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## **Sheryl Sandberg and Adam Grant Recognize Nurse-Family Partnership in Best-Selling Book “Option B”**

Nurse-Family Partnership Named as Program that Builds Resilience within Families

**DENVER, CO** (May 15, 2017) — Best-selling authors Sheryl Sandberg and Adam Grant recognize the national Nurse-Family Partnership® (NFP) as a program that builds resilience within families in their book “Option B: Facing Adversity, Building Resilience, and Finding Joy.” Nurse-Family Partnership changes outcomes for the most vulnerable babies born into poverty by giving a first-time mom trusted support from her very own personal nurse. Their book has held the top two rankings on The New York Times best-seller list of hardcover nonfiction books, since it was released in April. Sandberg is the chief operating officer at Facebook and the best-selling author of “Lean In.” Grant is a psychologist at the Wharton School of the University of Pennsylvania and a contributing writer for The New York Times.

“Option B” shares Sandberg’s story of losing her husband Dave Goldberg and how she found strength to move her family forward. Sandberg and Grant discuss what they have learned from many people who have faced adversity and offer wisdom on how to build resilience and deeper meaning in life.

“...All around the United States, the Nurse-Family Partnership has proven through rigorous experiments how valuable investing in children can be,” wrote Sandberg and Grant. They share how Nurse-Family Partnership has been proven to reduce child abuse, juvenile crime and reduce the mother’s dependence on cash assistance. “...Programs like this help build resilience within families. Along with being the correct moral choice, these investments make economic sense too: every dollar put into these visits yields about \$5.70 in benefits.”

“We thank Sheryl and Adam for shedding a light on the importance of helping build resilience within children, especially those in poverty,” said Roxane White, Nurse-Family Partnership president and CEO. “Our nurses at Nurse-Family Partnership work to instill confidence in new parents – walking alongside them to help them move past significant adversity and build trust and hope in their children.”

## About Nurse-Family Partnership

Nurse-Family Partnership ® changes the future for the most vulnerable babies born into poverty by giving a first-time mom trusted support from her own personal nurse throughout the first 1,000 days, from pregnancy until her child's second birthday. Nurse-Family Partnership is backed by 40 years of scientifically-proven outcomes for both mom and baby, and currently serves over 33,000 moms in 42 states, the U.S. Virgin Islands and six Tribal communities. Nurse-Family Partnership is headquartered in Denver, Colorado. Follow NFP on Twitter @NFP\_nursefamily, Facebook at [facebook.com/nursefamilypartnership](https://facebook.com/nursefamilypartnership) and Instagram at [www.instagram.com/nursefamilypartnership/](https://www.instagram.com/nursefamilypartnership/).