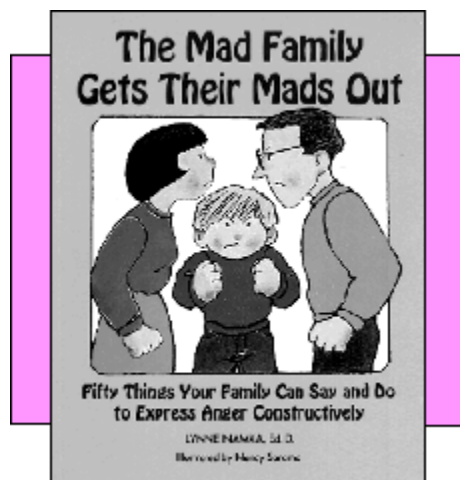


Talk, Trust & Feel Catalog



Books by Lynne Namka to Help Children Understand their Feelings



The Mad Family Gets Their Mads Out:

Fifty Things Your Family Can Say and Do to Express Anger Constructively

Are people in your family angry and are you looking for ways to help reduce the conflict? The explosive child in this delightful book lives in an angry family and he gets angry in return in ways that upset others. His parents take him to see a nice lady who teaches him how to play out his anger and express his feelings appropriately. The whole family learns positive communication skills, anger containment and expressing uncomfortable feelings. The book teaches the "I Formula" and catharsis to release anger. The book is number 23 on a bestseller list for domestic violence.

The Mad Family Book shows you how to:

- √ deal with an angry child by giving positive alternatives.
- √ help your child understand his angry feelings.

- √ express anger in ways that do not hurt others.
- √ learn safe and fun ideas for anger release.
- √ learn to safely speak negative feelings to increase self-esteem.

Reviews

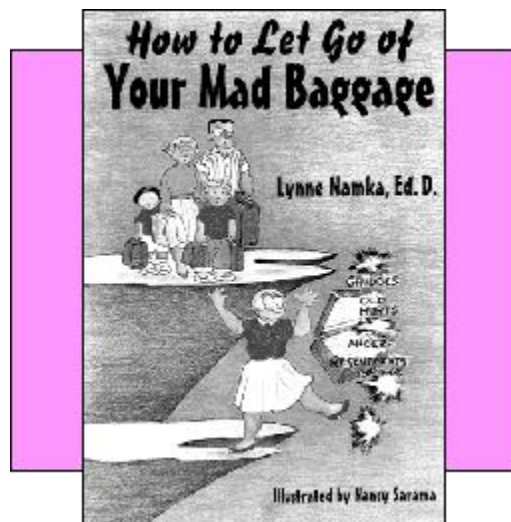
"Read it again, Grandma." Tyler, age 3

"The book that every parent should bring home from the hospital with their new baby."

Lisa Marx, parent.

The Mad Family Gets Their Mads Out Paperback	\$9.95
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How to Let Go Of Your Mad Baggage



Got angry teenagers? Here is a humorous book on anger and what to do about it written for adolescents and grownups! Learn to contain unnecessary anger, release old angers and express your anger in ways that do not hurt others or yourself. Examine your own "withholds" and "below the belt fighting." The metaphors given about the mads make the book light- hearted reading. However, it gives profoundly serious descriptions of what you can do with your own uncomfortable feelings. The humorous drawings give a light touch along with ideas on how to let go of anger in safe and sane ways.

Review

"Lynne Namka, a prolific author and psychologist has intertwined truth, knowledge, insight and humor to produce the best book on the subject this reviewer has seen. How to Let Go... offers the peaceful and practical tools for dealing with conflict and confrontation, for both parents and teenagers alike. How to Let Go of Your Mad Baggage can show you how to move from anger to

empowerment and to love yourself and your fellow human beings...even in your most troubled times. Lynne Namka has opened the door to understanding...and therefore, to betterment!"

Richard Fuller Metaphysical Reviews

How to Let Go of Your Mad Baggage	\$2.95
Paperback SALE	

Goodbye Ouchies and Grouchies:

Hello Happy Feelings: EFT for Kids of All Ages



Too many sads, bads and mads at your house? Too many pesky, annoying, baffling, depressing, maddening, bothersome and awkward feelings keeping everyone upset? Are your child's out-of-control emotions making him or her and everyone else miserable? The real truth about feelings: Feelings are meant to be felt, and then released! If people would learn to feel their feelings and let them go, there would not be so much acting out and hate in the world. Typical children's problems are discussed as different parts of the personality with lightness and humor to help children understand themselves and want to change. The book teaches The Emotional Freedom Technique (EFT) which is a new, exciting, fast-acting approach to release negative feelings. Acclaimed by therapists and thousands of people worldwide, EFT helps create a happier life.

Reviews

"I urge every parent to study this book and apply its contents to our young citizens. It will do more for the quality of their lives, and thus the emotional health of our planet, than all other forms of conventional counseling combined."

Gary H. Craig, Founder of Emotional Freedom Techniques

"EFT for Kids of All Ages" is an awesome book for children and adults. It is the kind of book you will want to sit down and read with a child. Lynne has done a fabulous job explaining feelings and the importance of managing them appropriately. Reading this book acknowledges and validates

feelings, which is so important in a child's life.... It is well illustrated to keep a child's attention and even adults. In my opinion this book should be in every home."

