

CYNTHIA ULRICH TOBIAS

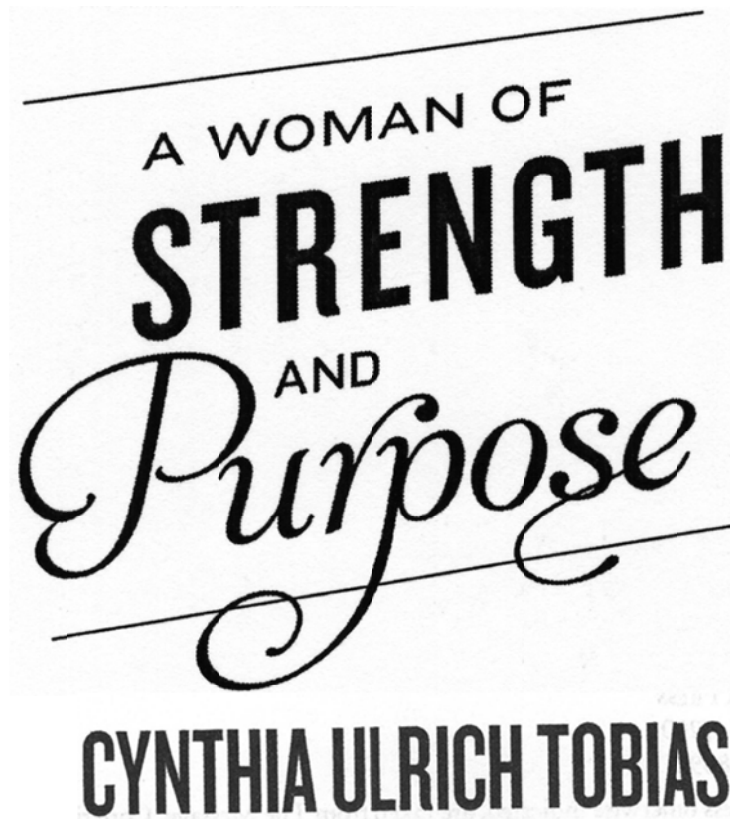
Author of *You Can't Make Me (But I Can Be Persuaded)*

PRESS KIT 2016

A WOMAN OF
STRENGTH
AND
Purpose

Directing Your Strong Will to

- Improve Relationships
- Expand Influence
- Honor God



Press Kit Table of Contents

I.	About the Author	3
II.	About the Book	7
III.	Endorsements and Reviews	10
IV.	Conversation Starters	16
V.	Related Published Articles	18
VI.	Links to Short Video Promos	24
VII.	Social Media Memes	26
VIII.	Contact Information	32

A WOMAN OF
STRENGTH
AND
Purpose

About the Author

Why Write a Book for Strong-Willed Women Whose Hearts Belong to God?

- *When there is an overwhelming movement in our culture to just accept almost anything as being someone's right to be who they are; when even our leaders decide not to speak out against moral and spiritual injustice—who will stand up to that?*
- *When there is deceit, betrayal and persecution of the weak and innocent—who will stand against it, even if it seems virtually impossible?*
- *It won't be ordinary men and women who take charge and it certainly won't be an assignment for the average foot soldier in God's army. We need the courage and conviction of godly strong-willed men and women who serve in Special Operations.*

I believe this book comes from the heart of God—that He Himself has helped me write it and has commissioned the work to be used for His purposes and in His way. It's true that it's not written for the majority of women—the *majority* of women have *thousands* of books written for them. It's a book like no other, addressing those women who have strong wills—convictions of steel—and yet want their lives to bring honor and glory to God.

I'm not talking about women who are strong when they *need* to be—I'm talking about women who are strong when they don't even *want* to be. Women who often wish they didn't come across as so pushy or overly-opinionated. Women who sometimes just can't even *make* themselves back off or back down when they feel strongly about an issue.

Most of them don't attend women's ministry events. Many of them feel out of place in formal churches. A lot of them secretly wonder if it's even possible to be part of a body of believers when their very natures resist blending in with the crowd. Who speaks to and for these individuals? Who offers them the amazing opportunity to take what often gets them in trouble and turn it into an irresistible force for good?

If we back away from the term strong-will when we talk about living all out for God, surrender one of our greatest resources—individuals who have determined to use their intense strength and determination for the Designer of it—their Creator who gave them strong will deliberately and for a definite purpose.

I wholeheartedly believe God has a few amazing surprises for us along the way—and that we can't even imagine how He will use these humble chapters to accomplish His plan.

--Cynthia Ulrich Tobias

Cynthia Ulrich Tobias, M.Ed., D.H.L.

Why You Definitely Want This Interview!

Cynthia Tobias is a guest who is articulate, experienced and passionate about topics that are compelling and relevant. Choosing to interview Cynthia Tobias can be one of the best decisions you've ever made.

Cynthia Tobias...

- Has a fascinating and integrated background of education, law enforcement and business ownership.
- Speaks with a calm and professional voice and manner that appeal to virtually everyone.
- Demonstrates a tireless commitment to families—especially those with difficult or challenging children who are destined to change the world.
- Understands the importance of “sound bites” and recognizing when a necessary break is coming.
- Thinks quickly on her feet and can field difficult questions without becoming flustered.
- Possesses a natural sense of humor and can easily connect with virtually anyone.
- Has made several appearances on television over the past 30 years, and has been interviewed on radio and other media up to 100 times for each of her books so far.



