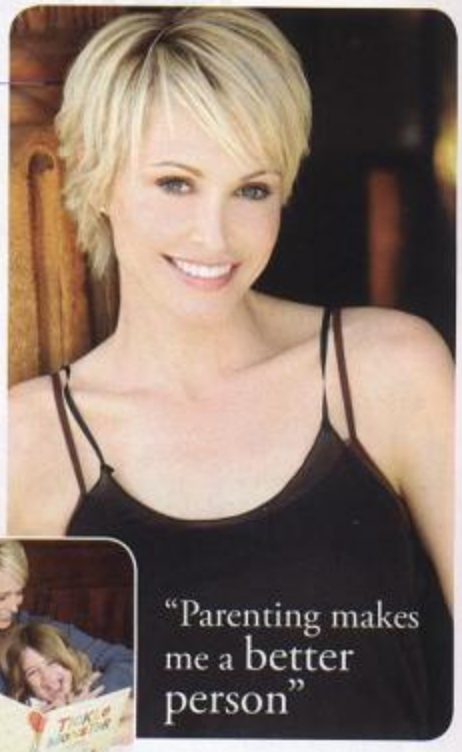
Back to balance

JOSIE BISSETT



ACTRESS, author, model, spokesperson and celebrity mom, Josie Bissett seems to have it all. But when it comes to parenting, nothing else measures up.

"Parenting makes me a better person, I've become incredibly patient. Just being responsible for the well being of two little children makes me aware of the example I shed on them. I am constantly trying to be the best example I can be."

An accomplished author, Bissett's first children's book is among her favorite. *The Tickle Monster*, inspired by a treasured family tradition, comes equipped with its own tickling mitt.

This award winning children's book is intended to strengthen bonds between families by creating spontaneous laughter.

"When you do something interactive with your children, you can't be anywhere but the present, and your kids are aware of that," she explains.

As a single mom juggling a career, Bissett relates the importance of maintaining a balanced life. The former *Melrose Place* star uses the pie chart analogy as a visual tool to help get her priorities straight. "It's an ongoing thing. When over-whelmed, I often have to stop and ask myself, what is really the most important thing that I have to do right now?" An advocate of yoga, Bissett also encourages her children to be in tune with mind, body and spirit.

"We owe it to ourselves to take care of our children. It's about being whole and creating a whole child."

"Parenting makes me a better person"

"What I imagine, I must complete"

Life after Seinfeld...

JOHN O'HURLEY

"WHAT I IMAGINE, I must complete." Words to live by for actor, comedian, writer, musician, and vocalist John O'Hurley, who's secret to parenting is "quantity time." O'Hurley, best known for his role as J. Peterman on *Seinfeld*, welcomes the company of his two-year-old son William, on jaunts across North America while fulfilling his busy work schedule. Whether it's to host a show in New York, perform on stage in Chicago, or visit the family's lake side home in Vermont, O'Hurley is sure to be found with his son at his side.

This ambitious parent genuinely believes in the power of bonding through experience and involvement with children. "One of the commitments I made to my wife, Lisa, was to be a parent first, and an actor second," he states. "Most parents have it the other way around."

While he hasn't quite adopted his fathers on-screen antics just yet, little William is developing a keen interest in trains and golf.

"I believe strongly that passion is something that can be destroyed, not created; your job as a parent is to back off and allow your kids to develop passion."

Without his own father's support, nurturing is a lesson O'Hurley could only learn through his own experience. He has since enjoyed a successful career manifested through fulfilling passionate endeavors in theatre, literature, art and music. O'Hurley's second CD released in 2008 entitled, *Secrets From the Lake* engages yet another talent for piano composition. Here, he partners again with collaborator, Marston in an encore presentation of classical melodies, inspired this time, by his very own lake side family home.

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