



With Growing Numbers of “Stay-at-Home” Men, New Book Offers Encouragement for Wives

Birmingham, AL—With masses of baby boomers entering retirement and younger workers still reeling from economic recession, increasing numbers of women are suddenly finding themselves living with a “stay-at-home man.” Further, situations like re-entry from military deployment, working from home, illness, or other life changes bring even more men home. Offering practical and emotional support for wives, New Hope Publishers announces the release of *Dear God, He’s Home!: A Woman’s Guide to Her Stay-at-Home Man* by Janet Thompson.

The number of employed U.S. male workers was down 3.3 million in the four-year period following the economic recession that began in late 2007 (Mitchell, Josh; www.online.wsj.com, “Recession’s Pain Hit Men, Women at Different Pace,” April 12, 2012). In January 2013, the seasonally-adjusted unemployment rate for men 20+ was 7.3% (U.S. Bureau of Labor Statistics). And though the retirement age has been gradually climbing, an April 2012 Gallup Poll found that 26% of nonretirees still expect to retire before age 65. (www.gallup.com).

Janet Thompson has personally experienced three different life seasons with her “stay-at-home man.” At age 50, her husband’s layoff left him unemployed—at home—for 18 months. Another layoff years later brought him home again. Then after several years of successful work in a new field, physical disability led to retirement.

“Regardless of the reason for this season,” Thompson says, “wives of stay-at-home men experience similar difficulties, hardships, and blessings.” *Dear God, He’s Home* is a collection of biblical and life-tested wisdom. Thompson not only writes from her own experiences, but she also includes stories from other women and men who have been through similar situations. She leads the reader through guided journaling and prayer and presents Scripture application for encouragement. The book’s epilogue, an entry from Janet’s husband, offers his perspective.

Drs. Les and Leslie Parrott say: “Janet Thompson’s passionate faith, schooled wisdom, and practical applications make her message one for every woman who wants to live an abundant life in Christ.”

Janet Thompson is founder and director of About His Work Ministries. She developed the Woman to Woman Mentoring Ministry at Saddleback Church and served as a lay minister for 12 years leading Saddleback’s Woman to Woman Mentoring Ministry. Janet continues to share the blessings of mentoring by training and speaking in churches around the world. She is author of several books including *The Team That Jesus Built: How to Develop, Equip, and Commission a Women’s Ministry Team*, as well as two other titles in the “Dear God” series, and seven books in the “Face-to-Face” women’s Bible study series. Janet and her husband, Dave, have four married children and love being Grammie and Grampa to 11 beautiful grandchildren. “Refusing to grow old” and embracing their retirement years with great zeal, they make their home in Garden Valley, Idaho.

The mission of New Hope® Publishers is to provide books that challenge readers to understand and be radically involved in the mission of God. New Hope Publishers is the general trade publishing division for WMU®, a missions auxiliary to the Southern Baptist Convention. New Hope Publishers is a member of the Evangelical Christian Publishers Association (ECPA).

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Interviewing Janet Thompson

Sample Questions

Dear God, He's Home

In *Dear God, He's Home*, Janet Thompson offers practical and emotional support for wives with "Stay-at-Home" husbands.

- ❖ Your husband has been a "stay-at-home man" for more than one season of life, for different reasons. Will you tell us a little about those times? What surprised you most about the life changes you went through?
- ❖ Most couples become preoccupied with the logistical and financial implications, but fail to adequately prepare for the emotional ramifications. Specifically, how can a couple address relational issues from the beginning?
- ❖ You encourage women to begin their own "Dear God" journals to record their thoughts and feelings. Why is this important?
- ❖ As you collected stories from other women for the book, almost every story you received had some element of "spinning out of control." What does this look like? How can a wife calm this spinning and maintain control?
- ❖ When a husband comes home, sometimes there is a "role reversal" in the tasks husband and wife are accustomed to sharing. What kind of attitude is helpful in preparing for this?
- ❖ How do you gently nudge a husband who doesn't see on his own when he needs to pick up new chores?
- ❖ All of this "together time" may lead to more arguments than usual. How can couples prevent this, or arrest it before it gets out of hand? How does the wife initiate "peacemaking"?
- ❖ What are some signs that a husband may need counseling or other professional help? How can a wife lovingly approach this?
- ❖ How does fear escalate our out-of-control feelings? How can we effectively fight fear?
- ❖ What are some practical ways for the wife to find the "me-time" that she needs?
- ❖ How does a wife deal with feelings of wishing that her husband would change in some way?

