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Books help kids navigate changes in life

BY MARK WEBER
Red Deer Express

A local author known for penning books on kids' self-esteem issues is now focusing on helping youngsters navigate loss and changes in relationships.

Wendy Collier's latest series includes the titles *How to Handle Change - Friendship*, *How to Handle Change - Moving* and *How to Handle Change - Losing a Dog*.

Each book features the Self-Esteem Angel who helps teach children an array of life-lessons as they face various circumstances and challenges that life inevitably brings.

A few years back, Collier wrote *Is Unconditional Love Like Heaven?* — the second in her Self-Esteem Angel Series. *Being Different is Cool* was released in 2004.

Collier has a masterful way of weaving plenty of wisdom and practical advice suited to children as they find ways to cope with

difficulties. The Self-Esteem Angel visits children and gently guides them in the right direction, pointing out the positives in negative situations. Ultimately, there is always hope and light 'at the end of the tunnel.'

As to the newest three books about change, Collier said they were meant to be a single volume. But the ideas kept coming, and ultimately three separate books were produced.

"I love how the stories come to me. I also really appreciate that this is a gift that has been given to me."

One of the best features of the books is their accessibility and realistic nature. Collier writes about situations common to kids — moving, struggling with fitting in, losing a family pet, or just coming to terms with losing friends for one reason or another. They're also incredibly useful books for parents and teachers; kind of a 'reminder' of what it was like to be a child facing

one of life's obstacles and working through it. Indeed — adults can garner much from her insight and wisdom.

The stories are always engaging and interesting, and more importantly there are vital, practical message to help.

"The response has been really great, and the timing always seems to be really good as well," she says of the range of topics her books focus on. "I really love that there are practical skills and tools readers can actually apply to their lives."

Besides the writing, she also does a wonderful job of drawing and painting images for each book. That only started about one year before the first title was released in 2004.

Collier has spent the past 27 years teaching, facilitating and writing.

"I have seen how effective experiential lessons (let me learn with all my senses engaged) are for students of all ages," she



INSPIRATION - Local author Wendy Collier works on her latest books for children. The theme of the new series is about dealing with change.

photo submitted

explains on her web site.

"I've also had the tremendous pleasure to observe and experience how art impacts our mental, emotional, spiritual and physical well-being."

Next up from Collier is a

book about dealing with change that illness brings. Following that will be a book about adoption.

Collier also ensures that some of her books are donated to various organizations in the community

such as boys and girls clubs, schools and women's shelters.

For information about her books or about ordering titles, visit www.angelbooks.ca.

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