Carol Tuttle; Renowned energy therapist, best-selling author, international seminar leader, mother and wife

"I received your book, and I am in awe of it! It is marvelous. I really love it. Being a former teacher, I can tell you that it has a great future in the guidance departments in schools of the world!!! Not to mention in the families of the world. You have done a fantastic job."

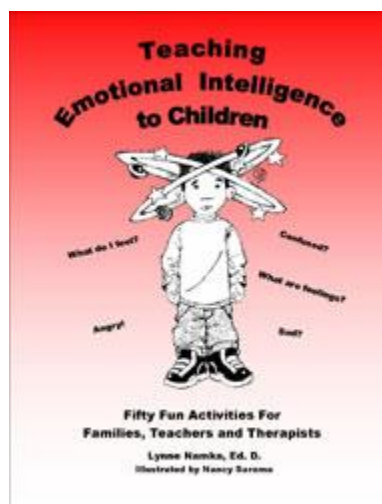
Betty Moore-Hafte; Therapist and author

Goodbye Ouchies and Grouchies, Hello Happy Feelings Paperback

\$9.95

Teaching Emotional Intelligence to Children:

Fifty Fun Activities for Parents, Teachers and Therapists



People who are tuned into their Emotional Intelligence interpret and use their feelings to think and act appropriately meeting the needs of the social situation. Emotional Intelligence is said to be more important than IQ in becoming successful in today's world. So how do you get children to learn Emotional Intelligence? Easy! You teach them! You can teach your child these important life skills by through these quick, easy activities that promote the skills. Help your child learn how to be well rounded and emotionally stable by learning these skills:

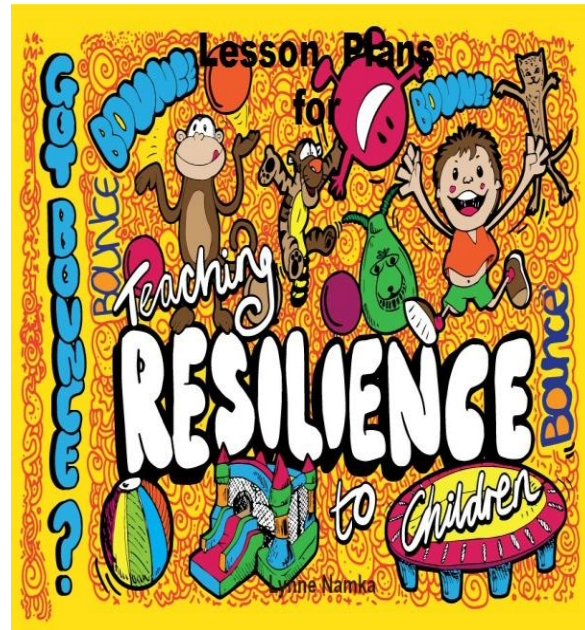
- Recognizing, acknowledging and labeling feelings
- Expressing feelings in safe and appropriate ways
- Releasing negative feelings quickly and safely
- Listening to other people's upset feelings.
- Taking responsibility for misbehavior and mistakes

Breaking into negative thinking and use self talk as cues for change

Teaching Emotional Intelligence to Children Paperback

\$9.95

Lesson Plans for Teaching Resilience to Children



Innovative ideas to help children succeed by teaching them emotional intelligence and resilience! Lesson plans with ideas from the Positive Psychology to position children for success. To develop strong, resilient children, teach the prosocial skills, praise them for their effort and hard work instead of their intelligence, talent or looks and teach that mistakes are part of learning and how deal with the inevitable, uncomfortable feelings they will experience. Help your children to be able to bounce back after adversity and work with negative thoughts. Posters, video links, snappy positive saying and a hundred activities to help children learn the skills of being a winner in life.

Lesson Plans for Teaching Resilience to Children Paperback
black and white posters.

\$11.95



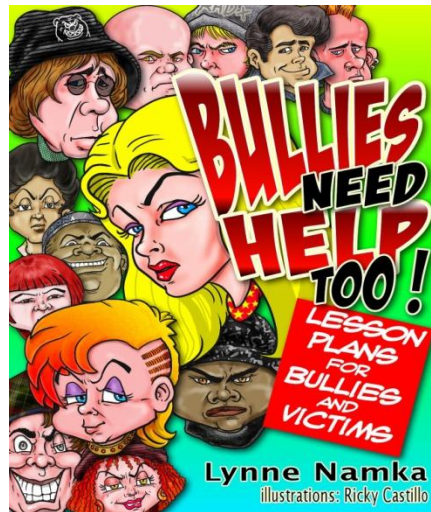
Step Back and Breathe: Lesson Plans for Teaching Anger Management to Children

Sometimes it is tough being a parent. Is your child irritable, have meltdowns and impulsively acts out and then denies responsibility for poor behavior? Discipline only goes so far with an easily-frustrated child as they have trouble learning from punishment. Angry children need to learn social skills and you can teach them! Teach your youngsters how to manage stress, regulate their emotions, resolve conflicts and control impulsive behavior. Included in this book are the needed skills to deal with feelings of frustration, irritability, entitlement, impulsivity and acting out along with one-hundred

activities with dialogue so you know just what to say. Children gain a boost in self-esteem when they learn new skills that will serve them their whole life. These lesson plans teach mastery of feelings and help create kindness in your family or class. Included are posters, charts and links to videos to help your children learn how to understand and express their anger in safe ways! Yes, you can help your children become masters of their feelings!

