



## Stephanie Malia Krauss, M.Ed., MSW

Author · Speaker · Strategist

Rehumaning how we live, learn, and work.

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### ABOUT STEPHANIE MALIA KRAUSS

Stephanie Malia Krauss is an author, speaker, and strategist focused on rehumaning childhood and our lives. She is the founder and principal of First Quarter Strategies and the author of three books on what it takes for young people—and the adults who care for them—to thrive.

Her newest book, *How We Thrive: Caring for Kids and Ourselves in a Changing World* (Corwin, 2026), introduces **rehumaning**—the practice of protecting the human essentials that modern life often restricts or denies. Drawing on interviews with more than 100 experts and inspiring studies and stories, *How We Thrive* offers a strengths-based, science-backed guide for anyone caring for kids.

Stephanie began her career as a teacher, went on to found a high school for disconnected youth, and held senior leadership roles at leading US education and youth development organizations. Today, she advises states, school districts, and national leaders on holistic strategies for preparing and caring for kids.

### BIOS FOR MEDIA USE

#### Byline

Stephanie Malia Krauss is an author, educator, and social worker focused on what it takes to thrive now and in the future. She is the founder of First Quarter Strategies and the bestselling author of three books: *How We Thrive*, *Whole Child*, *Whole Life*, and *Making It*.

#### Short Bio

Stephanie Malia Krauss is an author, speaker, and strategist focused on rehumaning childhood and our lives. Her newest book, *How We Thrive*, explores the urgent need to protect human essentials—like sleep, play, and connection—that modern life restricts or denies. A former teacher and school founder, Stephanie advises state, district, and national leaders on holistic approaches to preparing and caring for kids. She is the bestselling author of *Whole Child*, *Whole Life* and *Making It: What Today's Kids Need for Tomorrow's World*.

#### Medium Bio

Stephanie Malia Krauss is an author, speaker, and strategist helping leaders rehuman how we live, learn, and work. Her newest book, *How We Thrive: Caring for Kids and Ourselves in a Changing World*, examines the urgent need to protect the human essentials—like sleep, play, connection, and wonder—that modern life restricts or denies.

Stephanie's commitment to this work began as a teacher and coach, where she witnessed how different environments can deplete or restore people. She later founded a school for disconnected youth, and worked for leading US education and youth development organizations. Today, Stephanie supports efforts focused on

“rehumaning” school, summer, and youth services through her consulting practice, First Quarter Strategies. She is a senior fellow at Boston University’s School of Social Work and a senior advisor at the University of Virginia’s School of Education and Human Development. She is also the bestselling author of *Whole Child, Whole Life* and *Making It: What Today’s Kids Need for Tomorrow’s World*.

ABOUT HOW WE THRIVE

**Overwhelmed and overworked—and caring for kids who feel the same?** We weren’t made to live like this. It’s time to start “rehumaning” our lives.

Right now, kids and adults are trying to thrive amid the daily grind, addictive technology, crowded calendars, and rising uncertainty. It’s an impossible task—and it’s taking a toll. *How We Thrive* offers a lifeline.

Inside this book, you’ll find:

- Wisdom from 100+ leading experts in health, neuroscience, psychology, and human development
- Inspiring success stories from schools, summer camps, and community programs
- Science-backed strategies to counter overwhelm and support well-being at every stage of life
- Rehumaning practices that work wherever you are, in as little as one minute
- Beautiful illustrations and sketchnotes by Manuel S. Herrera
- Reflection prompts and real-life examples that inspire and motivate change

<b>Title</b>	How We Thrive: Caring for Kids and Ourselves in a Changing World
<b>Author</b>	Stephanie Malia Krauss, MEd, MSW
<b>Publisher</b>	Corwin (an imprint of SAGE Publications)
<b>Pub. Date</b>	April 14, 2026
<b>Formats</b>	Paperback (illustrated); Audiobook narrated by the author
<b>Illustrated by</b>	Manuel S. Herrera
<b>Audience</b>	Parents, educators, counselors, coaches, youth workers, and anyone who cares for kids

