

# Promotional Kit

## From Struggle to STRENGTH

A Father's Journey  
with Autism and  
the Power of  
Hope and  
Positivity



H A R R Y P S A R O S

# From Struggle to Strength

Many fathers resist assisting their children on the autism spectrum.

Some are too stubborn or macho to accept the autism diagnosis. And once upon a time, Harry Psaros was that guy.

Harry wants to be a voice for dads in the autism fight.

*From Struggle to Strength* was written so other dads can learn from Harry's mistakes, work with their family to support their child on the spectrum and their successful development, see how his son Gus is thriving with the support of both parents, and ultimately understand that an empowered mindset drives lasting growth and fulfillment in the journey with autism.

From practical advice for nurturing your child's growth to the mental attitudes and mindsets that parents of children with autism need to succeed, *From Struggle to Strength* helps fathers step up and be the support for their children that they long to be.

Yes, there is confusion on the autism journey. No, there is no step-by-step guide book where you follow a recipe to help your child succeed. But, there is a way to be informed, to be supportive, and to create a unified front as a family fighting on this journey together.



**Gus Psaros**

# About Harry Psaros

A devoted family man, Harry Psaros has been happily married to his wife Michelle for 24 years and is a proud father of two sons, Costa “Gus” and Maximos “Max.” Originally from the steel town of Weirton, W.Va., Psaros has called McDonald, Pa., home for the past two decades.

Professionally, Psaros serves as an executive neuroscience account specialist for AbbVie. He is on the board of directors for the Autism Caring Center, one of the founders of North Fayette P.A.L.S. (an organization for special needs children), president of North Fayette Township’s Parks and Recreation Board, and vice president of All Saints Greek Orthodox Church in Weirton, W.Va. Known affectionately by fans as the “Pitt Guru,” he is a top social media influencer for University of Pittsburgh athletics and the senior writer for Pittsburgh Sports Now.

With a bachelor of science in industrial engineering from the University of Pittsburgh, as well as minors in physics and philosophy, Psaros has a strong educational foundation. Further expanding his expertise, he obtained a certification as a health coach from the Institute of Integrated Nutrition.

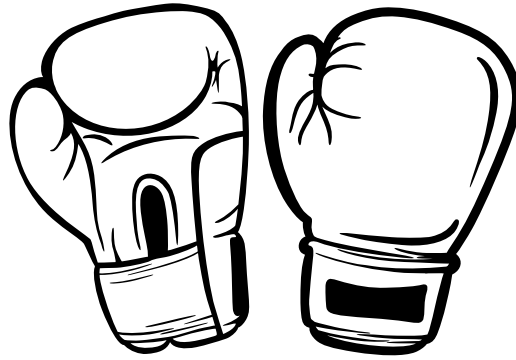
Harry is an avid reader, enjoys strength training, running, and martial arts and lives to serve others. He believes that “if you are breathing air, you should be helping others.”



[struggletostrength.org](http://struggletostrength.org)

# Praise for From Struggle to Strength

“As an educator and owner of the Brain Balance Center in Pittsburgh, Pennsylvania, helping families and children overcome struggles is my true calling and passion in life. Breakthroughs are possible, and Harry Psaros reminds us of this in his book, *From Struggle to Strength*. His book presents honest and practical guidance for parents with children diagnosed with autism. However, it is truly written for any parent with a child who is struggling. Sharing his personal experience as a father, Harry provides words of wisdom to parents who need encouragement, support, and a dose of optimism. Even if we do not have a child who struggles, *From Struggle to Strength* is a good reminder for us all that we can overcome obstacles by tackling them with courage, positivity, and resilience.” - **Megan Galando, M.Ed, Owner and Executive Director of the Brain Balance Center of Wexford**



“*From Struggle to Strength: A Father's Journey With Autism and the Power of Hope and Positivity* is a truly empowering and inspiring book. It tells the story of a family's transformation from 'Guess' to 'Gus,' as they navigate the challenges of raising a child with autism.

“The book beautifully captures the father's perspective and his unwavering determination to provide the best possible life for his child. It delves into their struggles, the emotional rollercoaster they experience, and the obstacles they overcome along the way.

“What makes this book truly remarkable is the author's ability to infuse every page with hope and positivity. Through his storytelling, he not only shares valuable insights into autism but also emphasizes the power of love, resilience, and unwavering support.