Step Back and Breathe: Lesson Plans for Teaching Anger Management to Children Paperback with black and white posters	\$11.95
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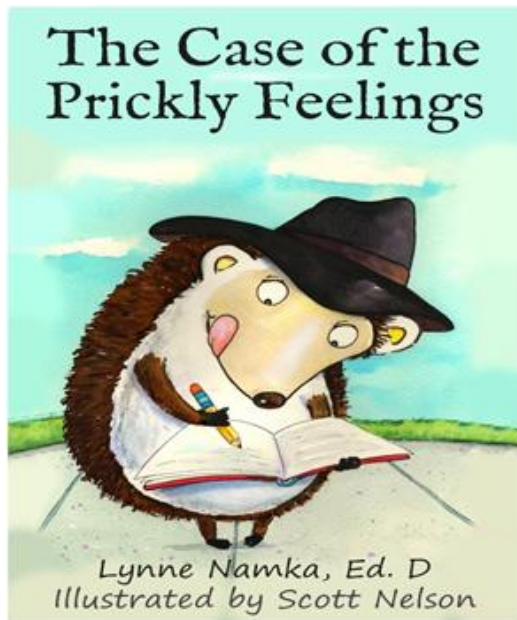
Bullies Need Help Too: Lesson Plans for Bullies and Victims



Do you know how to talk to a child who hurts others? Here is only curriculum that works directly with children who bully! Children who hurt others use moral disengagement to justify their actions. Help children who bully recognize and break into feeling of their disgust and contempt that lead to harmful behaviors. New ideas and colorful cartoons to help both the bully and the victim! Practical ideas and activities from the latest worldwide research on bullying! Help your middle schoolers and teens learn strategies to control angry feelings and break into errors of thinking that it's okay to harass others because it feels fun. The lesson plans teach the values of respect, tolerance of differences, empathy and feeling good about stopping harmful acts. The activities foster kindness and expose children to the addictive feel-good emotions that being supportive with others bring. They give positive ideas with strategies for victims on building assertiveness and how to walk tall, deal with bullies and build confidence and good self-esteem. Included are instructive, colorful, fun cartoons (the cartoons are also on Pininterst for you to copy) to challenge teasing and harassment.

Bullies Need Help Too: Lesson Plans for Bullies and Victims Paperback with black and white posters.	\$11.95
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The Case of the Prickly Feelings: A Detective Story about Feelings



Jake is confused. He didn't know what feelings are and what to do with them. All he knew is that he and his family are so prickly! His best friend Mac is angry after a fight and won't play with him. His sister told him to bug off and to stop bothering her. His mom was too busy surfing the net and wouldn't talk. His dad as usual was clueless about feelings except anger. So Jake put on his detective hat and went on a case to gather clues about feelings. What is a feeling? What do you do when unhappy ones won't go away? Turns out there are many ways to move unwanted feelings. Jake and his grandma use "Feeling Moving Tools" to release angry, sad and confused feelings: Self-Talk to take charge of bad feelings. Magic Fingers to tap them out. Huff and Puff to blow feelings out. Visualize sending them away. Feeling Moving Tools are fun to do! Somehow feelings don't seem quite so overwhelming or unusual when a little hedgehog has them too!

Review

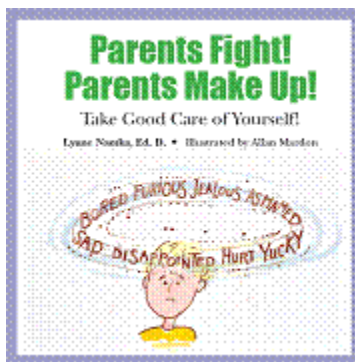
"I was searching for a book to read with my two year old grandson. I chose this one as I liked the cover illustration, not knowing what a gold mine awaited. It is not often that we come across books that address feelings - from a child's perspective. The author really created a gem of a read along with great illustrations. The hidden gold nugget in this book was the method used for handling bad feelings—tapping. I am quite familiar with the late Dr. Roger Callahan's tapping techniques and to be able to deliver them in a child sized read is pure magic. The author tackled a sensitive subject, made it okay to admit having moments when one is not happy and showed fun solutions. As a grandparent and a retired school teacher, I definitely recommend this book."

Beverly Clark

The Case of the Prickly Feelings Paperback

\$9.95

Help Children Deal with Parents' Conflict



Today's children are more in touch with angry feelings, but don't know how to release them safely. They feel helpless when overhearing family arguments and internalize anger. Children need skills to deal with parents' frustration and arguments which are more frequent during this poor economy. Developing life skills such as talking about feelings and using self-regulatory skills of anger management is necessary for good self-esteem.

Parent's Fight, Parent's Make Up is the only book to teach children how to:

... take care of themselves when grownups argue.

