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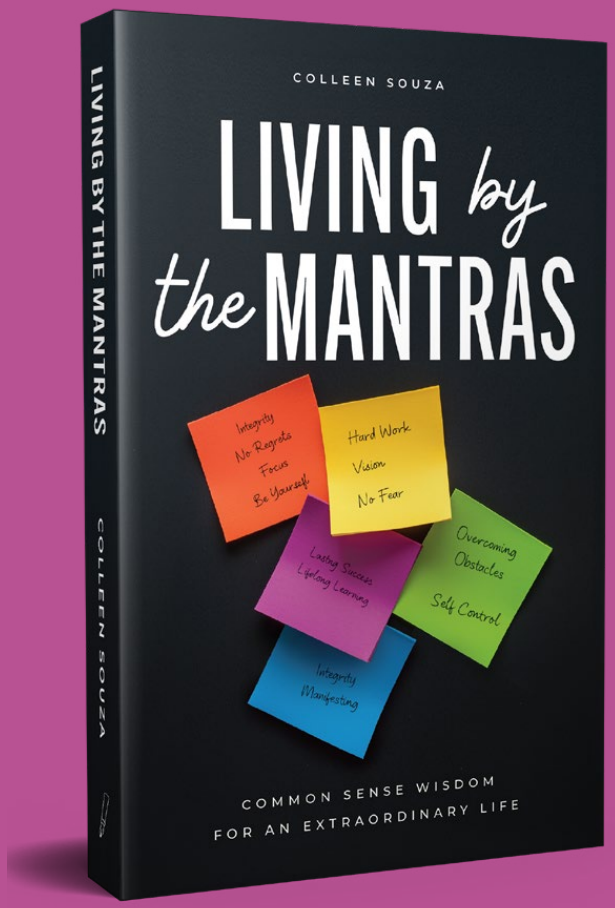

LIVING by the MANTRAS

COMMON SENSE WISDOM
FOR AN EXTRAORDINARY LIFE

Living by the Mantras: Parenting Wisdom with Phrases Kids Remember

AUTHOR

COLLEEN SOUZA

PARENTING COACH · AUTHOR · PODCASTER · SPEAKER

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TOPICS INCLUDE

PARENTING & EDUCATION | FAMILY CULTURE | MINDSET & GROWTH

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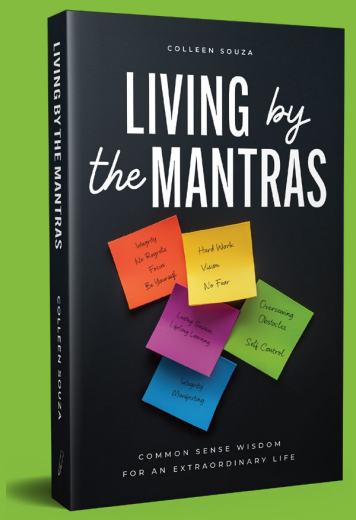

21 simple mantras. A lifetime of better choices.

About the Book

TITLE	Living by the Mantras: Common Sense Wisdom for an Extraordinary Life
AUTHOR	Colleen Souza
PUBLISHER	Mantras Media, Clovis, CA
PUBLISHED	October 21, 2025
FORMATS	Paperback, hardcover, Kindle ebook and audiobook narrated by Colleen, all on one Amazon page
ISBN 13	Paperback 9798999437501 · Hardcover 9798999437525 ebook 9798999437518 · Audiobook 9798999437532
PRICE	Paperback $15.99 · Hardcover $22.99 · ebook $9.99
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GENRES	Parenting, Family, Humor
WHOLESALE	Ingram, 55% trade discount, returnable

LIVE WITH PURPOSE, ONE MANTRA AT A TIME

What if one simple phrase could calm the chaos at your house and stick with your kids for life?

In *Living by the Mantras*, Colleen Souza, a mom of three and former teacher, shares 21 real-life mantras she used to raise grounded, kind, responsible kids. They're short, memorable sayings kids actually remember, and parents can use them at breakfast, in the car, and when everyone is melting down. Each one comes with humor, heart, and practical tools you can use today.

