**FOR IMMEDIATE RELEASE**

**New Children’s Book Teaches Kids How to Protect Their Mental and Emotional Health**

Mother and son team create a picture bookthat’s helping both children and adults improve their mental and emotional wellbeing in trying times, while enjoying fun pictures and catchy rhymes!

Sept 2020, Abbotsford, British Columbia, Canada

* Author, Noella Reeder and her son A.G. Reeder – artist and illustrator, co-created and published their first children’s book that helps kids understand the link between their thoughts, emotions and actions
* CEO of Inno Foods, and author of *The Power of TODA(y²),* Jae Park, loved the concept in the book and helped get it published by his publisher in Korea – Yemmibooks
* Parents, grandparents and mental health professionals have been eagerly awaiting the arrival of this book as a valuable resource for helping children develop healthy thought habits
* The book was inspired by teachings of entrepreneurial success coaches, but lines up with a mental health therapy called Cognitive Behavioral Therapy, or CBT, used to help people suffering with a variety of mental health disorders including anxiety, depression and trauma

As children go back to school, parents and teachers are teaching them how to stay safe so they won’t catch COVID-19. We’re trying to teach the difficult concept that there are invisible things that can harm them. It’s important that we inform kids how to protect themselves physically, but they are also very susceptible to mental and emotional distress right now as well. Showing them how to protect their mind and emotions isn’t as easy to teach as washing hands or wearing a mask.

A newpicture book*, I’m the Thinker of My Thoughts*, written by Noella Reeder and illustrated by her son A.G. Reeder, has arrived at the perfect time as a tool for caregivers to show children how they can help guard themselves from the invisible danger of negative thoughts.

The main concept of the book is that thoughts create feelings, which lead to actions, and that we can have power over our feelings by choosing better thoughts. Portrayed in a simple way young minds can understand, where thoughts are shown as friends or bullies that can make them feel nice or sad, it gives children the skills to develop self-control.

Noella states, *“I’m not a mental health professional, but I’ve researched and written on the subject of healthy mindsets for years. I originally heard the phrase “I’m not my thoughts – I’m the thinker of my thoughts” on a podcast and I felt so empowered by that concept! I realized I could choose what I think about and wasn’t at the mercy of negative thinking and the feelings that produces. In a moment of inspiration, I wrote a poem about it and instantly knew it had to become a children’s book that would give kids this same sense of empowerment.”*

Illustrating this book was therapeutic for Noella’s son who said, *“Around the time my Mom approached me about illustrating the book idea she had, I was in a really rough spot in my life. When she started explaining the concept of bully thoughts and learning to replace them with kinder ones, she was coming from a self-help angle, but I realized it’s one of the core concepts of CBT, a therapy I was in for handling anxiety, depression, and trauma.* *This isn’t a medical book or replacement for therapy, but I think the concepts in it can help give kids a head-start on healthy coping skills. As an anxious kid with intrusive thoughts, these ideas would have given me the words to express to my parents what I was going through. Nothing would make me happier than knowing kids like me, at the mercy of their bully thoughts, could read this book and start taking back some of that control.”*

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

**Renee B, Grandma and Child and Youth Practitioner** *“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.”*

**Book Availability:**

The book is now available for sale on Amazon as a hardcover and Kindle eBook. There are also other resources such as a workbook with pages to color and activities to do that solidify the concepts in the book, as well as an audio and video version on Noella’s website – noellareeder.com

Amazon: <https://www.amazon.ca/Im-Thinker-Thoughts-Noella-Reeder/dp/B08BJC1NBV/ref=sr_1_1?dchild=1&keywords=im+the+thinker+of+my+thoughts&qid=1599763166&sr=8-1>

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The House of James  
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**Author Bio**

Noella Reeder, a mother and grandmother, writes about love, health and personal development. She lives in Abbotsford, B.C., Canada with her husband Greg. 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 a 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. The book, *I’m the Thinker of My Thoughts* is the first in the series.

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