**Multiple descriptions of I’m the Thinker of My Thoughts**

**48 words**

*I’m the Thinker of My Thoughts* is a picture book that gives children the tools to create positive emotions and behaviors by learning to control their thoughts. They learn that thoughts create feelings, which lead to actions, and that they can replace unhelpful thoughts with more helpful ones.

**100 words**

*I’m the Thinker of My Thoughts* is a picture book that gives children tools to create positive emotions and behaviors by learning to control their thoughts. They learn that thoughts create feelings, which lead to actions, and that they can replace unhelpful thoughts with more helpful ones.

Using vivid and memorable illustrations and positive phrases in catchy rhymes, these powerful, life-changing ideas are portrayed in a simple way a child can easily understand. Thoughts are shown as friends or bullies that can make us feel nice or sad. It’s a fun book to read aloud to children ages 3 to 9.

**200 words**

*I’m the Thinker of My Thoughts* is a picture book that gives children the tools to create more positive emotions and behaviors.

Small children have big emotions that make it hard for them to control their responses! This book teaches them how to develop more control over their feelings and actions by choosing more helpful thoughts.

**Children will learn these important concepts:**

* Others, like parents and teachers, can help them with some things, but only they can help themselves in the area of their thoughts and choices
* Thoughts create feelings and feelings lead to actions
* There are helpful thoughts and unhelpful thoughts
* They have the power to create positive emotions that lead to better actions and results by choosing to replace unhelpful thoughts with more helpful ones

Using vivid and memorable illustrations and positive phrases in catchy rhymes, these powerful and life-changing ideas are portrayed in a simple way a child can easily understand. Thoughts are shown as friends or bullies that can make us feel nice or sad. This book empowers children by showing them that they are the thinker of their thoughts, so they can be more in control of the feelings and reactions those thoughts cause.

**481 words**

*I’m the Thinker of My Thoughts* is a picture book that gives children the tools to create more positive emotions and behaviors

Small children have big emotions that make it hard for them to control their responses! Adults often try to manage them from the outside, which usually ends in frustration for them both! This book teaches children, and reminds adults, how we can all develop more control over our feelings and actions by choosing more helpful thoughts.

**Children will learn these important concepts:**

* Others, like parents and teachers, can help them with some things, but only they can help themselves in the area of their thoughts and choices
* Thoughts create feelings and feelings lead to actions
* There are helpful thoughts and unhelpful thoughts
* They have the power to create positive emotions that lead to better actions and results by choosing to replace unhelpful thoughts with more helpful ones

Using vivid and memorable illustrations and rhyme, these powerful and life-changing ideas are portrayed in a simple way a child can easily understand. Thoughts are shown as friends or bullies that can make us feel nice or sad. This book empowers children by showing them that they are the thinker of their thoughts, so they can be more in control of the feelings and reactions those thoughts cause.

When they start to gain control of their thoughts, they will:

**G**ain self-control and confidence

**R**educe anxiety and fears

**O**vercome negative thinking

**W**ork on healthy thought patterns for life!

With its positive phrases in catchy rhymes, I’m the Thinker of My Thoughts is a fun picture book to read aloud to children of many ages, but mainly for ages 3 to 9.

This approach to the connection between thoughts, feelings and actions is actually used effectively by mental health professionals in Cognitive Behavioural Therapy, or CBT, for short, to help individuals with mental health issues such as trauma, anxiety, and depression. It is also a mindset used and taught by entrepreneurs and coaches to achieve goals successfully.

When it comes to children’s books on feelings and mental health, this could be one of the best books to have on your shelf! It is a great resource for:

* **FAMILY MEMBERS:** Parents. grandparents, aunties and uncles, brothers and sisters, or anyone with children in their lives that they love and care about.
* **EDUCATORS:** Teachers, Librarians, Preschools, Homeschooling Families, Day Cares, Special Needs Centers, Coaches, Sports Teams and Associations
* **SPIRITUAL TEACHERS:** Sunday School, Hebrew School, and other religious programs for children
* **MENTAL HEALTH PROFESSIONALS AND CHILD PRACTITIONERS:** Social Service workers, Child and Family Psychologists, Therapists, and Counselors, etc.
* **ENTREPRENEURS** who want to teach their kids success mindsets
* **ANYONE WHO WANTS TO HELP CHILDREN GROW UP TO BE ALL THEY CAN BE!**

This delightfully illustrated book with a powerful message is destined to be a classic no family, library, school or medical office will want to be without.