IN THIS BOOK, YOU'LL DISCOVER HOW TO:

- Calm the chaos before it takes over your family's day
- Build your kids' resilience and self-esteem with small mindset shifts
- Make kindness and generosity second nature at home
- Parent with intention and purpose, even when life gets messy
- Raise kids who take responsibility for their choices

The audiobook, narrated by Colleen, offers tools for toddlers through teens.

Order on Amazon: paperback, hardcover, Kindle, audiobook

Parenting, one mantra at a time.

About the Author

Colleen Souza is a mom of three, a former teacher of more than 20 years, and a parenting coach, author, podcaster and speaker. She holds a master's degree in educational psychology from Pepperdine University. Through her book, the *Living by the Mantras* podcast and her YouTube channel, she turns everyday family chaos into short, simple mantras: memorable sayings kids remember and parents can actually use at breakfast, in the car, and when everyone is melting down.

Colleen spent over 20 years in education, teaching in the classroom and mentoring new teachers as a BTSA coach. She spoke on national stages about technology and standards integration for Tech & Learning magazine, launched a peer-counseling program that served thousands of students, and was nominated for California League of Middle Schools Teacher of the Year. She holds a BA in liberal studies from CSU Fresno.

Married in 1989, Colleen and her husband Bryan live in Clovis, California, where they raised three remarkable humans. She brings warmth, wisdom and well-timed wit to parenting, always choosing joy and a common sense approach to life.

To follow her journey and join the mantra movement, visit **livingbythemantras.com**.

A FEW TOPICS INCLUDE

Colleen talks about how everyday choices create extraordinary family lives, and how living by values can strengthen relationships, encourage patience and build connection at home.

Keep Your Pants On
Patience and good choices in a meltdown.

I Can't Yet
How one small word changes how kids and parents show up.

Leave It Better Than You Found It
Respect that builds character at home.

We Either Win or We Learn
Turning mistakes into stronger, braver kids.

Always Stop at the Lemonade Stand
Why generosity grows strong children.

Plan B Is Just a Distraction
Helping families stay focused on what matters.

Proactive vs Reactive
Teaching kids personal responsibility for their choices.

People Will Rise to the Level of Your Expectation
Setting a high, loving bar at home.

AUTHOR HAS BEEN FEATURED IN

CUE TECH&LEARNING CALIFORNIA LEAGUE C·L·M·S OF MIDDLE SCHOOLS

Book Excerpt

FROM MANTRA 1: KEEP YOUR PANTS ON

Choices

When Tim was a little guy, he was consistently distressed about different events going on around him. He would get worked up if driving somewhere was taking too long, and goodness knows how troubled he would become about choosing a snack (usually Goldfish crackers or shredded cheese). Bryan and I would say things like "Hold on to your shorts!" or "Just keep your pants on!" As idioms in our American culture, these phrases instruct the listener to calm down or be patient, two concepts that can be exceptionally challenging to young children. In truth, they are concepts that can be difficult for mature adults! We need constant reminders that we bear the responsibility to exhibit control and thoughtfulness in all our choices.

This might seem like a strange first rule of a household, but if you ask our children, "What's rule number one?" they will reply in unison, "Keep your pants on."

Establishing Boundaries

Our daily lives are filled with moments of decision. Choices are consistent and inevitable. Some are gargantuan, life altering. Others are seemingly insignificant. All our choices are a reflection of who we really are: our priorities, our preferences, and our beliefs. They are all manifested in what we decide to do with our actions or how we choose to treat others. Therefore, attention must be given to creating the scaffolding for children to understand the best way to make their choices. They need to learn to establish boundaries, control impulses, show kindness, show courage, and have humility in what they choose to do.

The type of learning that sticks with people is the knowledge gained by actively doing rather than simply reading or hearing. Learning through experience molds fairly strong impressions in our minds. It's the old adage that if a child touches the hot burner on the stove, they will never try it again because the lesson sticks.

When our daughter Julianna was about nine years old, she hit that age where kids just absolutely do not want to take a bath or shower before it's time to go to bed. Sometimes, no matter how much encouragement kiddos receive from their parents, they tend to fight bath time.

