



JANET KASSALEN, AUTHOR

CHILDREN'S STORIES WITH A MESSAGE FOR EVERYONE.

"Soon Makes Room." Janet Kassalen

Presentation Topics

Whether it's overcoming everyday challenges or trying new jobs or hobbies to live your best life, Janet shares her approaches to finding joy and lessons learned along the way!

Everyone finds their own path, in their own time. After hearing Janet speak, audiences will discover tips to:

- **Bust Procrastination: Soon Makes Room**
- **Assess Your Life: What's Working and What's Not**
- **Be Tough in a Crazy World: Self-Care Through Nutrition, Exercise, Taking Breaks, and Finding Joy**
- **Know When It's Time to Try Something New**
- **Value Your Values**

Janet Kassalen

Janet Kassalen, published author, registered dietitian, and accomplished musician, has written and published two children's books. Her stories have powerful messages for children and adults.

Like Rainier and Squeaky, the main characters in her books, Janet has overcome self-doubts and setbacks. By doing so, she has found her talents, her niche, her strength, and her inner voice. When we find our joy and live our best life, our self-esteem, inner strength, and sense of purpose flourish!

Celebrating its five-year anniversary, her first book, *Flip Flap Try . . . A Cardinal's Journey*, originally written for a storytelling project with Toastmasters International. Soon after giving her speech, Janet knew she wanted to transform it into a published book.

Rainier, the main character in *Flip Flap Try*, pursues his path in life. One of his wings wasn't as good as the other making his job at home a challenge. Leaving his family's nest, he flies deeper into the woods in search of his dream job.

Celebrating its one-year anniversary, her second book, *A Penguin Family . . . Finding Joy* tells the story of Squeaky and his inability to speak, but with support and love from his family and friends, he finds his voice, inner strength, and joy.

Janet shares Rainier and Squeaky's journeys and the lessons they uncovered along the way.

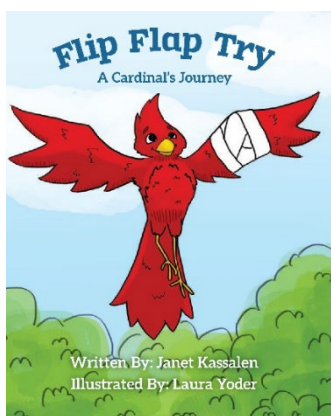
- When Rainier became tired of doing the same task over and over, he wasn't afraid to quit his current job and try something new.
- The story of Squeaky introduces to children the importance of **staying put** if lost on a hiking trip.

Publications

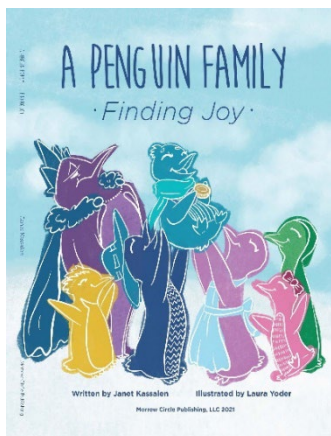
Look for opportunities to uncover your talents and find the right fit for YOU to soar, no matter how long it takes.

You'll discover an increase in:

- Self-esteem
- Productivity
- Sense of purpose



With love and encouragement, we can overcome any challenge and find joy to live our best life!



Rave Reviews

"*Flip Flap Try* is a book that should be a gift for every child. Imagine what our world would be like if every person were empowered to find a career that used their strengths every day! If the shame of moving to find the right "fit" were removed, as adults we would find our self-esteem, productivity and sense of purpose soar. Not only is "*Flip Flap Try*" going to be on my gift giving list for children, it will be a book purchased for my clients who are struggling to find their dream job."

~**Kay Fittes, CEO, High-Heeled Success, LLC**

"*Flip Flap Try* logs a litany of qualities that delight young readers: sound words and active verbs, grouchy squirrels and kindly a(u)nts!"

~**Mark O'Hara, Ph.D., Educational Leadership**

"I love this story. *Flip Flap Try . . . A Cardinal's Journey* tells the story of Rainier, a little cardinal trying to find his place in the world. The importance of persistence and reaching out to others for help are expertly woven throughout the narrative.

This is a must-read for younger children to help them instill important life-long positive mindsets. Well done, Janet!"

~**Michael Davis, Author**

"*A Penguin Family . . . Finding Joy* is a powerful reminder we all experience obstacles in life, but when we have support and a positive attitude, it's easier to do the work and make the best of any situation. It is a great story for children and adults alike."

~**Phil Barth, Author/Speaker**

"It is apparent Janet has a real talent for presenting the ongoing difficulties of many disturbing social problems and difficulties in such a way as to explain the characteristics and then provide for the understanding of them in a very clever and pleasant way so children of all ages can have a better response to them.

I can only hope that she will have many more successful ventures of this kind!"

~**Edward Howard, Assistant Conductor Cincinnati Civic Orchestra**

"Janet's book resonated with me as I am the parent of a speech-impaired child. It's important to accept children as they are and support them with love and respect."

~**Christine Ross, DTM**

Contact Information:

Janet@JanetKassalenAuthor.com | www.JanetKassalenAuthor.com

7333 Woodward-Claypool Rd. | Morrow, OH 45152 | 513-899-9811