

NEWS RELEASE

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FOR IMMEDIATE RELEASE

Elevate journal keeping from mundane to insane! Announcing *Journal Buddies: A Wonderful Parent/Kid Summer Journaling Activity*

Hillman, Minnesota—June 19, 2007—Concerned youth worker unveils new approach to journaling that WILL help parents and kids connect through interactive and creative journaling.

Powerful **journal helps parents and kids connect, and kids will gain improved self-esteem** too. Interactive and guided, this is no ordinary journal. It's a celebration of qualities, traits and talents that parents like about their kids and that kids like about their parents.

These simple but powerful books, *Journal Buddies* (for girls and for boys), **include innovative and creative journaling tools** such as 89 Creative Journaling Tips, thought for the day, lined and unlined pages and a focus word of the day.

Parents and kids complete each of the 30 entries in *Journal Buddies* as a team AND are **encouraged to write, draw, cut, paste, and create in their own unique journaling** styles. Even more exciting is that *Journal Buddies* can be done with a buddy who has the book or with a buddy who doesn't. It works both ways.

"I highly recommend this journal." ~Alana Morales, JustForMom.com

Self-esteem drops during adolescence for everyone. An AAUW nationwide survey reported in 1991 that while on average 69 percent of boys and 60 percent of girls in elementary school said they were "happy the way I am," in high school, 46 percent of boys and only 29 percent of girls claimed this satisfaction.

And according to Kidsource.com, "The extent to which children believe they have the characteristics valued by the important adults and peers in their lives figures greatly in the development of self-esteem."

With *Journal Buddies* parents CAN make a BIG difference in the development of their kids self-esteem, because they will:

1. **Connect** -- Each entry is a fun adventure in creative journaling.
2. **Communicate** -- The 30 entries get and keep parents and kids talking.
3. **Celebrate** -- Who doesn't like to be told how amazing they are and what is loved about them?

That's what *Journal Buddies* is all about... focusing on and celebrating the positives and building self-esteem in the process!

Call today to schedule an author interview, to request a review copy, to **request contest/giveaway copies** or for more information.

Jill Schoenberg, author and creator of the *Journal Buddies* series

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