

Botvin LifeSkills Training Launches Award-Winning Parent Program on Amazon's Kindle

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WHITE PLAINS, N.Y., May 25, 2010 /PRNewswire via COMTEX/ -- The award-winning Botvin LifeSkills Training (LST) Parent Program is now available as an e-book: Princeton Health Press announced today its plan to make parent resources more accessible through the world's most popular eReader, Amazon's Kindle, as well as through the Kindle application for PCs, Mac, Blackberry and the Apple iPhone and iPad.

"The Kindle provides an exceptional reading experience and we're pleased to offer our Parent Program through this platform," said Craig Zettle, Vice President of Princeton Health Press. "In less than 60 seconds, parents can download the book and start to learn valuable skills that will help their children stay healthy and lead drug-free lives." The comprehensive LST Parent Program fosters family communication through skill-building activities that can help parents teach their children to avoid the perils of alcohol, tobacco, and drug abuse. Parents using the eReader edition will have access to a complimentary Parent Resource website from where they can download worksheets for interactive activities.

"Parents can dramatically reduce the likelihood that their children will develop problems with cigarettes, alcohol, or illegal drugs," said author/program developer, Dr. Gilbert J. Botvin. "The LST Parent Program provides parents with the tools needed to help their children avoid drug abuse and cope with the many challenges of life." The LifeSkills Training Parent Program is part of a comprehensive suite of new prevention materials based on the highly effective LifeSkills Training (LST) school-based alcohol, drug, and tobacco prevention program for adolescents. LST is included in the National Registry of Evidence-based Programs and Practices (NREPP) and has been selected for excellence by the U.S. Department of Education, the Office of Juvenile Justice and Delinquency Prevention, and the Coalition for Evidence-Based Policy.

About Princeton Health Press Princeton Health Press (PHP) is a health education publishing company located in White Plains, NY. PHP publishes the highly acclaimed Botvin LifeSkills Training series, as well as many other titles for use in schools, communities, and families to promote health and personal development. Visit www.lifeskillstraining.com for more information.

About Dr. Gilbert J. Botvin Dr. Gilbert J. Botvin is internationally known expert in the field of prevention and developer of the highly acclaimed Botvin LifeSkills Training (LST) substance abuse and violence prevention program. He is a professor of Public Health and Psychiatry at Cornell University's Weill Medical College and chief of

Cornell's Division of Prevention and Health Behavior. Dr. Botvin is also founder and senior scientist at National Health Promotion Associates which promotes the use of evidence-based prevention programs.

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