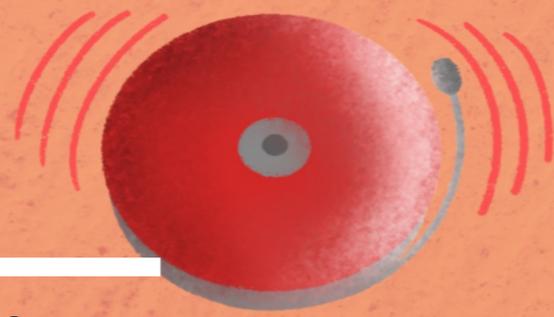
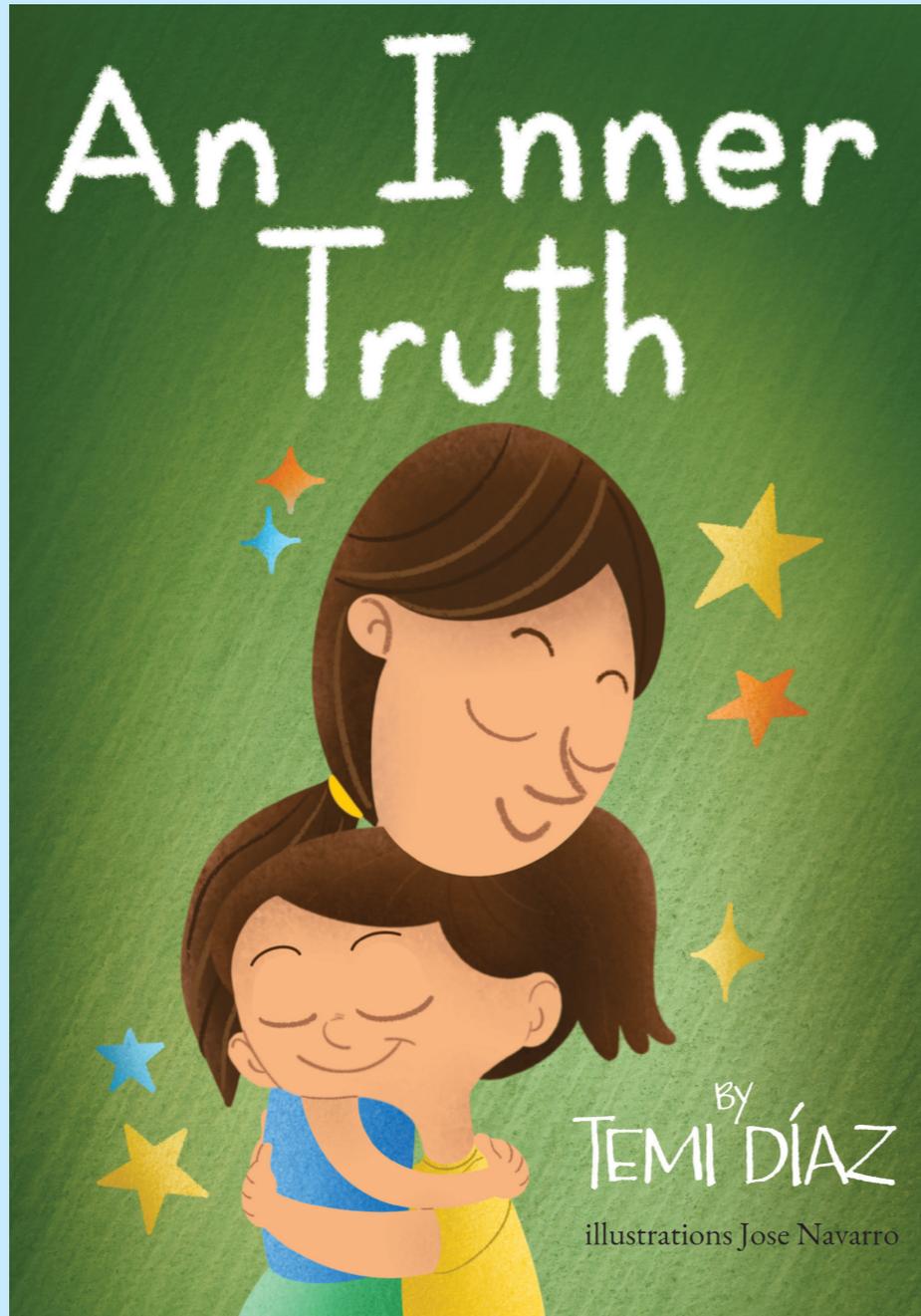


InnerTruth Books



Guidebook for kids!





Before reading the book:

You're right were you're supposed to be.

YOU HAVE "AN INNER TRUTH"
IN YOUR HANDS!!

Find a place where you can feel comfortable, and relax!

While reading the book:

- One you meet our main character, Rachel, think about how she's feeling. Then, try to think if you've ever felt somewhat like this before too.
- Where do these "gray" clouds come from? What do they represent?
- Have you ever felt like this?





- Is it possible that I have let other people's words, and decisions affect my thinking and being?



- The fear from not being "accepted", stopped, Rachel from being herself?

After reading the book:

MY ADVICE FOR YOU: I hope you never forget that what other people decide to do has nothing to do with what you want to do. We all have different passions, pleasures, and personalities. Don't try to change yours because of other people's choices. You don't need other's approval. Follow what your heart desires, and what you crave the most. There's your INNER TRUTH!

MY GOAL FOR YOU: I hope you have learn through Rachel's experiences. Maybe you will relate to it, maybe you won't and that's okay. The important thing is to understand that life is not about pleasing others, but about following your own inner truth.

MY ACTIVITY FOR YOU: Grab a piece of paper, and write down every feeling, thought or memory that you had while reading "An Inner Truth."

Any time that you have a negative emotion, feeling or memory, write it down. This way, you'll understand what you're feeling. Then add a positive statement to what you wrote, that way you transform the negative into positive.

Example: I am feeling sad.....//My happiness is stronger, brighter, and bigger than the temporary sadness.

**Remember you are
special and unique!**

**The world needs more
people like you!**

Let's keep shining with our inner truth!