



The Hour That Matters Most: The Surprising Power of the Family Meal

Les Parrott, Leslie Parrott, Stephanie Allen, Tina Kuna

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The facts are on the table. Dinnertime is truly the most important hour in a day that a family can spend together. Focusing on the family meal, this book will help strengthen families by showing them how to reclaim this important time in order to build relationships, draw closer to one another, and restore a sense of peace in their homes. Millions of parents in America can picture the kind of home life they want but don't know how to make it a reality. *The Hour That Matters Most* will help readers strengthen and transform their own families—specifically around the dinner table.

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