“Reading *From Struggle to Strength* left me feeling inspired and uplifted. It is a testament to the strength of the human spirit and a reminder that with determination and positivity, we can overcome any challenge. This book is a must-read for anyone seeking hope and encouragement in the face of adversity.” - **Katie Harrill, Creative Arts Supervisor and Music Therapist at Wesley Family Services**



# Praise for From Struggle to Strength

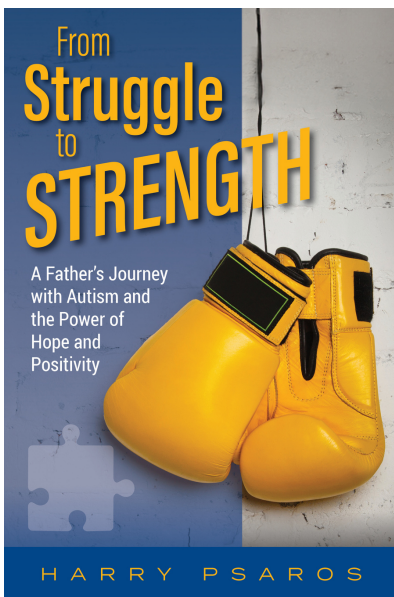
“Harry shares his honesty, doubts and fears in *From Struggle to Strength*. You will laugh, cry, and be encouraged by his family’s journey as they navigate ASD. Harry and his determined family prove that with the right support, challenges can become joys to celebrate.” - **Kelly Cain, Founder of Autism Caring Center**

“*From Struggle To Strength* gives fathers of special needs children the connection and understanding that is not always readily available to them. But the book also encourages moms to pause; it gives us a lens to see the male perspective more clearly.

“As a mom of a special needs child, Harry’s story made me realize that I did not take enough time to consider how Dad was handling things. We all just become so busy with the schedule autism brings. Thankfully Harry has so bravely taken the time to share his experiences with his son Gus.

“Harry is a true contender against the relentless opponent we call autism. It bobs and weaves, but Harry reminds us, in an incredibly positive and powerful way, that we too have all the right moves. This book, no matter where you are in your journey, will be the encouragement you need in your corner of the ring!” - **Carrie P. Holzer, Autism Mom and Author of *Building Puzzles Under Water: An Autism Story***

“A must read for any family touched by autism, but especially for a ‘warrior’ father who may be struggling and needing a boost of strength from another father’s journey.



“Harry Psaros writes about the roller coaster of having a child with autism. From denial to acceptance and then to thriving, Harry’s rawness and positivity gives insight and hope when times may feel hopeless and helpless as a parent with a child with special needs.

“His story, Gus’ story, is heart wrenching, captivating, and empowering all in one. This book is a guide to helping yourself, your family and your child. It gives real-life trial and error examples and concrete suggestions of how to help you and your child continue to move forward and live their best lives ‘2% at a time.’ The energy and positivity are inspirational and contagious! This book will forever be in my library of resources for families.” - **Patty Maxwell, Owner of Engage Kidz LLC**

# Q & A with Harry Psaros

## What inspired you to write your book?

My wife and I felt alone and isolated when our son was diagnosed with autism, adrift on an island with no one who truly understood. But in those lonely moments, I vowed that no other parents would feel so abandoned. Now, 20 years later, I know the time has come to share the lessons I've learned on this journey with Gus. Though we felt lost at first, our family has built a life full of hope, joy, and resilience. In my book, I want to be the guide for other fathers that I wish I'd had, offering practical strategies grounded in the mindset that got me through the hardest days. Drawing on my background in boxing and martial arts, I'll share how I tapped into motivation and mental strength when times were tough. Most of all, I aim to show couples facing an autism diagnosis that they are not alone—there is light ahead if you approach each day with compassion, optimism, and an unbreakable spirit. My dream is for this book to become a trusted companion for parents, helping transform uncertainty into empowerment.

## Why is it so important to address dads of children with autism in particular?

You know that feeling when you've connected deeply with an audience, only to realize there's an entire segment you've left out? That happened to me in 2014 at the Autism Notebook's Connection Conference in Pittsburgh. As I wrapped up my talk, a line of mothers approached me. At first, I worried I'd said something wrong! But as mom after mom shared her story, a pattern emerged: They needed help reaching their husbands. These women felt alone in understanding their child's autism diagnosis. Their spouses remained disconnected.