Interesting Random Tidbits directly from Cynthia:

- Over the past 30 years, I have had the honor of speaking to an incredible variety of audiences from virtually all walks of life in all 50 states and 6 out of 7 continents. I can speak to preschool teachers one day, hostage negotiators the next day, restless middle schoolers the next, and end the week with a delightful group of octogenarians.
- My topics transcend race, creed, culture, gender and politics—and allow each person to be valued for their individual strengths. I am constantly humbled by the fact God allows me to share such an amazingly encouraging and life-changing message.
- In my 20's I was a fully commissioned Reserve Police Officer for the city of Des Moines, Washington. I was a high school teacher working part time as a cop during the school year and often taking full-time shifts throughout the summer. I was not paid for my service—in fact, I had to buy my own uniform and weapon and other equipment. I felt it was my way of doing service for my country, and it was the most exciting and rewarding 6 years of my life, even though I saw more violence and trauma and horror than most people will see in their lifetime.
- I was a woman in law enforcement before it was commonly accepted, but I never asked for special concessions or carried a chip on my shoulder. I wanted to prove I could be a good cop—I wanted to be judged on my abilities and results, and I worked with some of the best police officers I could ask for. I barely even noticed that the whole 6 years I worked the streets in uniform my badge said, “Patrolman.”

Cynthia Ulrich Tobias, M.Ed., D.H.L



Cynthia Tobias has a successful background that includes over 30 years of private practice, 8 years of teaching high school, and 6 years in law enforcement. She has authored 13 books and is a featured guest on radio and television, a popular presenter for business, government agencies, churches and schools throughout the U.S. and the world.

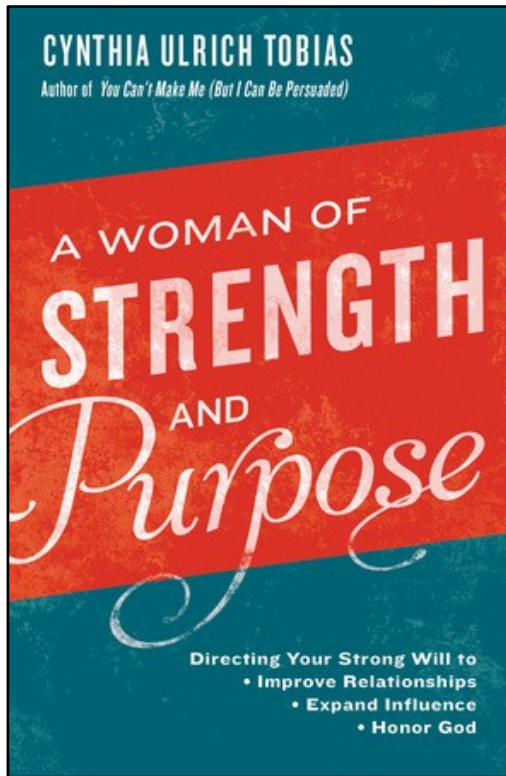
Cynthia's educational clients have included a large number of public and private schools across the country and around the world. She has taken her educational expertise to many international schools and organizations, including those in China, South Africa, Bolivia, Trinidad, South Korea, Australia, and more.

Cynthia's corporate clients have included Seattle Police Department, Los Angeles Police Department, International Association of Women Police (IAWP), General Motors, Walt Disney, Merrill Lynch, and BNSF Railroads, as well as numerous government agencies, law enforcement and fire & rescue services.

Cynthia received her B.A. at Northwest Nazarene University, her Master's Degree at Seattle Pacific University, and an Honorary Doctorate from Northwest Nazarene University in 2015. She is the mother of twin sons, now young adults, and she and her husband Jack live in the Seattle area.

A WOMAN OF
STRENGTH
AND
Purpose

About the Book



WATERBROOK PRESS

A Woman of Strength and Purpose

Directing Your Strong Will to
Improve Relationships,
Expand Influence, and Honor God
Cynthia Ulrich Tobias



TARGET AUDIENCE:

- Christian women of all ages, backgrounds, and life situations who want to use their strong will to consistently serve and live all out for God.
- Readers who are familiar with Cynthia Tobias
- Fans of Focus on the Family and their radio program, blogs, podcasts, magazines, and newsletters
- Strong-willed women who want to use their strengths in relationship, parenting, marriage, church, and careers
- Perfect for women's small group discussions
- Everyone who wants to bring out the best in a strong-willed woman

How women with the greatest determination can make the greatest difference.

This book can reach strong-willed women of strength and purpose who want to use their strong will for good. It establishes a fluff-free zone for women whose time is limited, but whose vision is broad. This is a book for those who are on the front lines of the culture—those who want to change the world and those who are already doing it. It encompasses all ages, all life situations, and all ethnicities. What all these women have in common is the desire to use their strong will to bring honor to the Creator of it.

DISTINCTIVE MESSAGE: Packed with action-oriented direct language, this book honors the God-designed vitality of confident Christian women. Rather than suggesting they soften their approach or sublimate their strengths, the author challenges readers to lean into their passion and use it for good.

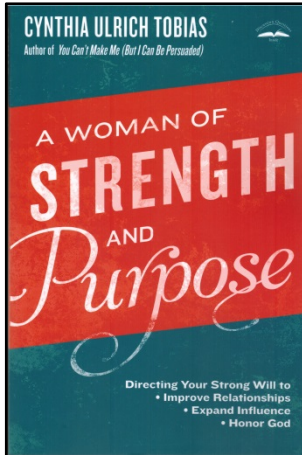
BEST-SELLING AUTHOR: Tobias has published numerous books related to learning styles and the strong-willed personality, with sales totaling more than 735,000.