- ...decrease confusion that adult fighting is their fault.
- ...decrease irrational fears of parents divorcing when they argue.
- ...use Helper Words to calm down.
- ...decrease their own anger and unhappy feelings.
- ...break into anger that is a theme passed down in families

Times are tough and this cause more conflict in homes. More verbal and physical abuse is being reported by abuse centers for women and children. *Parents Fight. Parents Make Up: Take Good Care of Yourself* is unique in that it addresses a common problem not spoken about by other experts. It teaches children that they are not the cause of their parents' arguments and gives them five different techniques to deal with their overwhelming negative feelings and resulting low self-esteem. Researcher Gordon Harold said: "Children exposed to everyday conflicts between their parents -- conflicts that are non-violent, but frequent, intense and poorly resolved -- are at elevated risk for mental health problems, even when we consider poor parenting practices or genetic susceptibility factors passed on from parents to children, in explaining the effects of hostile relationships on children.... Children may not actually be responsible for their parents' relationship problems; they simply need to feel or perceive that they are responsible in order to experience negative psychological outcomes."

Girls may be a higher risk for depression when their parent's relationship is hostile or there is a negative mother-child relationship. Depressive symptoms displayed by daughters resulted in increases in parent-to-child hostility from both mothers and fathers. Sadly children whose parents fight grow up to fight with their spouses or choose abusive partners.

Reviews

"Thank you for the privilege of receiving your work on family violence. You are truly dynamic in your ability to integrate traditionally opposing viewpoints, approach offenders with a balance of compassion and accountability and clarify the complex patterns of thinking and behavior that contribute to aggression. You're no less than transformed my practice!"

Deena Stewart, Mitzke, MA, USAC Counselor and Clinical Director of Domestic Violence Program

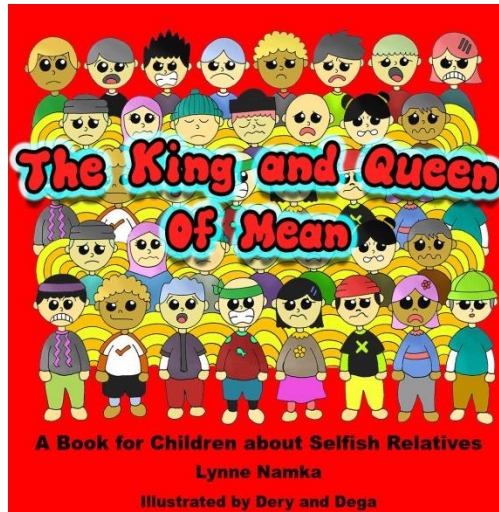
"In this helpful book for older elementary and middle school aged kids we follow Justin who goes to his grandmother's house when his parents are fighting. Grandmother, a retired counselor, helps Justin to see how he can take care of himself when his parents (or others) are fighting. She has suggestions both for kids and adults about what is "Okay about Feelings." I wish that I had read this book 50 years ago when my parents were constantly fighting. Maybe it wouldn't have taken me until I was in my 40's before I understood about feeling my feelings and how to let go of the bad ones."

Lorna Minewiser, PhD is a life coach specializing in Energy Psychology. She's a retired counselor who has worked with Single Parents, Displaced Homemakers and college students. She teaches Emotional Freedom Techniques (Tapping) classes and mentors EFT Practitioners.

Parents Fight! Parents Make Up! Paperback

\$6.95

The King and Queen of Mean

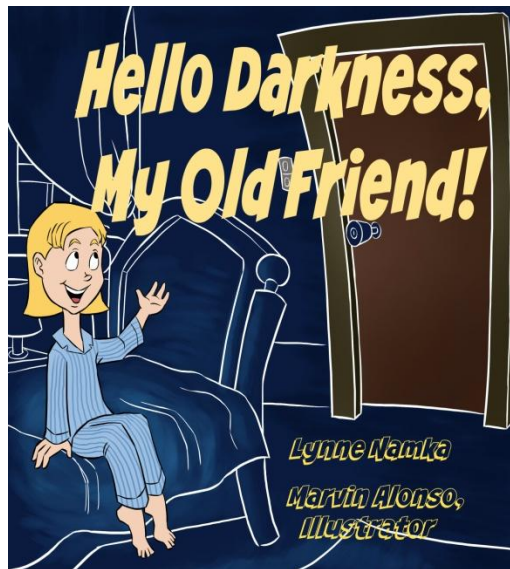


It's tough being a child of a selfish or hateful parent or relative. This book gives a light-hearted, practical explanation about the self-involved or cruel behavior of certain family members who are manipulative, abusive or narcissistic. The story helps children focus on hurtful behaviors rather than using labels to describe. It encourages your child to observe how people treat each other so that they can make informed choices as to who they want to become. Children from happy families often grow up and make good marriage choices while children from unhappy families are more likely to marry negative or angry partners. It had to do with how the child learned to cope with negative emotions, process threat and regulate their emotions. Research shows that children from happy families learn to disengage from negative emotional experiences while children from strained families didn't disengage but kept their focus on the fighting and negative stimuli. Without problem-solving skills, they remained stuck in the conflict. Teach your children to disengage and seek healthier people. As your child grows up, he or she will encounter the concept of personality disorders and draw their own conclusions about the actions of egotistical, self-centered family members. The King and Queen of Mean got input from twenty adults who reported that they grew up with a hateful parent to help children understand malicious adult behavior.

