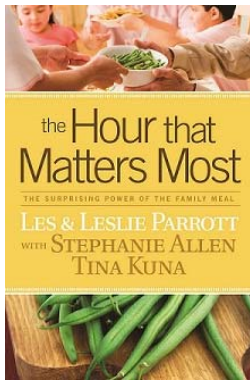




FOR IMMEDIATE RELEASE

Seattle Area Soccer Moms Turned Entrepreneurs Land #1 on The New York Times Best Seller List for Family Focused Book

Dream Dinners founders Stephanie Allen and Tina Kuna co-author "The Hour that Matters Most" in effort to help revive the lost art of family dinners



Seattle – Sept. 15, 2011 – Suburban Seattle soccer moms Stephanie Allen and Tina Kuna have always been on a mission to help American families reclaim the dinner table, and now that movement is gathering serious steam with their newest book, *The Hour That Matters Most*, slated to appear as #1 on *The New York Times* Bestseller List on Sunday, Sept. 25. Allen and Kuna are best known for pioneering the \$300 million meal assembly industry when they co-founded the national franchise Dream Dinners as a way to help busy households. Now, their latest endeavor is out to demonstrate how just one simple hour a day can dramatically improve household dynamics and relationships, simply by gathering together around the dinner table for a family meal.

The book, published by Tyndale House Publishers, Inc. and also co-authored by married psychologist couple Drs. Les and Leslie Parrott, released for sale just weeks ago and is already topping charts. Statistics show that over the past 25 years, dinners at home have dropped a whopping 33%*, and that's a number Allen and Kuna would like to see dwindle.

"We're on a mission. We're just getting started," says Allen, a Snohomish resident who parlayed her passion for cooking and struggles with her own busy household into the Dream Dinners business. "Our company is based on nurturing the nurturers, and we help time starved people serve 700,000 homemade dinners every month in America. We urge people to take our 90-day Dinner Time Challenge at www.thehourthatmattersmost.com and make a proactive effort to gather around the table on a regular basis. The data shows, relationships do change – for the better."

In *The Hour that Matters Most*, Allen and Kuna share personal stories and anecdotes, combined with credible data and practical advice revealed by the Parrotts. The resulting book is a collection of amazing tips and insights for parents with a desire to slow down and make the most of their time around the family table. The book helps guide any family through practical conversation starters, meal planning, dinner time stories, devotion and more.



“This is very exciting. The challenge for most of us is the difficult demands on our time,” adds Kuna. “We believe this book has wonderful tips to help families realize the return on investment when we ‘unplug’ and get proactive about the dinner hour and what's really important-those you love.”

The book is available for purchase at [Amazon.com](https://www.amazon.com). For more information visit www.thehourthatmattersmost.com.

About Dream Dinners

The originator of the \$170 million-dollar meal assembly industry, Dream Dinners features a robust monthly menu to select from, and convenient assembly session times throughout the week. There are more than 100 Dream Dinners franchise locations throughout the U.S. Visit www.dreamdinners.com for more information and to view menus and session times.

**Statistic from Robert Putman, Bowling Alone (Simon and Schuster, 2000)*

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