



MY SUNSHINE SPACES EXIST WHEN I AM WITH MY GRANDCHILDREN, WHEN I AM AT THE CAMELOT CENTER FOR EQUINE THERAPY AND WORKING WITH HORSES AND CHILDREN. AND YES, WHEN I AM AT DANCE CLASS WITH JUDY CONTI'S DANCING DIVAS. OF COURSE, HOW CAN I FORGET, WHEN I AM WORKING WITH CHILDREN AND I SEE A LITTLE SPARKLE AFTER THEY READ MY BOOKS.

WHERE IS YOUR SUNSHINE SPACE?

It is a pleasure to be able to tell you about MY SUNSHINE SPACE AND THE BOOK OF EXPRESSIONS. Enjoy this little snip-it of my work and lets talk about how we can create possibilities in assisting our path to helping children with mental health concerns. Thank you!

I grew up in Canfield, attended Ursuline High School and YSU. I have spent most of my life working with children on some level, including my 4 children and now my 5 grandchildren. When I was 14 I started working with children at the Canfield School Summer program and it just never seemed to end!! WOW, THANK GOODNESS! I have worked with many charity agencies such as Casa Madre, Beatitude House, Hearts for a Safe Harbor for children affected and infected by HIV and Aids in Africa, The Dorothy Day House, ST. Vincent DePaul kitchen, Arthritis Foundation (Juvenile), Comfort and Hope for foster care children, Angels for Easter Seals ,Akron Children's Hospital and with Camelot Center for Equine Therapy. My teen and tween yoga classes gave my BOOK OF EXPRESSIONS wings and I knew what messages I wanted to share and how I wanted to bring awareness to our teens and tweens about themselves, about others and the world. I LISTENED, LEARNED AND LOVED EACH MOMENT.

I AM AVAILABLE FOR SPECIAL READING TIMES WITH MY SUNSHINE SPACE AND WORKSHOPS WITH BOTH OF MY BOOKS. GO TO Angelwhispers4you2.com and find out more.

FIND YOUR JOY AND WATCH IT GROW..WITH IMAGINATION AND COLOR!



“FIND YOUR JOY AND LET IT SHOW ’

....Jen Chapin, Songwriter and singer

Do you take time out of your day to breathe...smile and feel joy?
TIME TO TRY IT!

According to the Mayo Clinic coloring can help you be more mindful
MINDFULNESS is the ability to focus and stay in the moment.

Because you are focusing on color choice and staying inside the lines,
you’re only thinking about the present moment. You can shut off the
noise around you, and give your mind the gift of focusing on the
movement, sensations and emotions of your present moment.

Practice letting go of being judgement as you go through the task with
no expectations. While coloring you enhance focus and concentration.
It is stress relieving and teaches you to embrace the imperfect.

TIME TO EMBRACE YOUR MINDFULNESS AND RELIEVE STRESS!

THE BOOK OF EXPRESSIONS DOES NOT TRY TO TELL THE YOUTH, HOW TO THINK, BUT GIVES THEM THINGS TO THINK ABOUT. THIS BOOK IS A CREATIVE AND ENCOURAGES SELF EXPRESSION.

It offers wonderful rewards: gratitude, love, purpose and how to embrace your unique self. It is time for our teens and tweens to discover life’s unlimited possibilities, the importance of kindness (for themselves as well as others), Imagination, and the value of family, no matter how unique that might be for them.

There are 3 sections of this book

1 **YES, IT IS ALL ABOUT YOU...THE REAL YOU.**

2 IS **FINDING YOUR JOY AND WATCHING IT GROW IN GRATITUDE**

3 IS **HOW TO BE THE LIGHT FOR OTHERS IN AND FOR TODAY’S WORLD.**

Our world, at times seems to be very black and white as far as who you are and should be. Only you can add the color to your own unique world. Everyone’s colors are different and that is what makes our world beautiful. **EMBRACE YOUR REAL SELF!**

REVIEWS FROM A PROFESSIONAL: THIS F.A.I.T.H. (Free to be Aware In Thought from the Heart) BOOK OF EXPRESSIONS COVERS VARIOUS AREAS OF IMPORTANCE IN A YOUNG PERSON’S LIFE. It encourages them to shift in their thought patterns, allowing them to explore what makes them unique. The ability to instill kindness and build confidence are significant in a young person’s life. I especially love the reminders that encourage gratefulness and mindfulness. The young clients I work with often struggle to see past the negative. This book pushes them, in a helpful, gentle way, to see from the brighter perspective.