FRAMEWORK AT A GLANCE

Dangerous Weather	Safe Harbors	14 Human Essentials
<ul style="list-style-type: none"> <li>• <b>Overtapped:</b> Lack of time &amp; resources</li> <li>• <b>Overworked:</b> Chronic busyness</li> <li>• <b>Overstimulated:</b> Addictive tech</li> <li>• <b>Overwrought:</b> Fear for our lives</li> </ul>	<p><b>People who are:</b> Human · Humane · Holistic</p> <p><b>Places that provide:</b> Rest · Recovery · Refuge</p>	<ul style="list-style-type: none"> <li>• <b>Body:</b> Eat · Sleep · Move · Regulate</li> <li>• <b>Mind:</b> Play · Wonder · Flow · Create</li> <li>• <b>Heart:</b> Connect · Love · Belong</li> <li>• <b>Spirit:</b> Celebrate · Contribute · Believe</li> </ul>

## KEY CONVERSATION TOPICS

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### Why Modern Life Depletes Us

- We were not made to live like this. Modern life only represents 1% of human history—this frantic, fractured way of living is new.
- We're depleted when we're denied our human essentials. The dangerous weather conditions of modern life keep us from living, learning, and working in healthy, sustainable ways.
- We live with a modern mismatch: what feels normal is not natural. Our natural capacities can't always be activated in our current conditions.

### The Science of Rehumaning

- Rehumaning is a practice—protecting and prioritizing our human essentials. It's how we thrive in modern times, because it protects the best parts of being human.
- We are born with what we need to thrive. These 14 evolutionary essentials have enabled humans to survive and thrive for 300,000 years.
- Small changes matter. Rehumaning can happen in as little as one minute, wherever you are.

### Seeking Safe Harbors in Dangerous Weather

- When the dangerous weather conditions of modern life are too strong, we need places and people to help us repair, recover, and ready ourselves.
- Safe harbors include people who are human, humane, and holistic—and places that offer rest, recovery, and refuge.

### Shared Care Is How We Thrive

- You can't fix childhood issues without supporting the adults who care for kids—teachers, parents, coaches, counselors, and others.
- We must shift from a focus on individuals to shared care, addressing depletion in kids and grown-ups simultaneously.

### Technology's Impact on Childhood and Our Lives

- Technology and social media prey on young people's developmental vulnerabilities and are often designed to hook and harm.
- Practical strategies exist for prioritizing human essentials over apps and algorithms—backed by leading researchers in youth media and well-being.

### The Transformational Power of Small Shifts

- Small changes to environments—rather than to people—can dramatically strengthen our ability to thrive.
- Research from scholars like Geoffrey Cohen and David Yeager shows how simple, situation-crafted shifts can have an outsized impact.

## SAMPLE INTERVIEW QUESTIONS

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1. You write that “modern life denies us access to human essentials.” Can you explain what you mean by that?
2. Tell us about the concept of “rehumaning.” How did you arrive at this term, and what does it mean?
3. You interviewed over 100 experts for this book. What surprised you most in your research and conversations?
4. Why do you say we can’t fix childhood issues without supporting the adults who care for kids?
5. What are the “dangerous weather conditions” of modern life, and how are they changing childhood and our lives?
6. You organize the essentials around body, mind, heart, and spirit. Why this framework?
7. What’s one immediate change people can make to start rehumaning their lives?
8. How should we be thinking about the impact of technology—especially AI—on our ability to thrive?
9. Tell us about how writing this book changed your own behavior, including with your kids.
10. How is How We Thrive different from your previous books, Whole Child, Whole Life and Making It?