I was stunned. Clearly, I needed to speak directly to dads, with empathy and practical guidance. My book comes from a father's perspective on this journey. I know that "belligerent, unaccepting" mindset from my own experience. With warmth and compassion, I share the tools that helped me engage as a dad and embrace my child. My hope is that this book will be a perfect gift—a supportive companion for fathers navigating a new autism diagnosis in the family. Because when both parents are informed and on board, the child feels that unconditional love



**Max, Michelle,  
Harry, and Gus Psaros**

# Q & A with Harry Psaros

## **Was it difficult sharing a personal story like this?**

The act of writing this book was an emotional rollercoaster. At times, it felt cathartic to put the memories on paper. But it also unearthed moments of euphoria and heartache that had long been buried. As I typed each word, I was transported back through time. I relived the highs and lows of my son's journey—every triumph, every setback.

This book gave me a chance to reflect on all the heroes in our story. My incredible wife, who held us together through the darkest days. My youngest son Max, who played a pivotal role in assisting his brother. The army of therapists, teachers, and caregivers who gave so much of themselves. And my late father, who shared such a special bond with my son. As I wrote about them, it was as if I could hear their voices and feel their hugs once more.

At times, the emotions came like a tidal wave, and I had to simply walk away from my computer and take a break. I wanted to maintain my goal: helping other families and honoring my son by sharing his story. Now that it's complete, I feel lighter, unburdened. Writing my book reminded me that my son Gus is tougher and more resilient than any black belt I have ever sparred against. It's an honor to be his father.

## **Can an autism “warrior mom” gain anything from this book?**

Attention warrior moms, this book overflows with treasures just for you. Its lessons on acceptance, positivity, resilience, and warrior spirit speak to your heart. You're not alone on this journey. Other moms who've read early copies tell me they've absolutely loved it and learned so much. There's even a chapter on self-care and managing stress that will renew your whole family. I believe my book will offer insights to uplift and empower the warrior autism mom.

## **What is the big takeaway from your story?**

The mighty force of unconditional love can unlock wonders. Though an autism diagnosis may feel overwhelming, have faith—with positivity, resilience and optimism, beautiful growth awaits your child and family. Each new day brings opportunities for your child's continued improvement. And you, as their parents, can discover profound lessons from them in return. This path was entrusted to you for a reason. Respond with compassion, nurture their unique gifts, help them thrive. Together, step forward with hope and joy. Your child is destined for greatness.

# Q & A with Harry Psaros

## What change do you hope to create from this book?

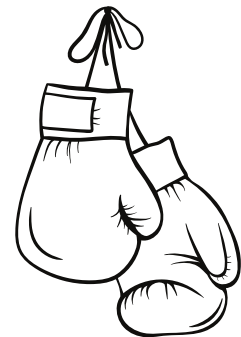
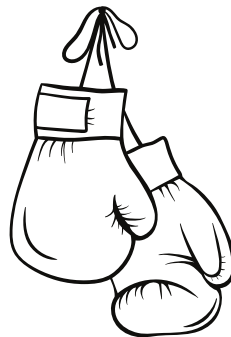
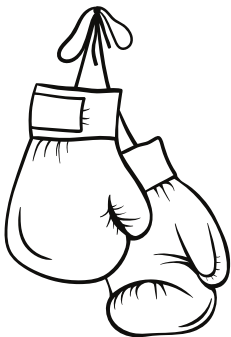
Whether you've just received an autism diagnosis for your child or you've been on this journey for years, I'm here to tell you: you've got this. As a parent, you have the power to shape your child's world. This book is a rallying cry, a motivational starter kit, for parents ready to embrace a warrior's mindset of hope, optimism, and unrelenting love.

Together we'll destroy feelings of desperation and depression, replacing them with positivity and light. Your child needs you to be their cheerleader, their advocate, their guiding force. And you can do it. You already have the fierce love of a parent. Now it's time to transform that love into focused action.

Consider this book your first step, a spark to ignite the fire within. Absorb its lessons, then pay it forward. Share your knowledge, your experience, your hard-won wisdom. Another parent is waiting for your hand up just like I'm reaching for yours. This isn't the time to sit on the sidelines—your child needs you on the playing field. Let's do this, parent warrior. Your child is counting on you.



**Harry's late father George (Gus's #1 fan and best buddy), mother Mary Ann, and Gus**





# Connect with Harry Psaros

***From Struggle to Strength* launches on April 4.  
Get the Kindle eBook download for \$0.99 on 4/4 only.  
Stay tuned for the link on the morning of April 4.**



Harry Psaros is represented by K2 Creative Strategies.  
He is available for interviews, conferences, speaking engagements,  
and book signings.

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Harry on social media.