STRONG MEDIA PLATFORM: Cynthia Tobias has been featured in the "Best of Broadcast" on *Focus on the Family* radio for five years in a row. Represented by Ambassador Speakers Bureau, she maintains a busy schedule of teaching seminars and is a popular presenter for businesses, government agencies, churches, and schools throughout the U.S. and the world.

EXPERT, REAL-WORLD INSIGHTS: For years Cynthia has been sharing her expertise on how to deal with strong-willed individuals. Her background includes thirty years of private practice and business ownership, eight years of teaching public high school, and six years in law enforcement.

Author Site: www.CynthiaTobias.com

Some Excerpts from *A Woman of Strength and Purpose*:



- Whatever they do, wherever they are, they meet the world head-on—unafraid, undaunted, undeterred by those who tell them something can't be done. Each one is a woman with convictions of steel, willing to take the lead when called upon to use her passion, courage, and drive to withstand extraordinary conditions—even when her commitment requires a seemingly impossible mission.
 - Welcome to a book that understands you, written by someone who “gets” who you are and how you're wired. No one who has contributed to this book will raise her eyebrows and say, “I can't believe you think like that!” You'll be *encouraged* as you recognize how positive your strong will is when it's pointed in the right direction. You'll feel *reaffirmed* as you discover how much you have in common with other women of such strength and purpose, and how “normal” you are. Most of all, you'll feel *challenged* as you identify the practical ways to use your gift of strong will to honor God and His purposes.
 - I don't know about you, but when I was younger, before I discovered my strong will wasn't “abnormal,” I spent a lot of time being defensive about my right to have it. Even as I struggled to find myself, I secretly wondered if maybe there was something wrong with me after all. Did God approve of me even though I didn't exactly fit the “quiet, virtuous Christian woman” mold?
- A woman of strength and purpose is not daunted or overwhelmed when she is firmly grounded with the One who holds the future. What happens when the road to success isn't even a road? What happens if it's an almost impossible, impassable path to a destination you're not sure even exists? Sometimes obedience to God is a breathless, dangerous, heart-stopping adventure. Sometimes it's a quiet life lived intensely for the Lord. And most of the time it's something in-between.
- As you read these pages, you'll find insights and strategies for every relationship—from leadership to friendships to marriage to parenting to, most importantly, your relationship with God. You'll smile as you read the comments, confessions, and advice from others who have walked in your shoes. You'll nod a lot and find yourself thinking, *that's me!* You may feel like one woman who wrote: “My history with the phrase *strong willed* has the connotation of ‘head butting’ or disobedience or selfishness. Is there something wonderful about this word that I've been missing all these years?”

Yes—and you're about to find out why. Are you ready to start this adventure?

Compelling vignettes of six women of strength and purpose using their strong wills to change the world...

Lily Ho Sipe—From a Taiwan girl who could speak no English to a successful American businesswoman and prayer warrior who overcame tremendous obstacles and is now changing the world one person at a time through prayer and encouragement...

Janine Tartaglia Metcalf—From a rising star as an NBC news reporter and weekend anchor during the Iran Hostage Crisis to a gloriously converted servant of Christ who gave up national celebrity status to follow the call of God to full time service as a pastor...

Yvette Maher—From a devastating childhood with a murderous father and many years of drugs, alcohol and empty relationships to a career of Christian service to the God of the Impossible, offering hope and support to those who need it most...

Janine Maxwell—From a successful marketing executive for one of the largest firms in Canada who survived 9-11 in New York City to a completely recalibrated life of service for God to the lost and least served children in the heart of Africa...

Cindy Breilh—From a rebellious youth turned successful entrepreneur to a life of international Christian service to women and children in oppressed and poverty-stricken countries around the world...

Rita Hernandez—

From her career establishing and maintaining a school to bring strong bilingual education to both her native Mexico and the United States to the influential and dangerous challenge of working with the government to eradicate human trafficking in the entire nation of Mexico...

A WOMAN OF
STRENGTH
AND
Purpose

Endorsements &
Reviews



“I thoroughly enjoyed *A Woman of Strength and Purpose*. I consider myself an SWW (strong-willed woman) and deeply appreciate Cynthia’s take on how we can use our ambition and strength for God! The book provides real-life and modern-day stories of other strong women of faith that encouraged me and inspired me! It is a book that will motivate women of any age!”

—MEGAN ALEXANDER, reporter for *Inside Edition* and author of *Faith in the Spotlight*

“Strong-willed women often struggle to know how their dynamic personalities fit with God’s call. In this wise and insightful work, Cynthia Tobias has demonstrated that those two realities can work together beautifully! Indeed, strong-willed women can have a lasting and powerful impact on the world around them.”

—JIM DALY, president of Focus on the Family



“Thank you, Cynthia Tobias, for helping godly women understand that it’s not only okay to be a confident woman with inner strength and purpose; it’s God’s design. This book is a great tool for women who desire to find the gentle balance between learning, leading, and loving others while following Christ.”

—BABBIE MASON, award-winning recording artist, author, and songwriter

“I’m so glad Cynthia has written a book for us stronger-willed women. It took me a long time to accept the fact that God liked me. I knew He loved me because He says so, but like me? He also says He likes women of a quiet, gentle nature, and that just does not describe me. So this book touches a chord in me.”