## PRAISE FOR HOW WE THRIVE

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“At a time of rapid change, social isolation, uncertainty, and overwhelm, Stephanie Malia Krauss has waded deep into the waters of what ails us as humans and offers a rich, deeply researched, and hopeful guide to ‘rehuman’ our lives, families, schools, workplaces, and communities. Filled with practical resources and actionable strategies, How We Thrive is an essential book. It belongs on desks and nightstands everywhere.”

— **Brigid Schulte, New York Times bestselling author of Overwhelmed**

“How We Thrive is a must-read, must-do, and must-share for parents and professionals who care for children. Based on personal experience and professional wisdom, this book is full of nuggets from the author and many family health experts. This riveting read will help us and children, our most precious asset, to thrive.”

— **William Sears, MD, Pediatrician and Bestselling Author of The Sears Baby Book**

“Understanding how and why kids feel their big feelings helps us understand why they act with their big actions. Caregivers and educators who understand the ‘why’ are better able to raise and teach kids who thrive in the face of challenges, while also finding new ways to care for themselves. Stephanie Malia Krauss has provided an essential guide that links the how and the why in a useful and comprehensive way.”

— **Jessica Lahey, New York Times bestselling author of The Gift of Failure**

“How We Thrive earns a spot in the canon of essential books on youth development.”

— **Henry DeHart, CEO, American Camp Association**

“A must-read for anyone committed to the well-being of young people and the communities that support them.”

— **Jodi Grant, Executive Director, Afterschool Alliance**

“Krauss masterfully blends research, storytelling, and practical wisdom into a roadmap for thriving in a demanding world.”

— **Tom Vander Ark, CEO, Getting Smart**

## STEPHANIE'S BACKGROUND & CREDENTIALS

### Current Roles

- Founder and Principal, First Quarter Strategies, LLC
- Senior Fellow, Boston University School of Social Work
- Senior Advisor, University of Virginia School of Education and Human Development
- Staff Consultant, Youth Transition Funders Group (YTFG)

### Career Highlights

- Senior Advisor, Jobs for the Future (JFF) — led multi-million-dollar initiatives, including “Virginia is for Learners,” a statewide education transformation with the governor’s office and 20+ partners
- Senior Fellow & Campaign Director, Connecting Credentials, Corporation for a Skilled Workforce — directed 100+ member national postsecondary credentialing coalition
- Co-Director, The Readiness Project, Forum for Youth Investment — national Ford Foundation-funded effort translating research on youth readiness and well-being
- Founding President & CEO, Shearwater Education Foundation — founded Missouri’s first competency-based charter high school for disconnected youth
- Teacher and Teach For America Corps Member, El Mirage, AZ

### Education

- Master of Social Work, Washington University in St. Louis (Magna Cum Laude; Whitney M. Young Scholar)
- Master of Education, Arizona State University (Summa Cum Laude)
- Bachelor of Science, Psychology & English, Palm Beach Atlantic University (Summa Cum Laude)

### Awards

- Distinguished Alumni — Brown School of Social Work, Washington University in St. Louis (2013)
- Outstanding Young Alumni — Palm Beach Atlantic University (2012)
- “30 Under 30” — St. Louis Business Journal (2009)

### Books

- *How We Thrive: Caring for Kids and Ourselves in a Changing World* (Corwin, 2026)
- *Whole Child, Whole Life: 10 Ways to Help Kids Live, Learn, and Thrive* (Corwin, 2023)
- *Making It: What Today’s Kids Need for Tomorrow’s World* (Jossey-Bass/Wiley, 2021)

### Media Features

PBS NewsHour · NPR · US News · StoryCorps · Business Insider · Education Week · EdSurge · ScaryMommy · NewsWeek · The Epoch Times · Parents and other leading parenting and education outlets

## CONTACT & BOOKING

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Stephanie is available for podcast interviews, keynote addresses, panel discussions, TV and radio appearances, and organizational consulting engagements.

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<b>Bio Photos</b>	Available by request

**Rehumaning. It's how we thrive.**