**FOR IMMEDIATE RELEASE**

**Headline**

**Parents and Counsellors Can’t Wait for New Children’s Book - *I’m the Thinker of My Thoughts***

**Subheading**

This valuable resource opens a door of communication with children to talk about their feelings, and gives them tools for developing self-control over negative thoughts, emotions and behaviours.

**Dateline and Location**

July 2020, Abbotsford, British Columbia, Canada

**Book Information**

*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. It’s a fun book to read aloud to children ages 3 to 9.

**Reactions from Readers**

Almost everyone who has heard about, or read a preview of this book, can’t wait to buy one for the children in their life. Parents, grandparents, teachers, and health professionals are all asking, “When can we get a copy?” They see the value it has as a timeless resource for helping children develop healthy thought patterns that will affect their whole life. Those working with children in the mental health field have said they will definitely be adding this book to their 'toolbox'.

For some helpful articles on helping children in the area of personal development, check out Noella’s blog at noellareeder.com. Be sure to look for the additional resources that go with this book. For instance, there’s a list of recommended questions to ask to help kids solidify the concepts in this book. There’s also a workbook coming soon.

**Sample Review**: (for more go to <http://noellareeder.com/media-kit-im-thinker-thoughts/> )

**Renee B, Grandma and Child and Youth Practitioner** *“Hello, I’m a mother of four, a grandmother and when my studies are completed, a Child and Youth Practitioner. This book is so wonderful to help open up a platform for communication with a child who may be unsure about how to talk about their feelings. Such a wonderful book that gives a perfect foundation to talk to children about their thoughts and help them understand them. Very well written!!!! I love this book, and will be reading it to my grandson and adding it to my toolbox I will use when out in the field helping children and youth. Thank you for this book.”*

**Author Bio**

Noella Reeder writes about love, health and personal development. She lives in Canada with her husband Greg. Still happy after 30+ years, they enjoy being parents and grandparents. She’s the author of children’s book, *I’m the Thinker of My Thoughts,* that her son A.G. Reeder illustrated. She loves writing, but poetry is her superpower! Noella’s also the personal writer for successful entrepreneur Jae Park, and helped him with his book – The Power of TODA(y²) and they are currently working on other books and trainings. They want to create a special series of personal development books and materials for children. This book, *I’m the Thinker of My Thoughts* is the first in the series.

**Author Quotation**

“It’s a shame that unless you’re an entrepreneur, or struggling with mental illness or trauma, you don’t usually learn that your thoughts create feelings and feelings lead to actions. I believe if this concept was instilled in us from early childhood, we would all experience much more self-control and confidence.”

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