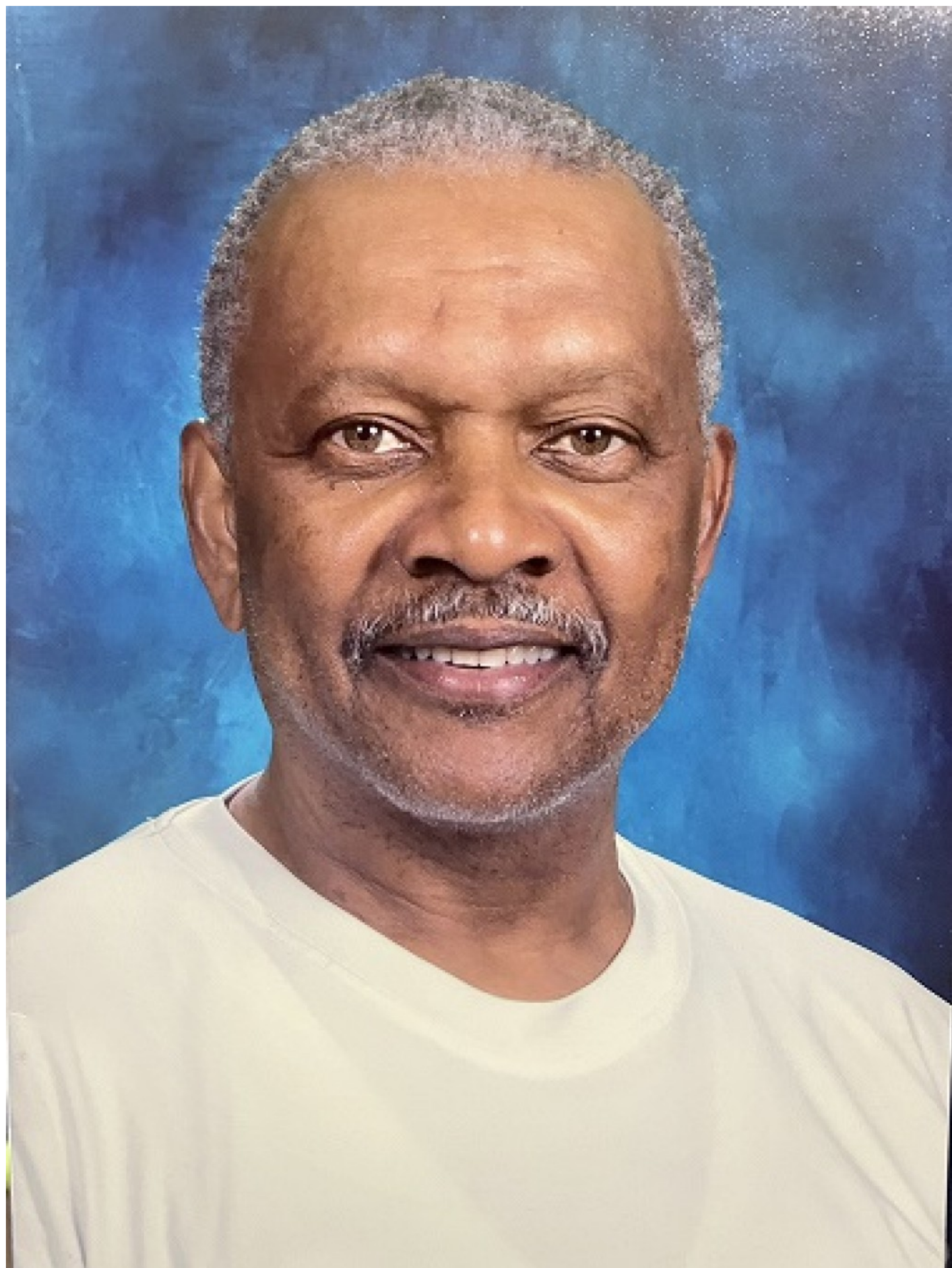


It Starts at the Dinner Table: What I Wish I Knew Before I Left Home by Dr. Eric N. Haley

A heartfelt guide to life's lessons, helping young adults navigate relationships, responsibility, and real-world challenges—starting at the dinner table.



Modesto, California May 20, 2025 ([IssueWire.com](https://www.issuewire.com)) - New Book by Dr. Eric N. Haley Offers Timeless Life Lessons for the Next Generation

It Starts at the Dinner Table: What I Wish I Knew Before I Left Home is the powerful new release by Dr. Eric N. Haley that encourages readers to reflect on the foundational values and essential life skills that often begin—quite literally—at the dinner table. With honesty, warmth, and wisdom, Dr. Haley delivers a much-needed guide for young adults preparing to leave home, as well as a reminder to parents about the importance of meaningful conversations and intentional guidance in the home.

Drawing from personal experiences, professional insights, and spiritual principles, Dr. Haley provides practical advice on character, responsibility, relationships, faith, and finances. The book serves as a heartfelt letter to the next generation—urging them to build their futures on strong values and smart decisions. Whether you are a teenager getting ready for college, a young adult starting life on your own, or a parent seeking to prepare your child for the real world, *It Starts at the Dinner Table* offers critical wisdom that stands the test of time.

“This book is about more than preparing for adulthood—it’s about preserving the values that shape who we become,” says Dr. Haley. “The dinner table is where many of life’s most important lessons are taught and learned. I wrote this book to make sure those lessons are never forgotten.”

Thought-provoking, practical, and deeply inspiring, *It Starts at the Dinner Table* is a must-read for families, educators, mentors, and anyone who believes that success in life begins with the right foundation.

About the Author

Dr. Eric N. Haley is a dedicated husband, father, and educator with a passion for empowering young people and strengthening families. With decades of experience in mentoring, leadership development, and community engagement, Dr. Haley has worked extensively with youth, parents, and educators to promote values-based living. Known for his approachable style and thought-provoking insights, Dr. Haley combines spiritual wisdom with practical guidance to inspire positive change in the lives of others. *It Starts at the Dinner Table* is his heartfelt contribution to the next generation and the parents who shape them.

It Starts at the Dinner Table: What I Wish I Knew Before I Left Home is available now through major online retailers, including Amazon and IngramSpark.

<https://www.amazon.com/>

<https://www.barnesandnoble.com/>

<https://www.booksamillion.com/>

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