

Book on divorce helps kids through the process

Local author Wendy Collier continues with various esteem-building projects

BY MARK WEBER
Red Deer Express

A local author/speaker/illustrator known for penning books on kids' self-esteem issues is now focusing on helping youngsters face the hardships of divorce.

Her latest title is called *Self Esteem Angel Says... Divorce is NOT Your Fault!* This title marks the eighth book in her children's book series.

Collier's series covers all kinds of topics that are relevant to the younger

set, including 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 ar-

ray 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's main message, in terms of bullying for example, was encouraging children to 'reframe' the message they heard about themselves. Is it true or opinion? Usually, comments that can hurt are opinion and can be discarded.

Collier, who is a former teacher, is passionate about the power of self-esteem and life skills, bringing some 27 years of experience in personal growth.

She has also created and

facilitated workshops and courses for adults, children and corporations.

She and her husband, Kelly are also the founders of Angel Books and the Self-Esteem Angel™ Mission.

With the help of local sponsors and donations, this mission works to provide free books to children at women's shelters, Christmas organizations, hospitals, schools, youth groups, boys and girls clubs, Big Brothers and Big Sisters and literacy organizations.

She has always showed a masterful way of weaving together plenty of wisdom and practical advice suited to children as they find ways to cope with difficulties.

One of the best features of the books is their accessibility and realistic nature.

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.

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

editor@reddeerepress.com

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