What People Are Saying about Janet Thompson and *Dear God, He's Home . . .*

"Janet Thompson's passionate faith, schooled wisdom, and practical applications make her message one for every woman who wants to live an abundant life in Christ."

—**Drs. Les and Leslie Parrott**, LesAndLeslie.com, authors of *Love Talk*

"This encouragement-filled book is ideal for women whose husbands are now home all day. . . If this is your situation, you'll find sound advice, empathy, and practical solutions in *Dear God, He's Home!*

—**Poppy Smith**, international speaker, author, spiritual life coach, poppysmith.com; Golden Scroll Award winner: *Why Can't HE Be More Like ME?*

"Only Janet could help you see an otherwise panic situation as a precious season of life. With her honesty, warmth, and biblical insights, she takes your hand and gently guides you through this journey. . ."

—**Cindi McMamin**, author of *When Women Walk Alone*, *When a Woman Inspires Her Husband*, and *Women on the Edge*

"Marriage can be a revolving door of transitions and adjustments—some harder than others! Janet Thompson's practical wisdom gleaned in the trenches offers hope for those on the roller coaster of love."

—**Pam Farrel**, author of more than 35 books including *Men Are Like Waffles—Women Are Like Spaghetti* and *52 Ways to Wow Your Husband*

"Janet has written a book that is sure to help many women whose husbands are now home after being in the workplace for their entire married lives. Instead of dread at the prospect of being together 24/7, Janet shows how women can learn to treasure these years and make them the best ever."

—**Carole Lewis**, First Place 4 Health national director, author of *Live Life Right Here Right Now*

"Janet and her husband, Dave, open up their lives to give us a glance at what it's really like to have 24/7 marital togetherness. Let's just say it's not always pretty, but there is an abundance of grace."

—**Sandra Dalton-Smith, MD**, author of *Set Free to Live Free: Breaking Through the 7 Lies Women Tell Themselves*

"Janet has done it again! How I wish this book had been available during my husband's year off from work. Most people don't realize the spouse is grieving too. *Dear God, He's Home!* is filled with practical, insightful, and wise words. An excellent resource. I highly recommend it!"

—**Laura Petherbridge**, international speaker and author of *When "I Do" Becomes "I Don't": Practical Steps for Healing During Separation and Divorce* and *The Smart Stepmom*

"One of the greatest transitions a couple needs to make is when the husband is suddenly home 24/7, whether this is due to retirement, disability, or a layoff. Janet tackles this often difficult stage by providing encouragement and tips for those at this season of life."

—**Susan Titus Osborn**, author of 30 books including *Wounded by Words* and *Too Soon to Say Goodbye*.

"This must-read not only encourages spouses experiencing a stay-at-home hubby, it also inspires and equips every woman to joyfully embrace the marriage God ordained through all life's seasons. So, get ready to laugh, shed tears, and be uplifted as you relate to Janet's compelling, real-life accounts."

—**Penny Monetti**, coauthor of *Called to Serve: Encouragement, Support, and Inspiration for Military Families* and *Honored to Serve: Guidance and Encouragement for Military Families in Transition*

"A timely book—real, raw, and redemptive. . . Janet addresses the struggles and blessings of living with a stay-at-home husband in a variety of scenarios, but also with great biblical insights that can encourage any marriage."

—**Dawn Wilson**, founder of Heart Choices Ministries and coauthor of *LOL with God*

"Janet introduces the reader to men and women of wisdom who have faced life's transitions, both anticipated and unwanted. Their honesty, God's Word, and Janet's vulnerability will deeply encourage and challenge you as you read and journal yourself into a new stage of trust, acceptance, and growth. A must-read for all!"

—**Janet Congo**, marriage and family therapist, author, cofounder of LifeMates