—GIGI GRAHAM, author and conference speaker



“Wow! Cynthia Tobias has cracked the code for directing your passion and defining your purpose. Every strong-willed woman (not to mention the men who love them) needs to read this incredibly practical and insightful book.”

—DRS. LES AND LESLIE PARROTT, *New York Times* best-selling authors of *Saving Your Marriage Before It Starts*



“Have you ever been called a strong-willed woman? Maybe it was meant as a compliment—or maybe it wasn’t. I can relate! For all of us strong women, Cynthia’s message encourages us to embrace our strength—but to *always* direct that energy toward healthy goals and in a careful, godly way. Get ready: this book will excite, encourage, and challenge you.”

—SHAUNTI FELDHAHN, social researcher and best-selling author of *For Women Only*

“Strong, determined men tend to be celebrated in our Western culture. But that same culture often marginalizes, criticizes, and stigmatizes these same characteristics when they happen to be in a woman. Cynthia Tobias knows all about being a strong and determined woman. She also knows how to help you rise above the cultural pushback and purposefully leverage your strength for the greater good of the people you love and for the glory of the God who gave it to you.”

—DR. TIM KIMMEL, best-selling author of *Grace-Based Parenting* and *Grace-Filled Marriage*



“Cynthia Tobias is the quintessential strong-willed woman. In her latest book, *A Woman of Strength and Purpose*, she gives her extraordinarily valuable insights into the personal challenges of women who have strong wills and those who love and/or work with them. It’s rich information and great inspiration!”

—JAN SILVIOUS, author of *Fool-Proofing Your Life* and *Big Girls Don’t Whine*

“Finally! A book that speaks to the many strong-willed Christian women in the world today. Along with real-life stories, Cynthia Tobias shares her expert and practical advice on how to celebrate, embrace, and use your God-given gift to honor Him. You’ll be encouraged and uplifted as you learn how to be the best you can be in your relationships, work, and spiritual life.”

—MARTHA HADLEY, Christian radio personality for the nationally syndicated *Martha Hadley Show*

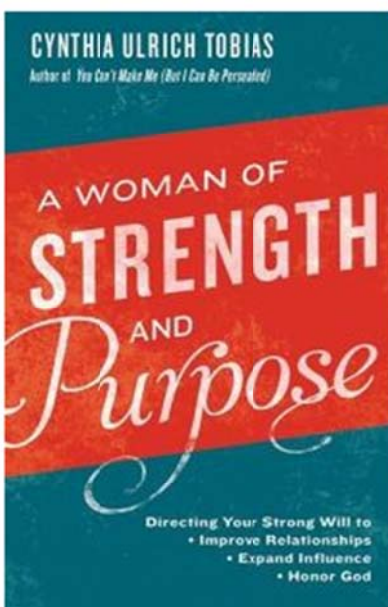




BEST
BOOKS

AUTHORS

PUBLISHERS WEEKLY



BUY THIS BOOK

Read Now
on Playster



A Woman of Strength and Purpose: Directing Your Strong Will to Improve Relationships, Expand Influence, and Honor God

Cynthia Tobias. Waterbrook, \$15.99 ISBN 978-1-60142-898-1

Like Share Tweet

Tobias, who considers herself a strong-willed woman (SWW), invites other tough-minded women to quit beating themselves up for not fitting into gender stereotypes and use their fortitude to improve their own lives as well as those around them. She opens her upbeat and informative text with a definition of an SWW that includes many positives and a few negatives, warning that the norm for an SWW is to be passionate, persistent, highly effective, and sometimes a little bossy with her recommendations. Rather than trying to squelch all the good that SWWs do in this life, Tobias guides readers to live out their calling with strength and grace. Tobias shares practical suggestions of leading with integrity, directing one's passion, living a married life as a SWW, and mentoring the next generation. Readers will find countless suggestions for better understanding their own SWW tendencies and learn how to make the most use of this dynamic temperament. (Aug.)



Book Review: A Woman of Strength & Purpose

by TheJoyfulAdvocate 17. June 2016 Book Reviews 4

BOOK REVIEW: A WOMAN OF STRENGTH AND PURPOSE

So far in my life I have read two books that have been truly paradigm shifting for me. The first was *Captivating* by John and Staci Eldredge, the second, *A Woman of Strength and Purpose* by Cynthia Ulrich Tobias. In the first, I learned how to look at myself with God's loving eyes and heart. In the latter, I learned how to love the character traits that I've struggled with my whole life.

Allow me to explain...

Growing up, there were certain things I quickly noticed about myself – I enjoyed a good challenge, I was creative and a different thinker than those around me, I hated being told no, I was often the leader in a group of friends, and I had strong opinions. My parents often thought I was talking back to them when, really, I believed I was just defending my stance.

For the longest time, I thought all of these characteristics were “negative” and should be “corrected” if I ever wanted to succeed in adult life. I taught myself to be “softer,” to share my opinions less, and to be submissive to those around me. It was torturous inside, but on the outside, the people around me were happy.

When my daughter began developing her own personality, we quickly realized her will. We saw many characteristics that were, undoubtedly, handed down from me. However, I didn't think of these characteristics as negative. I was excited to have a strong-willed child and quickly began researching how to parent her in a way that what nurture her strong will.