The King and Queen of Mean Full Color Paperback

\$8.95

Hello Darkness, My Old Friend

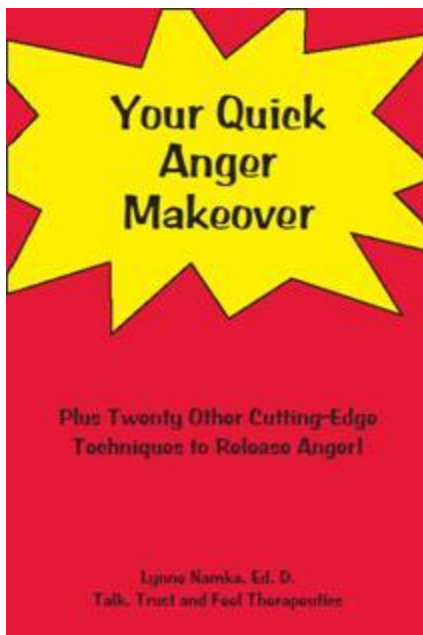


Does your child have nighttime fears of the bogeyman or a monster under the bed or in the closet? This cheerful book presents comforting images of the dark. It reframes nighttime as an opportunity to have an exciting time with happy adventures of the imagination. In the story, the child learns that the dark can be a lovely time as he or she drifts off into Dreamland. Fear of the dark happens when young two-to-six year olds are old enough to imagine but have not yet learned to distinguish fantasy from reality. Their little imaginations can run wild at night. The calming pictures and ideas given in the book create a loving experience of going to sleep rather than focusing on what they fear might be lurking in their over-active imagination.

Hello Darkness, My Old Friend Paperback color

\$7.95

Your Quick Anger Make Over Plus Twenty Cutting Edge Techniques to Release Anger



Your Quick Anger Makeover is jam packed with the newest ideas about how to understand and liberate anger and other unwanted, raw emotions. This book is a practical, light-hearted guide to take you through your wildest and woolliest feelings! It is suitable for the professional and lay person alike. It's full of techniques to release anger! It gives a unified theory of emotional intelligence from Cognitive Behavioral Therapy to today's hot, new Energy Psychology approaches. Learn the latest ideas blending Western psychology and Eastern spirituality on how to manage and release disruptive emotions.

You will greatly benefit from this book if you are:

- Caught up with intense thoughts, feelings and behavior.
- Defensive when given criticized or given information.
- Quick to take offense and act out with resentment and

hostility.

- Have a rush of excitement that gives you permission to act out in anger.
- Angry because you can't set boundaries on others' inappropriate behavior.
- Destroying important relationships with your anger.

There is hope! There are many ways to work with your anger. Integrating the Cognitive Behavioral approaches to address thinking errors contributing to anger and the Energy Psychology techniques to release it quickly gives a holistic approach. Learn sure-fire, quick techniques to banish all unhappy feelings including anger today!

Your Quick Anger Make Over! Paperback
--

\$10.95

Reviews

“Pent up anger is not something to keep stewed up and unreleased.”Your Quick Anger Makeover: Plus Twenty Other Cutting-Edge Techniques to Release Anger!" is a guide to anger management with plenty of tips and tricks to vent one's frustrations, drawing from Eastern philosophy and western psychology. Constant anger can affect one more than just having a bad day, and learning to manage it is the first key to happiness. "Your Quick Anger Makeover" is a strong pick, not to be missed.”

The Midwest Book Review

“You have written an encyclopedia on anger!”

Rami Katz, M. S. W.

“Your Quick Anger Make Over is not only about anger. It reinforces what it is to be normal with feelings. It answers the questions of what are the boundaries and what are the extremes of human emotions. Boundaries were misinterpreted for me when I grew up. This book helped me realize the continuum of normal emotions and behavior and where I fit on this continuum. I enjoyed the chapter on defensiveness and how to change. I can evaluate myself in a realistic way and become more accepting with myself.”

Karen Seibert, teacher

“I loved The Quick Anger Make Over, and I'm planning to use the exercises with my clients, and also for myself. I work with youth who are placed in residential treatment after encounters with the legal system. Most of them have a lot of anger. Some are aware of it, and others are not ready to admit it to themselves or anyone. We are learning to use the different version of the Tapas Acupressure Technique (among others) to start understanding feelings and healing them rather than acting them out. Understanding emotions and their purpose, and where they come from, is so important, and so often overlooked.

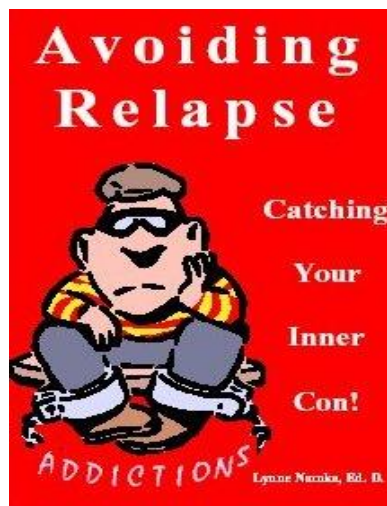
Feelings don't happen for no reason. Thanks to Lynne Namka for validating what I have been trying to internalize, and also teach to others. Her book brings together many of the best theories about anger and emotions, and explains them in a way that is accessible and non-threatening. I wish that all

my clients, their families, and my own family would read this book and use this information. Lynne Namka is to anger as Virginia Satir is to families. I love her too.” Wendy Reverse, MS, CPCI Certified Professional Counselor Intern & mother of 3

