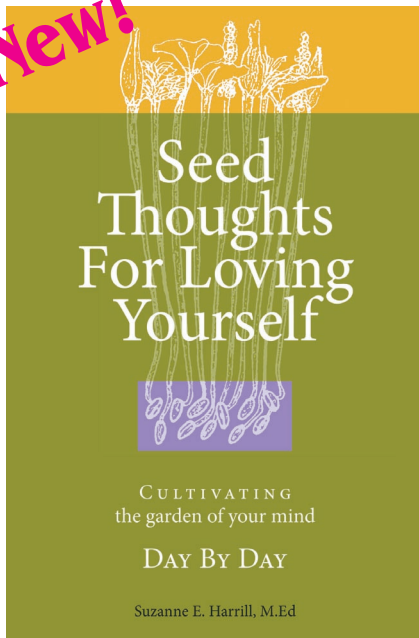


# Two New Books: Seed Thoughts For Loving Yourself and Empowering Teens to Build Self-Esteem Suzanne E. Harrill

**New!**



## Seed Thoughts For Loving Yourself

ISBN 978-1-883648-16-9 \$14.95  
4X6 inches 424 pps. Paperback

Daily affirmation book with sound psychological principles and spiritual truths, a guide for the inner journey to spiritual wholeness. Whether new to self-discovery or a seasoned traveler, the reader will find many gems of truth. A book of both depth and simplicity.

Easy-to-read type. Includes Self-Esteem Awareness Inventory (self-test), Twelve Steps of AA revised For Building Self-Esteem, Acorn Analogy. Foreword and meditation by John Randolph Price.

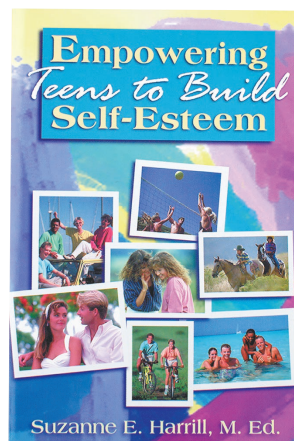
*"A great book that reminds us of our innate worth and goodness. I use it with my clients all the time."*  
Nancy Moonstarr, Ph.D. Psychologist

*"I love your book! I use it each day to remind me of what I already know and to keep me on track."*  
Maryanne Wanca-Thibault, Business Consultant, Yoga Instructor

## Suzanne E. Harrill, M.Ed.

Licensed Counselor, Speaker, Teacher

Suzanne has a talent for helping people know and love themselves. Her books spark the inner journey, encouraging the reader to update guiding beliefs, talk kindly to themselves, make wiser choices, and take personal responsibility for each one's life and well-being.



## Empowering Teens to Build Self-Esteem

Quick, easy read for busy teens. Teaches personal responsibility and how to rescript one's life for success and happiness. Builds positive self-talk. Includes affirmations, journal questions, Teen Self-Esteem Awareness Indicator, dating tips. Also for parents, teachers, counselors.

ISBN 978-883648-04-6 \$16.95  
6X9 inches 96 pps. Paperback

*"Empowering Teens gave me a grasp of how to deal with my family better. I read it at the time my parents were going through a divorce. I also learned to think about myself and my feelings when I am in a new relationship with a guy. It is not a good idea to depend totally on a guy for everything. This book made me think about being more independent and not to get too attached too soon."*

Jamie Rinkoff, age 16

*"This book really helped me when I was at a low point. It helped me get back on track with my thinking and gave me more power and energy. After reading this book, I felt more positive and happy."*

Adam Loewenheim, age 15

*"This is a very good book about believing in yourself. It changes the way you think about things. It makes you think about what you are doing before you do them. I learned that mistakes cannot ruin my life and that only I can make changes when I make a mistake. I learned also that setting goals and achieving them can build self-esteem."*

Travis Starnes, age 12

I N N E R W O R K S  
P U B L I S H I N G 