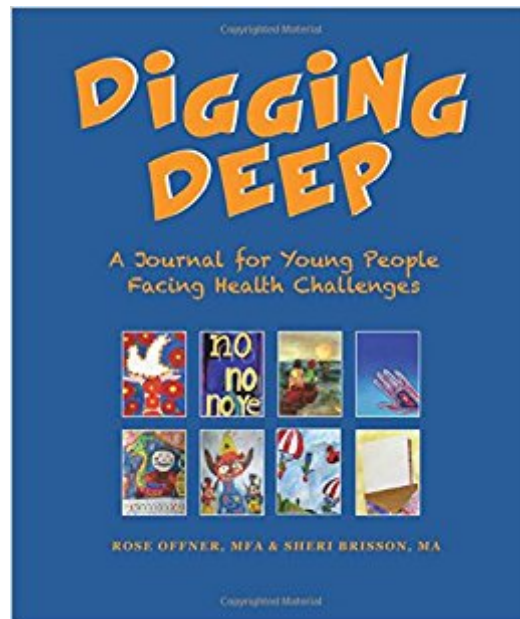


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# Digging Deep: A Journal For Young People Facing Health Challenges



## Synopsis

Winner, Pinnacle Book Achievement Award Winner, 2014 Moonbeam Gold Medal Spirit Award A Resonance House Gold Medal in the Mom&#39;s Choice Award Finalist, 2014 Eric Hoffer Book Award When a child is seriously or chronically ill, parents, friends, and other supportive loved ones want to help. This beautiful guided journal for kids and teens with health challenges offers young people the empowerment they need to take an active role in their emotional health by working through dozens of relevant and meaningful exercises. The colorful art and progression of target questions, through sections such as Exploring My Life, Love and Gratitude, and Your Journey and Heart's Desires, will inspire kids to explore their deepest feelings, challenges, hopes, and dreams. By discovering their own inner strengths and learning to communicate better with everyone around them, kids will regain the self-confidence and control they need to heal. Digging Deep is proud to be a Happy Chemo! approved product. Since 2007 Happy Chemo! has been working to ease the burden cancer chemotherapy brings by building a strong network of freebies, discounts and resources provided by qualified businesses and organizations for those affected by cancer.

## Book Information

Paperback: 140 pages

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Average Customer Review: 4.4 out of 5 stars 12 customer reviews

Best Sellers Rank: #1,118,851 in Books (See Top 100 in Books) #55 in Books > Teens > Personal Health > Diseases, Illnesses & Injuries #230 in Books > Teens > Social Issues > Self-Esteem & Self-Reliance #231 in Books > Teens > Personal Health > Self-Esteem

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

"Digging Deep is a remarkable resource for children and adolescents living with serious illness. The simple, yet powerful, words and the vibrant images gently guide them through their experiences. By digging deep, these young people will, in fact, emerge into clarity and light."

•Barbara M. Sourkes, PhD, professor of pediatrics, Stanford University, and author, *Armfuls of Time: The Psychological Experience of the Child with a Life-Threatening Illness*"Severe illness is also surrounded by uncertainty, which causes psychological distress and reduced quality of life. Tools such as diaries and journals kept during this stressful time in a patient's life can assist in forming accurate memories, provide an outlet for thoughts and feelings, and serve as a platform to facilitate discussion between the patient, family and health care team. *Digging Deep* is an excellent example of this type of tool for ages 10-18."

•Christine A. Zawistowski, MD"Therapists tell us that children and teenagers with chronic illness can also benefit from processing their pain and fears in a journal. Now, a book called *Digging Deep: A Journal for Young People Facing Health Challenges* can help show the way."

•Dorothy Kupcha Leland, VP for Education and Outreach, [lymedisease.org](http://lymedisease.org)

Rose Offner, MFA, is an award-winning author, passionate artist, and instructor. She inspires people to write and illustrate their deepest feelings, provoking thoughtful self-examination and capturing their stories in her books and ongoing workshops. She believes that everyone has a story to tell, and that through the process of writing and sharing, people can come to a place of peace and healing. She is dedicated to taking kids, teens, and adults on creative inner journeys, helping them to connect with their personal narrative and unique voice and wisdom. She is the author of *Journal to Intimacy*, *Journal to the Soul*, *Journal to the Soul for Teenagers*, and *Letters to the Soul*. She lives in Castro Valley, California.

Sheri Brisson, MA, has a lifetime devotion to working with children with special health challenges and has facilitated support groups for children with illness and their families for over twenty years. She has developed trainings and conferences for issues surrounding chronic and life threatening illness for professionals, volunteers, and families. She lives in Atherton, California.

