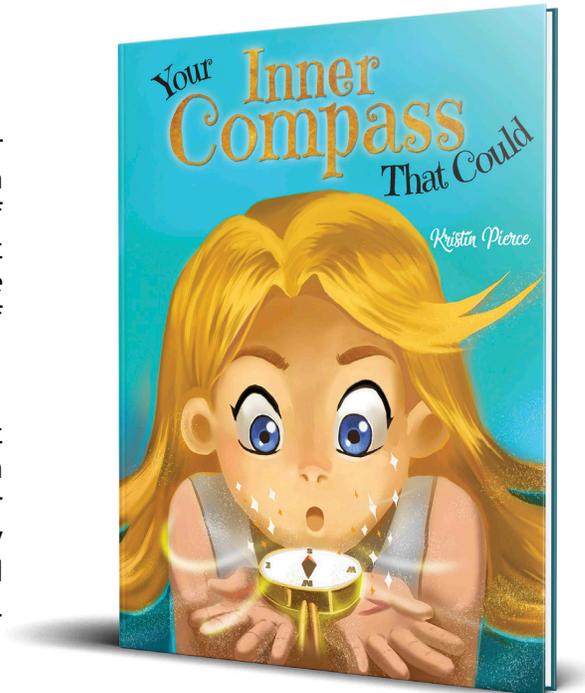


Your Inner Compass That Could

Inspiring, whimsical, and brightly illustrated, *Your Inner Compass That Could* provides a fresh perspective on navigating the magical adventure of life. Simple rhymes encourage young readers to let their inner wisdom lead the way to true fulfillment, while imparting messages of self empowerment, self growth, and self confidence.

It is a book for anyone who has ever had a gut feeling, a strong knowing or felt a spark of passion deep inside. It is never too early for children, or too late for adults, to realize that they are truly magnificent, powerful beings with unlimited potential and are equipped with an unique internal compass to help guide their way.



Author: Kristin Pierce

Page Count & Dimensions: 8" x 10" | 36 pp

Illustrator: Stefanie St. Denis

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Genre: Juvenile Fiction | Picture Book

Ages: 4-9 years

About the Author:

Kristin is the founder of Inner Compass Books, and a self-awareness educator whose mission is to empower others to deconstruct their self-limiting beliefs, shift their perspectives, open their minds, and expand their awareness of mind, body, and self. It is her mission to create mindfully-crafted children's books that encourage kids to question their limits, pursue their passions, and dream bigger than belief.

Inspired by her two young children and the immense wisdom that lives within, Kristin was eager to open minds to the incredible power of one's inner knowing. In sharing this book, she hopes to encourage adults and children alike to trust their truest guide by listening to the messages from within.



Your Inner Compass That Could is her first children's book.

Kristin lives in Saskatchewan, Canada with her husband, two children, and their dog.

AUTHOR Q&A

1. What is an Inner Compass?

Your Inner Compass is the little voice in your head that whispers when something feels right or wrong. It is the gut feeling you get when you something just “feels off.” It is the spark in your heart and the fire in your eyes when you are so passionate about something that there is nothing else you’d rather do. Everyone, from your preschooler to your grandmother, has intuition, but most of us need some help learning to listen to it.

2. Why is it important for children to be true to themselves?

Encouraging children to connect with their “inner self” and know that the answers they seek live within allows children to:

- Make decisions that are aligned with their truth, values, and soul — decisions that feel good and are true to self
- Improve trust in their inner voice and their abilities
- Alert them to danger by paying attention to their internal red flags
- Connect more deeply with themselves to uncover true desires
- Feel empowered and confident in their choices

In doing so, life can flow with much more ease, joy, and alignment.

3. Explain the inspiration behind this inspiring tale.

After a cosmic hammer experience with cancer at the age of 21, I began to realize there was a big piece I had been missing and ignoring within myself. Embarking down a new road of consciousness-based healthcare, through an inward journey of deep introspection and inner evolution, I realized a profound message that needed to be shared.

I began teaching MindScape in 2015, which led me to realize the untapped potential of the mind within each of us. In having my own children and working with child clients, I realized the importance of nurturing these intuitive gifts. Children are imaginative, intuitive, magical little beings that need to be encouraged to trust their knowing and their inner gifts. There are few books that teach children that they are wise beyond measure. As adults, we have to work hard to uncover our natural childhood gifts of intuition, curiosity, and imagination, which have been covered up by loads of beliefs that limit all kinds of possibilities. We believe “our minds can’t operate that way,” or “that’s not how the world works,” or that “people who are creative or intuitive are ‘out there.’”

“BUT,” I thought to myself, “what if these gifts were better understood by adults, and taught, encouraged, and nurtured in children in childhood?” In writing and sharing this book, I hope to encourage adults and children to trust their truest guide by listening to the messages from within. 4. You once believed you were NOT a writer. Can you describe the journey of unearthing this hidden talent?

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In the summer of 2016, as I wrote a rhyming story of my baby's first 6 months of life, I had a fleeting thought of writing a children's book. Almost as quickly as this idea entered my awareness, it was dismissed and vanished... until a wintry day in December when the creative juices were flowing. In a mere 90 minutes, 58 rhyming lines flowed out onto paper that told the story of *Your Inner Compass That Could*. Little did I know that there in my hands sat the raw, unedited version of my first children's book. Months later, I told my MindScape class about how we allow many of our limiting beliefs to shut us down before we even begin, how we stop ourselves before we even let the idea come out of our mouths, how we talk ourselves out of the brilliant possibilities. We retreat into our comfort zones and dismiss our ideas as impossible dreams. As I sat there discussing with the class, a little golden nugget of awareness popped into my mind — my self-imposed roadblock: I am not a writer. As I told my class about my manuscript that sat collecting dust, one student spoke up to say, "I'll buy one."

Never in a million years would I have considered myself a writer. Writing a book and becoming an author were not even on my radar, nor my bucket list. So, I must interrupt this response to share my favourite quote: "It takes courage to grow up and become who you really are." —e.e. cummings. The self discovery process requires bravery and commitment. The more I uncover and resolve layers of limiting beliefs, the more I evolve into who I really am, and the better I know my true self. In this unravelling process, a hidden talent was unearthed that I didn't even know existed.

6. Your book contains some big ideas for young readers. How can parents and teachers help children get the most from your book's message?

To help readers understand and digest some of the big ideas from *Your Inner Compass That Could*, I have included some Questions for Reflection in the back of the book. I have also created some wonderful printable Integration Activities to support children, parents, and teachers in understanding what your Inner Compass is all about. Visit www.InnerCompassBooks.com to learn more.