It's funny how I was able to so quickly notice a strong-will in my daughter as positive, but in myself, it was negative. Why? How could I learn to not just see my own strong-will as good but to also use it for good... for the good of His kingdom?

These questions have stuck with me for years. Because of my strong will, I often found it hard to fully submit to God. At work, relationships suffered because of my "in-your-face" attitude. I just couldn't get it together enough to lead without being annoyed by, what I perceived as, the lack of spunk in those around me.

A Woman of Strength & Purpose spoke to all of these areas in my heart. Tobias calls out the strong-willed woman and lets her know, from a biblical perspective, her qualities are good! Furthermore, she shares how to use this God-given strong will for the good of His kingdom.

In the first chapter there is a "quiz" that Tobias designed to help the reader determine if she is, indeed, a strong-willed woman. I was not surprised that I scored 12/12. Upon this affirmation, I couldn't help but read *A Woman of Strength & Purpose* in one day because it was just too good to put down.

Tobias's writing style is matter-of-fact but still inviting. With her personal and professional experience, she is more than qualified to write a book such as this. It was interesting to read about the many professional hats she's worn and how she has navigated her life experiences with a strong will. Her insight helped me to look at my own strong will through new eyes.

In short, *A Woman of Strength & Purpose* reignited a passion in me that had been begging for attention for many years. While reading, there was one verse from Scripture that kept running through my head: *"Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house."* Matthew 5:15

We were given a strong-will for a purpose. That purpose is never to hide it and pretend it no longer exists, nor is it to strong-arm others so we can get our way. No. We must use our strong will to light the way for others. When God stirs something in our heart that we know we have been called to, we need to rise and use our strong-will for its purpose – to work for the good of His kingdom.

If you are a strong-willed woman, I highly encourage you to read this book.

If you are not sure if you're a strong-willed woman, I highly encourage you to read this book!

A Woman of Strength & Purpose will help you identify ways you have used your strong will negatively and for personal gain. It will also help you understand how to use your strong will for the good of His kingdom. Finally, I am certain that through this book, you will feel blessed and encouraged as a strong-willed woman.



★★★★★ This is perfect for us who are that strong willed woman

By Denise Davis on August 23, 2016

Format: Paperback Verified Purchase

This is perfect for us who are that strong willed woman. It's nailed me on so many points thus far. Can't wait to see what Gods going to do!

A WOMAN OF
STRENGTH
AND
Purpose

Conversation
starters

1. I understand you conducted a survey of women to gain some additional insights into both the power and pitfalls of being a strong willed person. How did women, generally speaking, feel about describing themselves as strong willed?

Overwhelmingly positive—when strong will is used in the right context, it is a great asset. Remember, there is a big difference between a strong willed woman with God and a strong willed woman without God. These are SWWs who seek with their whole heart to honor and serve God

These are strong, capable women who are willing to let down their guard when they feel valued and understood.

2. As a self-described Strong Willed Woman, what do you see as the best traits of women who are, as you say, quite simply bolder than average?

Not easily daunted, unafraid of difficult challenges—willing to attempt the impossible. A strong sense of justice—and a willingness to defend those who are weak and vulnerable, and can't defend themselves. We are truly the Special Ops division of God's army!

3. What happens when those good traits go sideways? In other words, what are some ways a woman's strong can present a hurdle for her or those around her?

Most of it admit it's not pretty—we heard terms like “bulldozer,” a runaway train, an immovable wall. We admit it's hard to apologize or retreat, and when we get backed into a corner, we come out fighting. We know we have the capability to destroy, but our survey respondents specifically talked about wanting to find ways to diffuse those situations and prevent our so-called “dark side” from emerging.

4. If you had to select just one key idea from your book that would help women turn those hurdles into stepping stones, what would it be?

Awareness is half the battle—knowing there are so many other women who share our traits, who understand how we're wired, and how we think--and also knowing that the strong will that can get us in so much trouble can also be an unstoppable force against evil and a strong and mighty influence for God. That strength is something that hasn't really been tapped into much in Christian circles. God wants to use SWWs—and He has some incredible plans for us.

5. In your book you share the stories of a number of strong-willed women who have learned to focus their passion in ways that serve God. Can you briefly tell us about one woman who exemplifies for you the principles in the book?

Rita Hernandez is an amazing example—she's fought the odds her entire life, working to operate a bilingual school in Mexico as she champions the worth and value of Hispanic women throughout the world. She's now working as a liaison between churches and the government of Mexico to provide safe houses for women who are being rescued from sex trafficking. She's tireless in her efforts to protect and preserve lives and to lift up Christ in some of the most dangerous and evil places—places where no one else even wants to see, let alone go into.

A WOMAN OF
STRENGTH
AND
Purpose

[Related Articles](#)

Is it My Suggestion, or God's Direction?

- Cynthia Ulrich Tobias
- 201616 Aug



The meme appeared on Facebook recently: “If the door is closed, it’s not your door.” Wait—so you’re supposed to give up? Just like that? Aren’t some things worth fighting for?

Okay—I’ll admit I am a natural-born strong-willed woman, and I hate to admit defeat. I usually don’t automatically take “no” for an answer—I’d rather take on the risk of attempting the impossible. When I run into an obstacle or a rule I can’t seem to get past, I look everywhere for a way to get around it. So I almost never just walk by a closed door if I really want to see what’s behind it.