One evening, when Miss Juli was being particularly stubborn about not wanting to go upstairs and take her shower to get ready for bed, it seemed like the perfect opportunity for one of those experiences that leaves an impression. Bryan was tired of this nightly battle and told her that if she didn't listen to Mom and go upstairs and get in the shower, he was going to take her outside and let her take a swim in the pool to get clean.

We have a built-in swimming pool, and it was early May, so even in balmy California, the water was rather chilly. At that point, the adult mind, which understands dynamics and social surroundings, would calculate that it would be a lot easier to simply go upstairs and take a nice warm shower than to end up in a chilly swimming pool. But the child's mind said, "I will not make this choice!"

Excerpt from "Mantra 1: Keep Your Pants On: Choices." Find out what happened next in Living by the Mantras.

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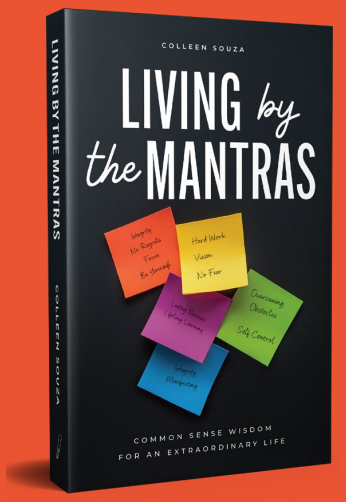

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- Build your kids' resilience and self-esteem with small mindset shifts
- Make kindness and generosity second nature at home
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THE AUTHOR

Colleen Souza is a mom of three, a former teacher of more than 20 years and the parenting voice behind Living by the Mantras. She holds a master's degree in educational psychology and today works as a parenting coach, author, podcaster and speaker.

She turns everyday family chaos into short, simple mantras: memorable sayings kids remember and parents can actually use at breakfast, in the car, and when everyone is melting down. Married in 1989, Colleen and Bryan raised three remarkable humans.

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MARKETING & PUBLICITY

- Podcast
- Social media
- Local bookstore signings

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FORMER TEACHER · MOM OF THREE

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A classroom teacher and BTSA mentor for over 20 years, she spoke on national stages for Tech & Learning magazine, launched a peer-counseling program that served thousands of students, and was nominated for California League of Middle Schools Teacher of the Year.

SPEAKING TOPICS

Colleen talks about how everyday choices create extraordinary family lives, with mantras from her book that parents can use the same day.

- **Keep Your Pants On:** Patience and good choices in a meltdown.
- **I Can't Yet:** How one small word changes how kids and parents show up.
- **Leave It Better Than You Found It:** Respect that builds character at home.
- **We Either Win or We Learn:** Turning mistakes into stronger, braver kids.
- **Always Stop at the Lemonade Stand:** Why generosity grows strong children.
- **Plan B Is Just a Distraction:** Helping families stay focused on what matters.

ABOUT THE BOOK

Living by the Mantras: Common Sense Wisdom for an Extraordinary Life shares 21 short, memorable mantras for raising grounded, kind, responsible kids. Paperback, hardcover, Kindle and audiobook (narrated by Colleen) on Amazon.

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CUE · TECH & LEARNING · CALIFORNIA LEAGUE OF MIDDLE SCHOOLS (CLMS)

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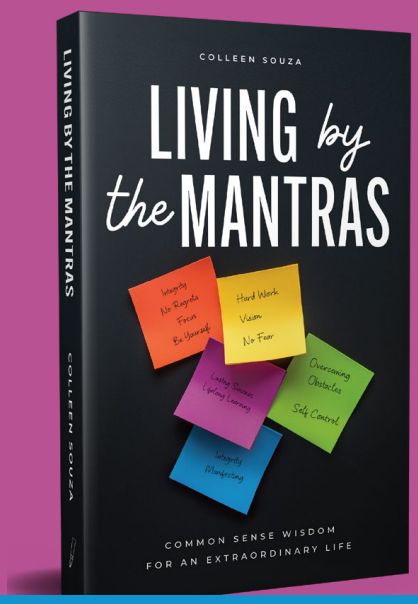

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