

Don and Danae Owens Release New Book on Building Family Connection Through Shared Adventure

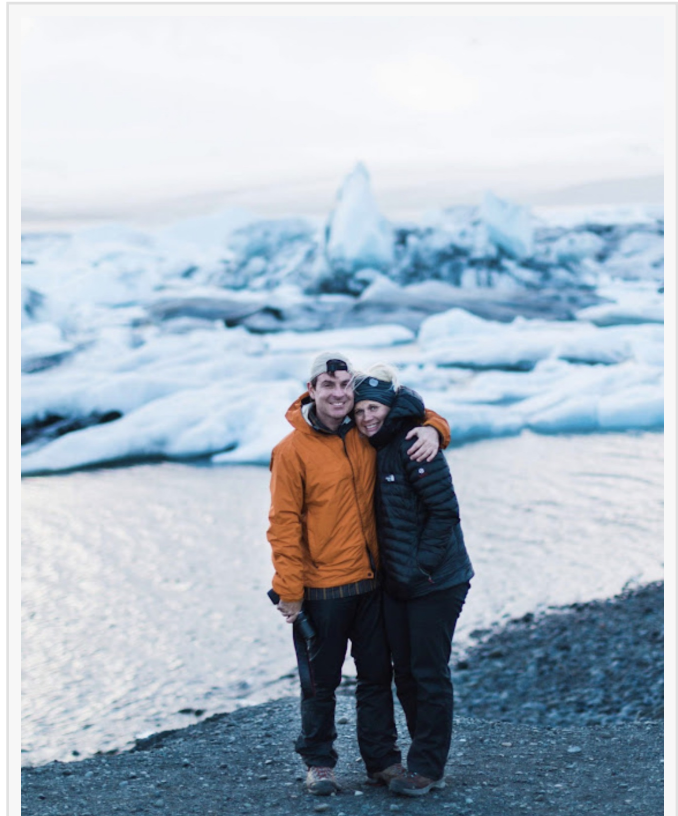
How to Build an Adventurous Family Offers a Practical Framework for Families Seeking Deeper Connection in an Increasingly Distracted World

FORT WORTH, TX, UNITED STATES, August 11, 2026 /EINPresswire.com/ -- Fort Worth authors Don and Danae Owens have released "How to Build an Adventurous Family," a book that argues shared adventure, rather than structured programming or scheduled activities, is the primary driver of lasting family connection. The book draws on more than 30 years of the couple's marriage, parenting, and grandparenting experience to offer a model that is practical at any budget and in any geography.

The release comes as researchers and family therapists are raising concerns about rising rates of gray divorce, adolescent social isolation, and screen dependency among children. Don Owens, who has spent 22 years as president of an insurance group, and Danae Owens, a former social worker and current real estate professional, contend that many of these trends share a common root: families that have gradually replaced shared experience with parallel activity.

The book's central argument is that adventure does not require a significant budget or an exotic destination. The Owenses homeschooled their children, Sarah and Don IV, in part to preserve flexibility for travel and outdoor experience. But the book draws equally on low-cost, local outings as it does on backcountry expeditions, framing intention as more important than itinerary throughout.

Structured around specific family stories, the book recounts a 12-year-old learning to rappel, a teenager organizing a pre-dawn hike with friends, and a marriage the Owenses describe as



Don and Danae Owens

having been deliberately protected from becoming a logistics partnership centered on the children's schedules. Each chapter concludes with action steps designed to be accessible to families at varying stages and income levels.

"Adventures, big or small, can make the difference in building connections and setting a foundation of discovery for children," said Don Owens. "Each experience, trip, conversation, photo, and video will set up a trail a family can retrace and celebrate as they look back on their life together."

This is Owens's third book. His previous titles include "A Trip to the Beach Won't Cure Your Worries" and "Ancient Friendship for Modern Men," which has been adopted by men's groups and community organizations as a guide to building intentional relationships. Don and Danae Owens also co-lead The Port Royal Society, a nonprofit focused on introducing readers to ancient texts as a path to Christian faith, and both lead adventure-oriented groups for adults. The couple splits their time between Fort Worth and Leadville, Colo.

Book Details:

Title: How to Build an Adventurous Family

Authors: Don and Danae Owens

Release Date: June 30, 2026

ISBN (paperback): 978-1-966596-36-3

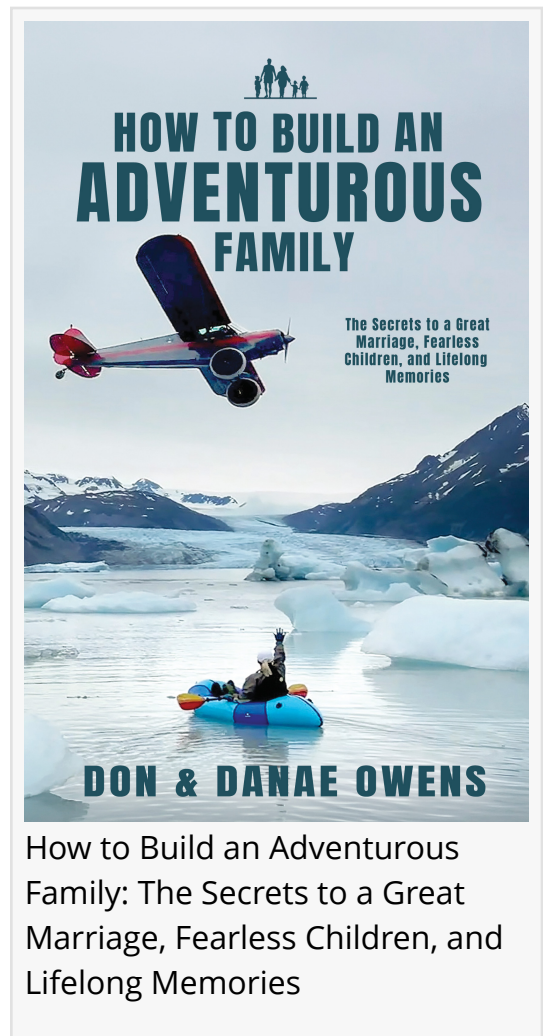
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Available on [Amazon](#)

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How to Build an Adventurous Family: The Secrets to a Great Marriage, Fearless Children, and Lifelong Memories

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