**Interview Q and A for I’m the Thinker of My Thoughts**

**What is the book about? What are some highlights?**

*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.

The phrases on each page have catchy rhymes so a child can memorize them and play them over and over in their mind. It has really cute and colorful images that portray these concepts in a simple way a child can understand easily. Thoughts are shown as friends or bullies that can make us feel nice or sad, and that we can choose our thoughts like we can choose our friends. We want to choose ones that treat us well!

**Why is now such a good time for this book to come out?**

With the COVID 19 pandemic, and disruption to everyone’s lives, there is a rise in fear, anxiety and uncertainty. Many adults and children have been extremely mentally and emotionally affected by the last few months during quarantine and self-isolation. It is especially hard on young children who don’t understand the extra pressures on their parents and why they can’t do everything they used to do. We don’t know what lasting effects this can have on the mental health of children. This book is a powerful resource at a unique time in history, for helping children learn how to have more mental resiliency.

**What was the inspiration for writing this book?**

I heard a line on a podcast that really stuck in my brain. It was, “I’m the thinker of my thoughts.” I instantly said it out loud and felt empowered that I have the choice over what I think. I’m not at the mercy of whatever thoughts come into my head. I then took some courses by a neuropsychologist named Dr. Shannon Irvine, who teaches that we are the creator of our thoughts, which solidified the concept for me.

A year or so later, after writing another poem, the line “I’m the thinker of my thoughts, they don’t rule me, they’re like my robots” just popped in my head. I started to write more and the poem that became the book was born!

I instantly knew it was very powerful and should become a children’s book. I got my son to illustrate it, and it became a reality!

**This book deals with children’s mental and emotional health. Do you have any experience or expertise in the mental health field?**

I don’t have any kind of doctorate or degree. I’m just passionate about personal growth and have experienced breakthrough in my life by changing my mindsets and way of thinking. I’ve seen the power of the concepts in the book through:

1. Courses I’ve taken by Dr. Shannon Irvine, who uses neuropsychology to help entrepreneurs reprogram their subconscious for more success
2. Two and a half years of writing for a successful businessman who transformed his life by changing his thinking and is now teaching other entrepreneurs to do the same
3. Seeing how CBT – Cognitive Behavioral Therapy has helped my son who had been dealing with mental and emotional trauma (CBT uses these same concepts)
4. My spiritual life and the biblical scripture that says we are transformed by the renewing of our mind

**Do you have any experience or expertise working with children?**

I am a mother of two children and a grandmother of one. Other than that, I did teach a learning to read class in a private school years ago, and also looked after a group of preschoolers for a few hours weekly for a mom’s morning craft time. My favorite thing to do with them was sing songs and tell stories.

**Do you have any other writing experience?**

Yes, for many years I have been a writer and blogger in the area of health and marriage. I’ve also spent the last two and a half years as a personal writer for Jae Park, a successful entrepreneur who coaches others how to have the right mindsets for achieving their dreams. We worked together on his book *The Power of TODA(y²).*

**Who will be most interested in this book and why?**

Oh, my goodness! This book has everyone interested! I’ve never seen so many adults intrigued by a children’s book! It’s a great conversation starter. Not only will it start deeper conversations with your kids about their thoughts and feelings, but every time I talk about it with someone, it creates deeper conversations! You should just leave it on your coffee table!

Anyways, to answer your question, anyone with children in their life that they care about can benefit from this book. I have parents, grandparents, teachers, nurses, child practitioners, mental health professionals, entrepreneurs and many others excited about it. The common phrase from everyone before the book was published was “I can’t wait for your book!”

It is especially helpful for anyone who has a child that struggles with negative emotions and behaviors. Whether it’s anxiety, anger, frustration, or self-dislike, the concepts in this book will help a child develop the self-control that leads to self-confidence.

We know how difficult it is to control a child that is out of control! This book helps kids gain control themselves so the adults in their life can have a better relationship with them, and they can be a happier, heathier being!

**What are some interesting facts about you that our audience might like to know?**

I’m a singer and write songs with my husband. I have actually written some songs for children.

I love to write, but poetry is really my superpower! I like to take everything really important that I learn and process it in rhyme. I have many poems based on truths I have learned over the years. Sometimes I like to write a song about something that I want to remind myself about. Other people have told me that my songs have helped them when they were having a bad time.

My favorite T.V. star growing up was Lucille Ball who inspired my love to make people laugh and feel relaxed to be themselves. I like to be silly and have fun joking around. My granddaughter says I’m crazy, and that’s considered a compliment in my family!

**What would you really like to tell our audience?**

No matter what you’ve been through and where you’re at right now, you have the power and choice to create a better future for yourself. You aren’t stuck being the same, even if you have struggled with things for a long time. I know, because I did. I am in my fifties and am changing now more than ever because of the truths I’m learning about the power of our thoughts, and how we can change the way we think! Don’t just look at this book for your children. Do some work on your own mind and set a good example for your kids.

I wish I knew years ago what I know now. I think 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. I encourage you to look more into the neuroscience of the brain. I love Dr. Caroline Leaf and how she explains things. I recommend you check her out.

**Do you have any plans for writing another book like this?**

Yes, actually I am working on a series of books on personal development for children that would be of special interest to entrepreneurial parents. They are based on many of the frameworks of thinking that high-achieving entrepreneurs use to create success.

My son Alex, who illustrated this book and I are already working on a book for really young children. It’s a poem with actions about thoughts, feelings and actions, so kids can learn it kinetically as well. It will be another handy tool for therapists of small preschool children.

**Where can our audience get your book? What forms is it in and where can they purchase it?**

It’s available as an eBook and in a hard cover version on Amazon.

I had some fun and created a video version of it in PowerPoint that I read, where the pages look like they turn and have a page-turning sound. The kids can watch it when you don’t have time to read it to them. There is also a workbook coming for it soon.

These will both be available on my website: <http://noellareeder.com/> and the book page: <http://noellareeder.com/books-and-resources/im-thinker-thoughts-book/>

You can go there and look around and the link to the books on Amazon is there as well.