Another beautiful journal from Rose Offner

*Digging Deep* is a unique journal not only for young people going through a chronic or life threatening illness but also for the parents and professionals providing them emotional and social support. It offers everyone everyone a tool to open up conversation around the most private and intimate topics of family, friendship, fear, spirituality and hope for a brighter tomorrow. Through the beautiful art work and creative style of writing the reader is drawn into self-reflection and a fun expressive way to communicate feelings that may not be easily talked about in everyday

conversation. This extraordinary journal provides the reader both a joyful way to view all they have overcome, provides them opportunities to communicate with others on what's important to them and gives them both the experience of art and words to define all that they may be feeling but could not express on their own. Both writers of "Digging Deep" faced their own challenges as youth and through their own life experience this journal was created. It gives young people, their families and the professionals serving them a window to look through to see a strong spirit and inner strength that will encourage them through any challenge. This journal will truly provide the owner with a door to explore their heart's deepest feelings, encourage ways to cope and trust their inner strength- leading them to greater peace and hope for the future. Mary Ellen Peterson, CEO @ PHP

The Diary of Anne Frank is one of them. Zlata's Diary is another. Journals of young people going through horrendous circumstances, who found a way to record their experiences in a way that tangibly helped them in the moment. Therapists tell us that children and teenagers with chronic illness can also benefit from processing their pain and fears in a journal. Now, a book called Digging Deep: A Journal for Young People Facing Health Challenges can help show the way. Digging Deep is the work of two authors dedicated to helping support the emotional needs of children facing severe illness or disability. Rose Offner, a writer, artist and teacher, has written several books about the art of journaling (Journal to the Soul and others); Sheri Brisson is a brain tumor survivor who now counsels adults and children with serious illnesses. "I have made it my life's mission to empower sick kids and their families," Brisson writes on her website. "I know firsthand that these kids need more than distraction; they need to heal their hearts. The product of their collaboration is a book that has plenty of blank space for children to write whatever they wish. But it also has several pages of helpful text at the beginning of the book, as well as questions at the top of individual pages, prompting kids to write about a particular topic. Here are two examples: "Sometimes life isn't fair and things happen that we can't immediately understand. Have you ever wondered, Why me? Describe what you felt the day you were diagnosed. What do you understand about your illness now that you couldn't back then? At times, it may seem like your family and friends just don't understand. Who can you talk to? Who doesn't hear or listen to you? Write about what you would like to tell those who are not listening so that they could understand. The book is beautifully designed, with colorful borders around the blank spaces. But the authors also encourage young journalers to embellish

their book any way they like, with stickers, markers and even “secret pockets.”

• Ten years ago, when my daughter was a young teenager struggling through treatment of chronic Lyme, someone suggested that she start a journal. To my surprise, she not only started it, but kept it up for several years—recording her thoughts, and fears and hopes. It became an important outlet for her, a way to deal with the tumult of her life. (All that practice also helped her become a very good writer!)

Notes Rose Offner: “It is my belief that journaling has the power to help us discover our unique voice, connect with our inner wisdom, and help us heal. Asking ourselves uncomfortable questions isn’t easy, but those questions open our minds and help us connect with our own hearts. It’s this deep awareness that allows us to find our voice and trust it.

I witnessed firsthand how writing a journal helped my daughter heal. If you know a young person who is struggling with chronic illness, Digging Deep could be a valuable gift.

I represent Camp Okizu, a program supporting all members of families affected by childhood cancer. We are very fortunate to have this book as one of our resources. Children with cancer often have to miss out on participation in lots of activities due to their treatment so it is very isolating, and makes them feel alone. The same can be said of their siblings who are often left with friends and see themselves as not as important as their sick brothers and sisters who get all the attention and presents. They also feel guilt about feeling resentful toward someone who may die. This book will give them the opportunity to express and deal with their feelings about their loss of control, changes in their appearance, family dynamic, and many other changes that cancer brings about. We are happy that we can provide a camp setting where there are 100 kids just like them to reinforce the expression of their feelings and that they are not alone. We really like the empowerment it gives the kids who often feel like they have lost control. Especially “throwing out the trash”. We could all benefit from this one. We had the opportunity to have Rose and Sheri at camp this summer and have seen the positive response the kids have to this book and the whole program. Congratulations to them for producing such a helpful emotional place to be.

John Bell  
Okizu Founder and Chairman.

This extraordinary book provides a safe and inviting space in which young people can explore themselves and their health-related experiences through journaling. Digging Deep journaling is an inspired and exquisite application of the now well-established principle that expressive writing can have significant psychological and physical health benefits. All young people struggling with illness should have the opportunity to dig deep, to tell their stories, and to discover themselves in these

beautifully illustrated pages. I predict that Digging Deep will become a treasured guide to inner healing for countless youth. Dale G. Larson, Ph.D., Professor, Counseling Psychology, Santa Clara University, and Fellow, American Psychological Association. Author, The Helper's Journey: Working with People Facing Grief, Loss, and Life-Threatening Illness.

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