But here’s the deal. I’m not just a strong-willed woman. I’m a strong-willed woman who has given her heart completely to God. I’ve committed to living my life under His direction, following His lead, surrendering to His will. I laid my strong will at the foot of the cross, but instead of simply taking it from me, the Creator and Designer of it gave it back—pure, consecrated, complete in Him. And I believe He wants me to use it for His purposes.

Now it’s a bit of a balancing act—finding a way to use my strength of tackling insurmountable obstacles, my resourcefulness for working through complicated problems, and my determination to see things through till the end, while still making sure it’s God who’s making the final decisions.

I've never been able to find God's suggestion box—and believe me, I have some really good ideas to run past Him, since I'm rarely at a loss for suggestions on how things should be done. But I know that not every good idea is a God idea—so how do I know when I'm following God's plan as opposed to taking off under my own power?

I was wrestling with this issue a few years ago, so I decided to call my godly strong-willed friend Jan Silvius, who is a fellow speaker and author.

“Jan,” I said, “I’ve always promised God I wouldn’t knock down a door He has firmly closed. But as long as that door is still even a little ajar, I’m going to keep pushing on it.”

She laughed and agreed.

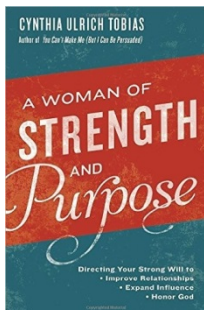
I continued. “How do you determine the difference between a door that God has closed and one that just presents another obstacle to be overcome?” I’ll never forget her answer, because it has continued to help me all these years later. “Well, Cynthia,” she replied with her sweet Tennessee accent, “I’ve always just figured that as long as I have a ‘holy want-to,’ the door’s still open. When I lose that holy want-to, God has closed it.”

There’s not simple formula or black and white method for determining when the door is meant to stay closed. You have to be walking very close to God in order to recognize it, and even then you don’t always get it right. But if you’re serious about wanting God’s will, He can use many different ways to kindle that holy want-to and give you the desire to keep going or the nudge to walk away.

Renowned 19th century evangelist F.B. Meyer asserted that “You never test the resources of God until you attempt the impossible.” Let’s face it—not everyone is willing to attempt the impossible—but a lot of us are. And when you’re praying for direction on a really big issue, it’s especially reassuring to be able to count on the holy want-to. But then you have to go one step further. It’s what I call my Starbucks Restroom [Faith](#).

Almost every Starbucks store has a sensor that controls the light in the restroom. You can’t just flip a switch, and you can’t make it go on by just waving your arm inside the door. You have to put your whole body into that dark room and trust that the light will come on as you enter. Faith in God is a lot like that. He doesn’t offer a safety net, He doesn’t let us hedge our bets, and He doesn’t give any guaranteed results ahead of time. We have to be all in before the light comes on.

If your holy want-to has brought you to a closed door, it’s possible that you should at least try turning the knob and giving it a little push. It may just be that you’re the one God is counting on to take up the challenge on the other side.



Written by Cynthia Ulrich Tobias, author of [A Woman of Strength and Purpose](#), which releases August 16, 2016.

Cynthia Ulrich Tobias, M.Ed., D.H.L., has a successful background that includes more than thirty years as an author and popular speaker for businesses, churches, and schools around the world; eight years of teaching public high school; and six years in law enforcement. She has written numerous books and is often a featured guest on radio and television. She and her husband, Jack, live in the Seattle area.

Strong-Willed Women Mothering Strong-Willed Children

By [Cynthia Tobias](#)



"My strong-willed child and I are like two goats fighting on a cliff — neither of us is backing down and we're both willing to go over the edge to get our way." This recent admission from a strong-willed mom undoubtedly has a lot of you nodding in agreement.

If you're a strong-willed woman, it can be tough to parent a younger version of yourself. But you also have a definite advantage — you know what it's like to be a strong-willed child. From that angle, let me remind you of three important truths:

Often it's not *what* we say; it's [*how we say it*](#).

You're tired and frustrated and you command, "I said do it *now*!" No strong-willed child wants to be ordered around, but we all need to respect and obey authority. So think about how *you'd* want to be spoken to — and if necessary, ask for a do-over. Keep your voice calm, but firm.

"We need to get this done before we leave — are you about ready to go?" you ask.

"No," answers your child.

"I'll give you a couple more minutes to finish, and then we'll go."

If your voice is pleasant and firm and you add a small smile, you'll be amazed when your child responds with "OK."

We shouldn't accept bad behavior — from the child [or the parent](#).

When I was a new parent, I would hear myself issuing an ultimatum, knowing full well that my strong-willed child would not respond positively.

As my boys got a little older, I changed my approach. We made a deal that anytime I was talking to them and they felt I was being overly bossy or rude, they had my permission to raise their hand and interrupt me with the code word *ouch*. That would stop everything, and their response helped me realize that my tone or words were offensive. Then I'd back up, rephrase and continue. This approach tended to depersonalize the conflict and improve our relationship.

We need to model the right way to [handle conflict](#).

Your strong-willed child is quickly figuring out how the world works — and a lot of those lessons have come from watching how you handle life's ups and downs. Because I was a strong-willed mom, I tended to defend my opinions with passion and unswerving conviction. It shouldn't have come as a surprise to me when my strong-willed son and I went toe-to-toe on almost everything, but it took me awhile to figure out he was mirroring *my* method of arguing.