Desiree F. LISW-S (clinical social worker/therapist)

REVIEW FROM A SCHOOL THERAPIST:

“Ms. Rich created a book of sunshine! Professionals and Parents can use it in helping to support self-worth and positivity in our young. It can reinforce or start topics of conversation and also be used to keep busy hands coloring while talking! Artwork is inviting and fun>” Mary J. M., School Psychologist

MY SUNSHINE SPACE IS A WONDERFUL LYRICAL INTERACTIVE INSPIRATION. IT IS PERFECT FOR ANY CHILD 5-10 AND A READ ALOUD FOR OTHER CURIOUS MINDS, YOUNG OR YOUNG AT HEART.

LYDIA'S JOURNEY TAKES THE READER FROM SADNESS ON A RAINY DAY TO ONE THAT IS FILLED WITH UNEXPECTED SURPRISES AND GIGGLES AND EVEN JOY. THE WORDS ARE MELODIOUS AND SEEM TO DANCE ACROSS THE PAGES. THE ILLUSTRATIONS JUST WARM YOUR HEART WITH COLOR AND CREATIVITY. IN THE END...THE READER REALIZES THE MAGIC IS IN THEIR HEART!

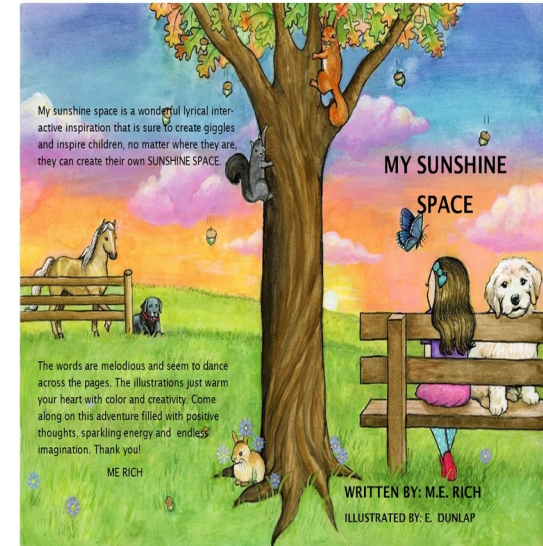
GRAB YOUR UMBRELLA, YOU NEVER KNOW WHAT WILL HAPPEN NEXT.

REVIEW BY SOCIAL WORKER/THERAPIST

MY SUNSHINE SPACE IS PERFECT FOR CHILDREN WHO MAY BE STRUGGLING EMOTIONALLY. THIS BOOK IS ENGAGING AND ANIMATED TO HELP KIDS USE THEIR IMAGINATION TO IDENTIFY THEIR OWN SUNSHINE SPACE. IT IS PRACTICAL AND CAN BE REALISTICALLY IMPLEMENTED WITH IN ANY SITUATION. IT SERVES AS A USEFUL TOOL IN THERAPY AS WELL AS AT HOME AS A PARENT.

REVIEW FROM A PARENT:

MY SUNSHINE SPACE is a lovely, well-written children's book that helps navigate the tricky world of emotions. It shows the reader how one can create their own sunshine space, wherever they are, and that their possibilities truly lie within themselves. My 8 year old daughter and I loved reading this together and talking through what her sunshine space would look like on that day. The best part, this book applies to any situation. Thoughtfully written and beautifully illustrated, as well.



MY SUNSHINE SPACE IS GUARANTEED TO BRING JOY, LOVE AND LOTS OF SPARKLE TO YOUR WORK NO MATTER IF USING FOR THERAPY OR JUST FOR A LITTLE FUN IN THE CLASSROOM! PLEASE, DRAW YOUR SUNSHINE SPACE. WHAT DOES IT OR WHAT WOULD IT LOOK LIKE? THEN SHARE ON MY WEB SITE: Angelwhispers4you2.com

Confirms that the magic is in your heart!