A friend pointed me to Lynne Namka, Ed. D.’s book, *Your Quick Anger Makeover: Plus Twenty Other Cutting-Edge Techniques to Release Anger...* Namka, who has a Doctor’s in Education, specializes in helping children and families cope with anger. I’m only 45 pages into the 240-page “Your Quick Anger Makeover,” but every page is a healing balm to my anger over the recent loss of my sister-in-law... Namka’s book specifically focuses on this kind of anger, believing that most unrelieved anger in adults can be traced back to unresolved traumatic events in childhood. Namka says that when a child experiences trauma that is too large for a child’s ability to cope, they separate mentally, to isolate the trauma and continue on. This often only comes out in later adult years when they are more equipped, emotionally, to confront the effects of the trauma. Much of Namka’s book focuses on tools to cope with childhood trauma as an adult and the anger that results... Thank you, Dr. Namka, for explaining the cause and effects of anger and the process toward healing. I still have a ways to go to get over my anger over the loss of my sister-in-law. But, every page in this book helps. To you, those you have loved and lost, and the healing that comes after.

Carol Covin, “Granny-Guru”

Avoiding Relapse: Catching Your Inner Con



Do addictions control your life? *Avoiding Relapse: Catching Your Inner Con* is a quick reference guide to the most common obsessive thoughts that set you up for addiction relapse. The book shows you how to break into con statements at the moment of craving or crisis. Your Inner Con is that scheming, conniving part of your mind that tempts you to go back to your addiction! This inflated fragment of the ego attempts to manipulate you by focusing on fear and anxiety. This book uses ideas from Cognitive Behavioral Psychology to identify the lies of the Con and helps you break into the negative thinking that keeps you caught in the bottle or drug of choice.

Review

"Of the many books I've reviewed about addiction relapse in the past 30 years, this is the best. Dr. Namka identifies brilliantly that a recovering addict's self-defeating self-talk is a seductive internal "Con," who is a skilled little liar, but doesn't represent the sum of the recovering person. That means

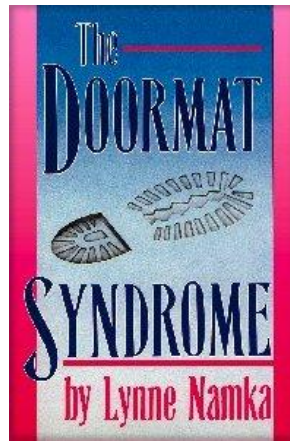
that relapse is a choice, not a need. She shows with empathy, clarity and humor that we have a range of other options to choose from, she shows, and helps us to identify and use them."

Audrey DeLaMartre, Addictions Reviewer, The Phoenix and Steps for Recovery

Avoiding Relapse: Catching Your Inner Con Paperback
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\$9.95

The Doormat Syndrome



Do you give too much? Is your life out of balance? The Doormat Syndrome helps you get off the merry-go-round of co-dependency and find your own Inner Wisdom. This book encourages you to break the cycle of learned helplessness and stand up and ask for what you want. Adults need to learn prosocial skills too. This book uses Virginia Satir's concepts as a guide for the necessary communication skills to achieve positive self-esteem. The book is funny, irreverent and profound. Included are worksheets, visualization exercises and meditations to help you learn techniques for developing a relationship with your Higher Power, gain personal empowerment and enhance your interactions with others.

Review

Psychologist Lynne Namka's "The Doormat Syndrome" is a compendium of the who's, what's, how's, and why's of how people become "doormats". It offers new ways to look at and recognize the thoughts, feelings and behaviors that serve to put individuals into that role.... Lynne writes eloquently, listing all the traits that get so ingrained in the brain, right from childhood, as a way of coping with family dysfunction.... This book is a must for anyone interested in co-dependency or involved with 12 step or self-help groups in this area. It has more meat in it than any other book of its type that I have so far read."

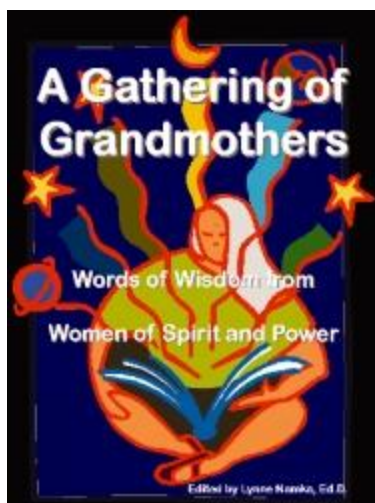
Ann Chamberlain, Addictions Counselor

The Doormat Syndrome Paperback

\$12.95

A Gathering of Grandmothers:

Words of Wisdom from Women of Spirit and Power



Conscious ageing is the theme of this collection of stories, poems, wise sayings and visions and women supporting each other in the later stages of life. It speaks to the rite of passage of women moving into the second half of life with grace and wisdom.

The book is edited by Lynne Namka and features her unique kind of wisdom plus 25 other authors. This anthology addresses women ages 50 to 101 becoming their true self as they grow older. They write about aging with zest and enthusiasm with much to give to older women and the younger generation. The book offers readers wit, humor and zest as these women share their deepest fears, hopes and decisions to age consciously. As Margaret Mead said, "There is nothing like the zest of a menopausal woman!" These authors are gutsy, opinionated women who have something to say about the deeper essence and mysteries of life.