It was when I began to consciously model how I wanted him to handle conflict that our relationship began to improve. For example, when we'd begin to disagree, I'd try to ask more questions and make fewer demands. "Mike, are you *trying* to get in trouble?" And pretty soon he began to adopt the same approach. "Mom, are you sure you want to make *this* an issue?" This provided an opportunity for each of us to rethink and — when prudent — to back out gracefully.

One of my favorite quotes from my recent book research was from the mom who said: "When my third child was only 5 years old, we asked her what she wanted to be when she grew up. Without missing a beat, she said, 'In charge.' She meant it!"

When both mother and child have an inborn drive to be in charge, it has the potential to create epic power struggles that end in a damaged relationship. But if Mom can think about what she was like as a child and how she'd want to be treated, then she can back off and see the situation from the perspective of her own strong-willed child.

Your life as the mother of a kid who's a lot like you may not be particularly easy, but you can use your own experience to strengthen the relationship with this young version of you. And then if you have an opportunity to complain to your parents, they will no doubt empathize — but there's a good chance they'll say that you were well worth all the trouble.

Cynthia Tobias is a best-selling author of several books, including [You Can't Make Me](#) and [A Woman of Strength and Purpose](#).

How Strong Is Your Will?

Put a checkmark in front of each of the following statements that best describes you:



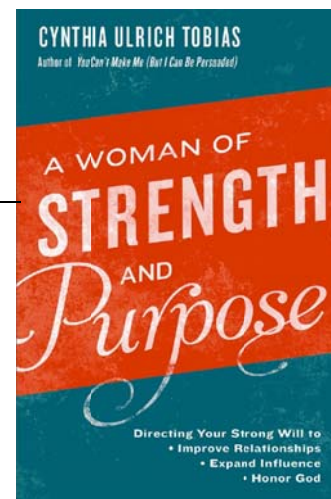
- _____ 1. I can be very creative and resourceful when I need to accomplish a difficult goal.
- _____ 2. I'm not easily discouraged by circumstances if the goal is important to me.
- _____ 3. I'm willing to step up and take on a project when no one else will.
- _____ 4. I am not easily intimidated.
- _____ 5. I don't automatically take no for an answer.
- _____ 6. When given the ultimatum, "Do it or else," my first reaction is, "Or else what?"
- _____ 7. I usually become the leader in a group.
- _____ 8. If the rule doesn't make sense to me, I look for ways around it.
- _____ 9. I may resist unconditional obedience in order to offer a few terms of negotiation before complying.
- _____ 10. I don't shy away from adventure or steps of faith if I really believe God has told me to do something.
- _____ 11. I've been told I don't apologize as quickly or as often as I should.
- _____ 12. When backed into a corner, I'm more likely to keep fighting than to just give up.

Total _____

Interpreting your score: If you scored between eight and twelve, you definitely qualify as a strong-willed woman! If you scored less than eight, you probably think that you really don't have all that much strong will, but you may recognize these traits in other women in your life!

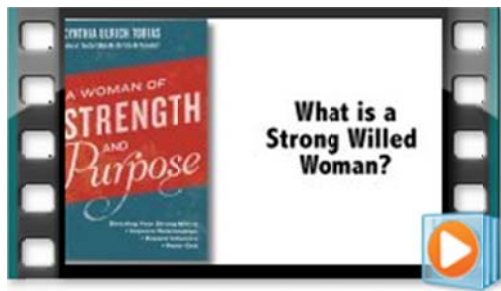
Are you a strong-willed woman? Don't silence your strengths. Instead, let God use them to impact your world for God. Get your copy of *A Woman of Strength and Purpose* today. It is available online, in bookstores and as an audiobook!

Go to www.CynthiaTobias.com to learn more.



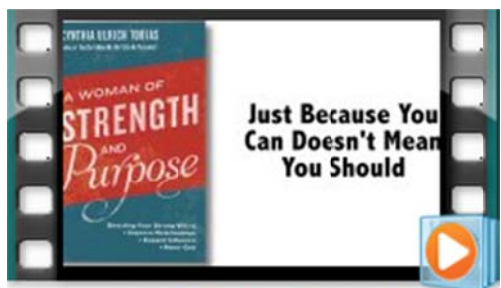
A WOMAN OF
STRENGTH
AND
Purpose

[Links to Video](#)



1 - What is a Strong Willed Woman-HD

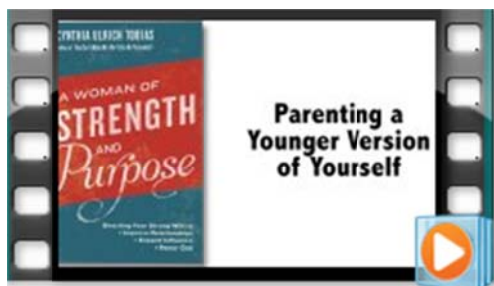
What is a Strong Willed Woman -
<https://vimeo.com/164488692>



4 - Just Because You Can Doesn't Mean You Should-HD

Just Because You Can Doesn't Mean You Should -
<https://vimeo.com/164492443>

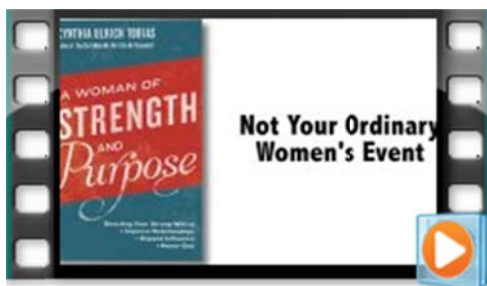
Parenting a Younger Version of Yourself -



2 - Parenting a Younger Version of Yourself-HD

<https://vimeo.com/164488697>

Strong-Willed Women and the Men Who Love Them -
<https://vimeo.com/164488695>



5 - Not Your Ordinary Women's Event-HD

Not Your Ordinary Women's Event -
<https://vimeo.com/164490905>

A WOMAN OF
STRENGTH
AND
Purpose

Social Media
Memes*

*digital files available upon request



WE AREN'T JUST TALKING ABOUT

STRONG-WILLED WOMEN.


