're at their worst, you can be at your best.

Anybody can do something hard for a minute or maybe an hour – maybe even a day. But when you start talking about weeks, months, years... or a lifetime – the thought can be overwhelming. In the **"Creating a Compelling Future"** series of videos, you'll understand how to wake up with a smile on your face – every day – and KNOW that you can endure with happiness and joy.

Now you can see why this information is so valuable. That's why the 12-module video course is normally valued at \$997 X 2... or \$1,994.

So, now – along with the eBook and the two audio programs, we're at a total value of more than \$2,000.

And remember, the SOLE PURPOSE of these courses is to teach you the parenting skills that will help you "increase happiness, lower stress and help your kids achieve their full potential."

But that's not all.

We'll also throw in full email access during the program – an additional value of \$997 (and if you'll add your phone number when you sign up, you may even get a call from me.)

PLUS... you'll gain access and become a fully vested "Insider Member" – valued at \$1,997 – and continue to get video/worksheet training as long as you stay active.

What does that mean?

Simple... as long as you're a member in good standing you'll get weekly videos and worksheets... for as long as you'd like...



Remember... you get

2 audio programs / eBook	\$37
6-module introductory video classes + Worksheets	\$997
6-module expert video classes + Worksheets	\$997
PLUS	
Bonus #1 – ongoing email access to me	\$997
PLUS	
Bonus #2 - insider membership once a week insider videos + Worksheets	\$1,997
Total Value:	<u>\$5,025</u>

For only \$27. per month.

[Click HERE to Get Started](#)

Remember when my wife asked me, “What would you give them that would guarantee (if they did it) that they’d get the same results as us?”

This is IT!

And... if join today, the price will NEVER go up.

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Why is it \$27?

Because my wife said so.

She remembers THIS:

When I first wrote my book, I was SO excited that I grabbed 30 copies and gave them away – FOR FREE – at an Autism Conference in which I spoke. A month later I called all of them back and can you guess how many had read it?

Only ONE! One person read the free book.

I was confused. Was the book not good, was it not helpful?

So, the next conference when I spoke, my wife demanded I charge \$25 per book. After selling all 30 and calling back a month later, can you guess how many had read it?

Check this out... 27 of the 30 had read it and were able to share with me specific changes they'd made that had helped them lower stress in their homes.

That's why it's \$27. That's why my wife said so, and now I get to spend my time with families that are committed to success in their homes.

How long is the membership? 1 month... 2 months... you can decide. You can do it as long as you're getting value. AND... you can cancel at any time.



Here's another question. What would you like for your family?

Would you like lowered stress?

A bit of normalcy?

To wake up ready to face the day with optimism and hope?

To give your kids the best chance at success.

Well, that's what we've done for OUR FAMILY and hundreds of other families (just like yours) already and what we want for you now.

So...

Why don't you have that now?

Frankly... It's not your fault.



It's because everything you've tried WASN'T designed with those goals in mind.

Nothing you've done... until you've read this guide... EVEN SUGGESTED it was possible.

We're here to tell you IT IS POSSIBLE. Even PROBABLE... if you follow the recipe we've designed.

Do you remember that day I prayed under that big pecan tree and I felt like God reached out and gave me the guidance I needed to learn to help my family thrive?

Maybe you're feeling like something like that is happening to you... right now.

If so, do what I did immediately... that very day. TAKE ACTION! It's the only way you'll ever see the kind of success you and your family deserve.

It's what we did and what so many others have done.

**RECIPE FOR
SUCCESS:
HEAT UP AN IDEA
TAKE ACTION
MIX IT UP WITH
DESIRE AND BELIEF
THEN ADD A DASH
OF PERSISTENCE**

Like June who sent me an email that read...

"Your program has changed our family to the core. We're now happier. We know we can do this and serve our family in a way that allows us to ALL succeed... and do it with a smile on our faces."

[Click HERE to Get Started](#)

If you're still on the fence, I get it. But think about this...

I hear parents all the time, say, "I'd do anything for my child on the spectrum."

Heck, we say it too. And we all WILL do anything, right?

We spend hours, days, weeks, months, YEARS, supporting... advocating... caring for... loving... sometimes even tussling - like when our kids DO NOT want to go to therapies... or brush their teeth... or, well... SO MANY other things....

Sometimes it can feel like every minute of every day (and deep in to the night and early morning) we're on "constant call" just in case something goes awry.

So yeah, we WOULD do anything for our kids on the spectrum... and our typical kids... and our families. We ALREADY do.

But what do we do when we're asked to invest what we don't have? Like what happened to us a few years back.

That's right, after spending ALL OUR TIME and THOUSANDS upon THOUSANDS on therapies, experts and doctors that DIDN'T result in us regaining some happiness and lowered stress in our home...

we were broke, in debt, and not sure what else we could do.

And right at that time - as always seems to happen - we came across an opportunity to be a part of a program that we thought MAYBE could really help our family...

But, of course - it was "out of reach" because we couldn't afford anything else.

Sound familiar? I'll bet.

But since we'd already committed to doing whatever it took to be a happy family... and were willing to keep trying... we weren't going to just... give up.

So... we decided we'd do two things.



The first thing we did was ask ourselves, "Is that really true? Can we REALLY... not afford anything else? Was there something that we were spending our (not much) money on now... that we'd TRADE for our family's happiness?"

Our answer was, OF COURSE, YES!

We found some things that we were spending our money on that were not necessities... and we were willing to "trade" or "sacrifice" those things if it would give us a better chance at family happiness.

For us, we had to "find" and "trade" more than \$100 a month... that we didn't think we had... and looking back... we're super-happy we did.

Any sacrifices we've made (for our family) have always been worth it.

Piggybacking on that, the second thing we did that REALLY propelled us forward, might seem kind of harsh, but made a huge difference in the way we viewed our family.

We decided that we'd never again say, "That's too expensive..." because we knew we'd do anything for our family.

So, instead of saying "that's too expensive" We starting saying...

"OUR FAMILY'S HAPPINESS JUST ISN'T WORTH THE INVESTMENT."

Wow, huh?

For us it's still painful to say... it still hurts... and it's rough to hear... but we STILL say it.... because it has made a huge difference in how we view (and value) our family.

Now, I'm NOT saying we should do and try everything. We shouldn't frivolously spend. And you probably already know what doesn't and hasn't worked.

I'm just suggesting we be willing to invest in our families when we think there's a chance it could help us live happier, more fulfilled lives.

You're already working CRAZY HARD. Why not put that hard work in to something instead THAT ACTUALLY WORKS?

Let us help...

[Click HERE to Get Started](#)

God bless you and your family,

Kyle and Shelly Jetsel & Family

Facebook: <https://www.facebook.com/AutismLaughterTherapy/>
Email: kjet@1in110.com

Oh, I almost forgot.

Here's a link to the "sizzle" the production company is shopping to "all the Networks" for a possible reality show.

Click here to watch it now: <https://youtu.be/RD6Q2UBZyVc>