Review

A Gathering of Grandmothers rattled my aging bones. This collection of writings, edited by psychologist Lynne Namka and subtitled Words of Wisdom from Women of Spirit and Power, was not what I expected. Not at all. Few, if any, of these elder authors gather comfortably over coffee, content to share homilies and quilting patterns. These are fighting women. Women past child rearing, fighting, maybe for the first time, to become their best selves. Yes, they generously share their wisdom, but, in many cases, they remain entangled in the process of their own real birthings, delayed by decades of nurturing others, instead of themselves.... I found A Gathering of Grandmothers to be intelligent, eye-opening and inspiring. I like that it shatters the traditional grandmother image. Instead, it's grandma with a raised fist.

Darcy Alvey, Senior Life Associate Editor Southern California Senior Life

A Gathering of Grandmothers: Words of Wisdom from Women of Spirit and Power Paperback
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\$15.95

"If we are to reach real peace in the world, we shall have to begin with the children."

Gandhi

All books are also available on Amazon.com. Some are distributed through other e-publishers.

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	The Mad Family Gets Their Mads Out	\$9.95	
	Good Bye Ouchies and Grouchies, Hello Happy Feelings	\$9.95	
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	Free Gift! How to Let Go of your Mad Baggage on orders over \$75.00	Free	

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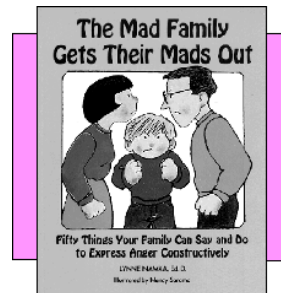
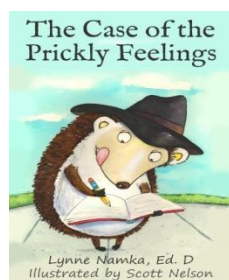
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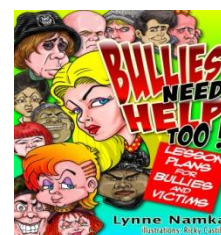
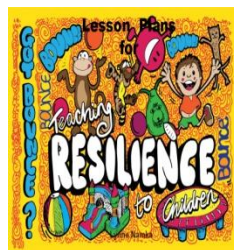
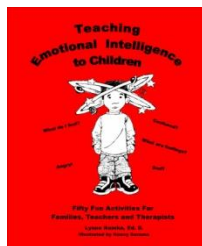
Purchase orders from schools and institutions are accepted.

My fiction books, Love as a Fine Species of Madness, two adult fairy tales, The Loathsome Lady and Castalia Ever After are available at Amazon.com in Kindle & paperback.

Children's Self-Help Books about Feelings



Lesson Plan Books to Teach Social Skills—Yes, You Too Can Teach Social Skills!



We hope our products which teach responsibility and love in action help you and your children!

Article: Do You Work with Angry Children?

Teach Tools to Deal with the Emotional Distress and Conflict in the Lives

Lynne Namka, Ed. D.

Children need skills to express and release their negative feelings in safe ways. Young people are hungry for tools to deal with conflict. Children with social skills feel more in control of their lives. Social skill training increases self-esteem and the ability to solve problems. Social skills are easy and fun to teach in groups.

The research says that angry children often misbehave because they do not feel they are heard. A group format of direct teaching gives children the opportunity to air their hurt and angry feelings and learn alternatives to acting out. Our kits and books give you solutions for your worst behavior problems! The lesson plans give you fun activities which will help you:

- Teach children positive social skills to cope with their negative emotional states and deal with the problems and stressors that they face daily.
- Create a supportive milieu in the class, school and community so that children reinforce each other for positive behavior. Teach children to care for and support each other.
- Reach more children by concentrating part of your time using a group format with anger management curriculums based on what works to turn angry young people around.
- Cut down on crisis problems and time that you spend individually correcting and punishing children by using direct teaching on positive ways of acting.

Children who feel good about themselves because they can handle difficult situations are less likely to act out with behavior problems. Teaching social skills helps keep children drug and gang free!

Teaching Social Skills Complements Family Systems and Play Therapy

Therapists! Supplement play therapy with the child or family therapy with direct teaching. Social skills are fun and easy to teach. A few minutes a week spent on social skills show people alternatives to what doesn't work! The payoff for using our kits is a happy environment where individuals support each other in having respectful behavior.

As a fourteen year old, I decided to stalk wisdom to grow up to be a wise old woman. That meant learning to work with the darker, shadow part of human nature and accept them as part of being human and then release them. I'm surprised at who I turned out to be. I've dedicated my life to becoming a weapon of mass instruction for peace and well being. The message that comes across in all of my books: To get to the joy and harmony in our lives, we have to start with our feelings.