WE'RE TALKING ABOUT WOMEN

WITH **STRENGTH** AND **PURPOSE**

WHO DESIRE TO USE

THEIR **STRONG WILLS** TO BRING

HONOR AND *glory* TO **GOD**



A WOMAN OF STRENGTH AND PURPOSE
cynthiatobias.com

Hold on to the one thing you can know for sure:

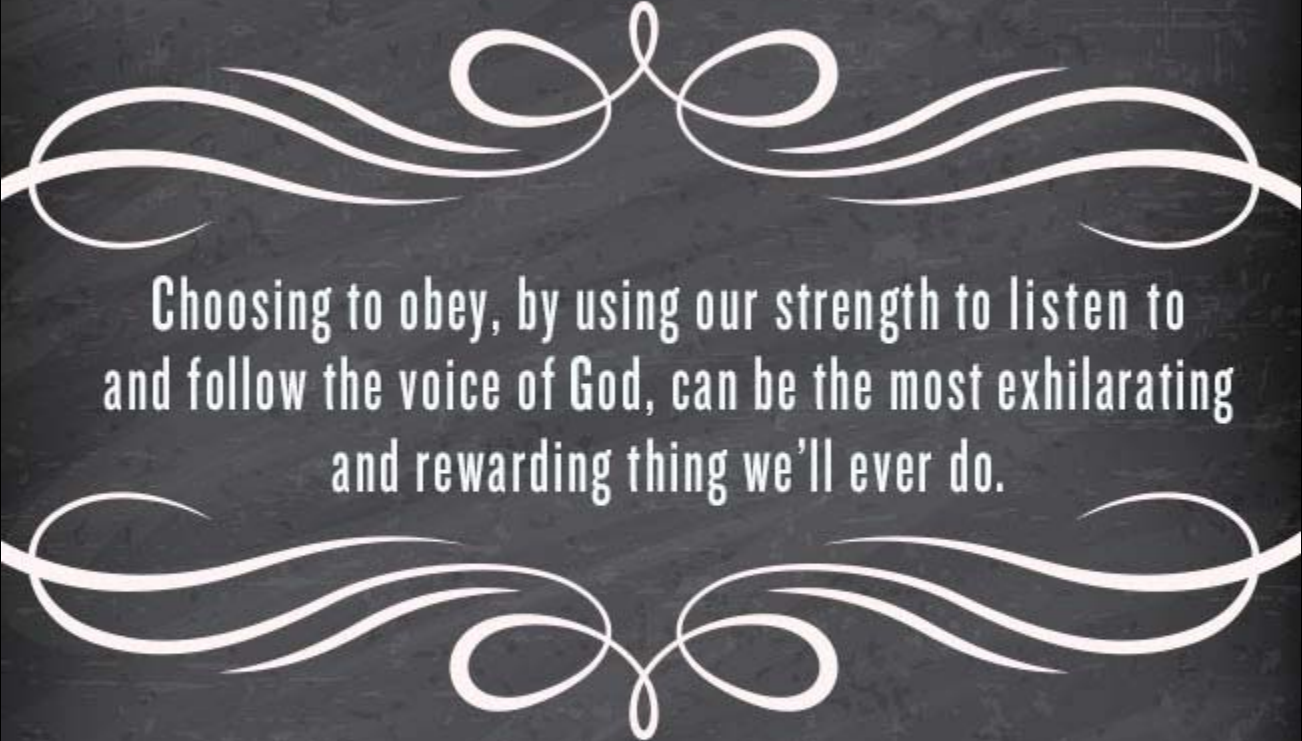
**GOD MADE YOU THIS WAY
FOR A REASON.
HE KNOWS WHAT HE'S DOING.**



A WOMAN OF STRENGTH AND PURPOSE
cynthiatobias.com

STRONG WILL,
IN AND OF ITSELF, IS
A *positive* TRAIT;
IT DESCRIBES A PERSON
WHO IS *energized*,
RESOURCEFUL,
AND DETERMINED
TO *succeed*.

A WOMAN OF STRENGTH AND PURPOSE
cynthiatobias.com



Choosing to obey, by using our strength to listen to
and follow the voice of God, can be the most exhilarating
and rewarding thing we'll ever do.

A WOMAN OF STRENGTH AND PURPOSE
cynthiatobias.com

WHAT IF IT'S YOUR VOICE THE WORLD IS WAITING TO HEAR?



A WOMAN OF STRENGTH AND PURPOSE
cynthiatobias.com

A WOMAN OF
STRENGTH
AND
Purpose

Contact
Information

Cynthia Ulrich Tobias

Waterbrook Publicist:

Lisa Beech

[\(719\) 268-1917](tel:(719)268-1917) (o)

[\(719\) 439-9403](tel:(719)439-9403)(c)

lbeech@penguinrandomhouse.com

Cynthia's Web Site: CynthiaTobias.com

Contact: info@cynthiatobias.com