



You Matter!: A Self-Acceptance Journal for Young People

Dory Jolin

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This journal gives a young person's self-doubts, fears, concerns, and worries a place to go. By journaling and working through these negative thoughts and emotions, children learn to be free... free from thinking they are not enough... free to be who they are, as they are!

This book works with a simple metaphor of 'rocks' that roll in and accumulate over time to cover a child's inner light. It walks the child through a six step process that teaches him/her how to identify their own personal rocks, how to work with those rocks (remove or manage), and how to grow into self-acceptance and gratitude.

The book has over 90 'blank' pages for journaling, each with a unique affirmation at the bottom such as “I am radiant” or “My heart is open and I am safe.”

The book is designed for children ages 9 to 19, but really can be used by anybody who wishes to release old limiting thoughts in order to step into self-acceptance.

“Dory's healing approach and the process in You Matter are wildly simple and powerfully gentle. Like a warm grandmother hug this book helps to calm, direct and open a child to their innate worth. Dory lives the message of self acceptance and has effectively taught her own children. Dory's embodied lived wisdom is felt on each page and in the words she has written. I highly recommend any parent or person who helps children to utilize this amazing book.” - Barbra White M.A, Di.hom. Creator of Self Acceptance Process and best selling author.

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Daryl Biddle:

The book You Matter!: A Self-Acceptance Journal for Young People will bring you to the new experience of reading the book. The author style to elucidate the idea is very unique. Should you try to find new book to study, this book very suited to you. The book You Matter!: A Self-Acceptance Journal for Young People is much recommended to you to study. You can also get the e-book through the official web site, so you can more easily to read the book.

Paul Tirrell:

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Dennis Bales:

In this period globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The particular book that recommended for your requirements is You Matter!: A Self-Acceptance Journal for Young People this publication consist a lot of the information of the condition of this world now. This book was represented how do the world has grown up. The terminology styles that writer require to explain it is easy to understand. The actual writer made some investigation when he makes this book. Here is why this book suited all of you.

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