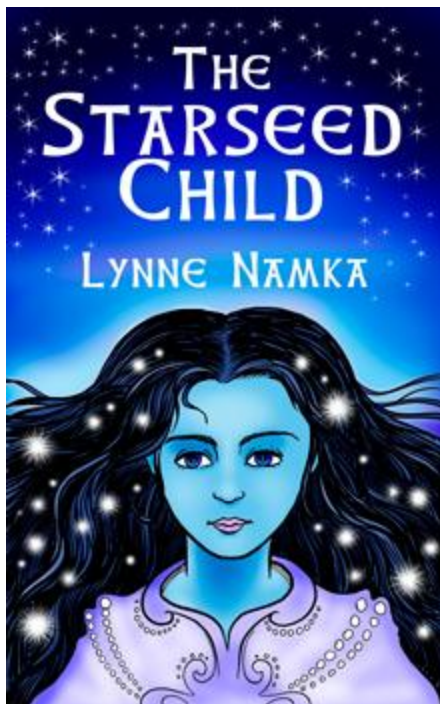
At Talk, Trust and Feel we are serious about our mission of helping children and adults understand and work with their feelings. Our products help children caught in emotional pain express their feelings. Our company is based on principles of respect and integrity for all--our employees, customers and the children who change and grow when they are taught positive social skills. We practice environmental awareness and recycling whenever possible. We believe in living in

accordance with Higher Values and giving back to the greater order of things. We believe peace building begins with each of us.

Risk Free Guarantee: Our products offer you savvy, snappy ideas to help you get the positive behavior change in children that you want! We believe that the ideas presented in our books will empower you to help children. If you are not satisfied, we will send you a prompt, complete refund cheerfully!



THE FOLLOWING BOOKS BY LYNNE NAMKA ARE NOT SOLD BY TALK, TRUST & FEEL DIRECTLY AND ARE AVAILABLE AT AMAZON.COM AND OTHER ELECTRONIC PUBLISHERS:



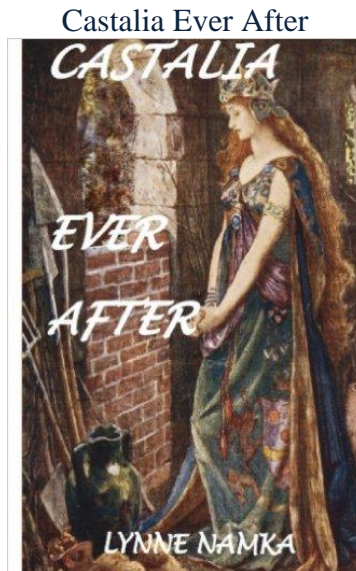
The Starseed Child

Being different is definitely not fun! It's not easy having a Sixth Sense, knowing things and being seeing things differently from others. And why does Nan's skin have a bluish cast? And what's with this traveling through the Stargate to another dimension for Mystery School? Definitely different! Nan can read the color of people's hearts and has a haunt for a roommate. There is a dark spot in her heart and her anger grows living under the iron fist of her mother who Nan secretly calls Gestapo Mum. Nan's two friends are sensitive but strong individuals with special powers of their own: Tanner, an

African-American boy from a stable family and Jesus who is being raised by his grandmother after his druggie mother ran away. The children explore the desert by their small southwestern town. Exploring a cave which she must clear of Native American ghosts before she can proceed, Nan is horrified to find a drug smuggling compound and where her mother is involved in money laundering. Nan is a strong but vulnerable who struggles with fighting evil in the tradition of A Wrinkle in Time and the Harry Potter series. For Young Adults.

The Starseed Child Paperback available through Amazon.com
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\$9.95



Looking for your Happily Ever After?

Enchantments, riddles, metaphors, quests and a finding of the self through a long grueling search. Castalia Ever After is a tale of seeking true happiness written in the romantic language of long ago. In this universal story of the Heroine's Journey, Castalia seeks the answers to a riddle and faces the darkness of her own nature as well as supernatural adversaries.

The wounded woman archetype on a healing journey is an allegory every woman can relate to. The tale uncannily cuts right to the heart of the reader in her own heroine's journey. The tapestry of myths and symbols woven into this parable gives insight into the intricacy of the human heart and the need to love and be loved and speaks to the healing of the collective unconsciousness in returning to the Divine Feminine. Find your own answers here by applying the metaphors given in the book to the challenges of your life as you transverse your own heroine's journey.

\$5.38 Available at Amazon.com and other electronic distributors

The Loathsome Lady



'Tis said that a fairy tale a day helps the magic stay! The Loathsome Lady, The Weddyng of Sir

Gawain and Dame Ragnell: The Whimsical Version (With Commentary from a Cantankerous Teller of Tales) is a romp of a wicked and raucous fable, the way a much-loved knightly tale should be, told by a wise-cracking story teller who speaks of the great vexing of love. It all starts with a dire threat to have King Arthur's head. The grand and gruesome details of this oft-told-down-through-the-ages legend are all here: The Giant's churlishness and his ready battleaxe, the Good King's dilemma, the Old Hag's despicable appearance and her outrageous bargain, the wicked step mother's spells, Gawain's chivalry and that famous question: "What Do Women's Heart's Most Desire?" With these challenges how could anyone ever get to their Happily Ever After?

Need we say more? Well yes, and in this hip and edgy update of the old Welsh story of enchantment and disenchantment, you just might learn something that might be useful about breaking love spells and of the battle between the sexes which has been going on since time immortal but never won. Take heed, for our tale just might help you avoid an outbreak of that well-known malady—THE DREADED LUV PAIN!

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A much younger Lynne looking for the Bluebird of Happiness.