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Thank You, Me



Synopsis

2016 Nautilus Award Silver Winner When you look in the mirror, Do you like what you see? I hope that you do! And I hope that you know That no matter what color, What size, or what shape, You were made perfectly. So, repeat after me . . . Have you ever thanked your body for everything that it allows you to do? Follow along as Thank You, Me expresses thanks to our bodies, and say thank you to your eyes, nose, mouth, ears, hands, and feet. Say thanks to your brain and your lungs. And last but not least, say thanks to your heart, because that is the place where the best thank you's start. Written in verse, with full-spread quirky illustrations and memorable characters, this book is a great read-aloud presentation to celebrate the power of gratitude and the importance of appreciating ourselves the way that we are. Go beyond the book and start your own gratitude journal! What are you thankful for, and why?

Book Information

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Customer Reviews

As mother to four, I've read my share of children's books and I know when I've found a keeper. Thank You, Me is one of those timeless books that your child will bring to you again and again, saying "please read". Beautiful, heart-opening and vibrant, with a message of self-acceptance that we all need to hear. --Sara Wiseman, Nautilus-award winning author of Living a Life of Gratitude Thank You, Me is a delightful picture book that delivers a loving message of self-acceptance to both children and adults. [It] will surely lead to an empowering bonding moment when read together with your child. It would make a nice choice for caregivers interested in fostering positive body image through gratitude and self-acceptance. Pairing Thank You, Me with the author's

matching gratitude journal is also recommended. --The Children's Book Review

Growing up, Elena did not like her body. She was unhappy with her looks, and this mindset negatively affected her ability to enjoy life, kindle relationships, and care for her health. Realizing that this attitude needed to change, she decided to try a gratitude exercise. She wrote gratitude notes in a journal, expressing thanks for every part of her body. To her surprise, this simple exercise transformed her mindset from a state of dislike and rejection to a state of love and gratitude. Today, she is grateful for her body and everything that it allows her to do. She realizes that taking care of her own wellness is necessary because it makes her better prepared to help others. After experiencing the power of gratitude, she decided to share this journey with children and parents around the world, through the book *Thank You, Me*. Elena studied Fine Art and Animation at the University of Colorado Denver. Currently living in Houston, Texas, she writes, illustrates, and designs books. Her previous work includes the illustration and design of *Zen Moments* by Venerable Master Miao Tsan.

Amazing book. Just totally amazing. Well done content and quality of print both. Perfect for a meaningful present, smart and quite. Will be ordering more as the present for my friends. Many thanks to the author for this wonderful book.

Deeply nurturing, genuinely crafted ÂfÂ¢Â ª kids and adults are sure to appreciate this heartfelt creation through a series of engaging illustrations and powerful words!

A really touching book with whimsical illustrations and a powerful impactÂfÂ¢Â ª but in a form that is very readable and enjoyable for kids of many ages. I read it to my little niece (around 2 years old) and she was entranced. I think kids up to age 7 could enjoy reading this book, and the gratitude journal that comes with it is such a lovely touch, and could even be a companion gift for an older sibling. In fact, I might just steal the gratitude journal for myself. As for highlights: the monster pulling on his socks is my favorite. All the best kids books are brimming with fuzzy creatures great and small...

This children's book holds a timeless and poignant message about gratitude. More specifically it educates kids about their individual body parts and organs and teaches them to appreciate them and their functions on a holistic level. It's an excellent way to begin a gratitude practice with young

ones, especially if you'd like to raise children to be self-aware and grateful for what's within. I recommend this book for parents, teachers, or caregivers who believe in reading books to kids that hold a deep lesson and create a lasting, positive impact on a child's self image and confidence.

This book models body gratitude, a necessity for building self-compassion in young women and girls, with adorable hedgehog and cat illustrations throughout its vivacious pages.

This is a very sweet book. I purchased a few as gifts, and the children loved the story and illustrations. Even the older kids enjoyed the book's positive message. Reading the book is almost like a meditation or affirmation on positive body image and gratitude. I wish I had a book like this when I was growing up!

The issue of self-esteem and self-appreciation has been discussed so many times with an adult audience. However, this is the first time I see a children's book on this subject, in a language that kids would understand, with beautiful illustrations.

What a wonderful book by a talented author, who also illustrated her own work! My 5-year-old son thoroughly enjoyed it. Looking forward to more books by Elena Reznikova.

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