

To Chris – With Love, Julia

Funding to underwrite the development of this storybook has been generously donated in honor of...

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CHILDREN'S CENTER
COLUMBUS, GEORGIA

The Sarah T. Butler Children's Center at the Pastoral Institute of Columbus, Georgia is dedicated to the mental health and well-being of children ages 1-18. This center provides comprehensive services that span psychological testing, intervention, therapy groups, and counseling. In all our activities we seek to inspire growth through faith, hope, and love.

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P.O. Box 22185
Chattanooga, TN 37422-2185
423-899-5714 • 866-318-6294
fax 423-899-4547 • www.ncyi.org

ISBN: 9781937870522
E-book ISBN: 9781953945082
Library of Congress Control Number: 2018957417
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Written by: Julia Cook • Illustrations by: MacKenzie Haley
Technical Advisor: Melissa A. Reeves, Ph.D, NCSP, LPC
Published by National Center for Youth Issues • Softcover
Printed at Starkey Printing, Chattanooga, Tennessee, U.S.A., March 2021

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Have you ever felt like I do?

*My flame used to be bright and strong...
but now, it's just a flicker.*





*I have all of these dark clouds hovering over me, but they don't feel like clouds.
To me, they feel like mountains.*

*I try hard to push them away, but they keep coming back...
and I'm so tired of trying.*

“You know, a brighter flame can lighten up those heavy clouds of yours. Then, they’d be easier to push away.”

“You can see them too?”

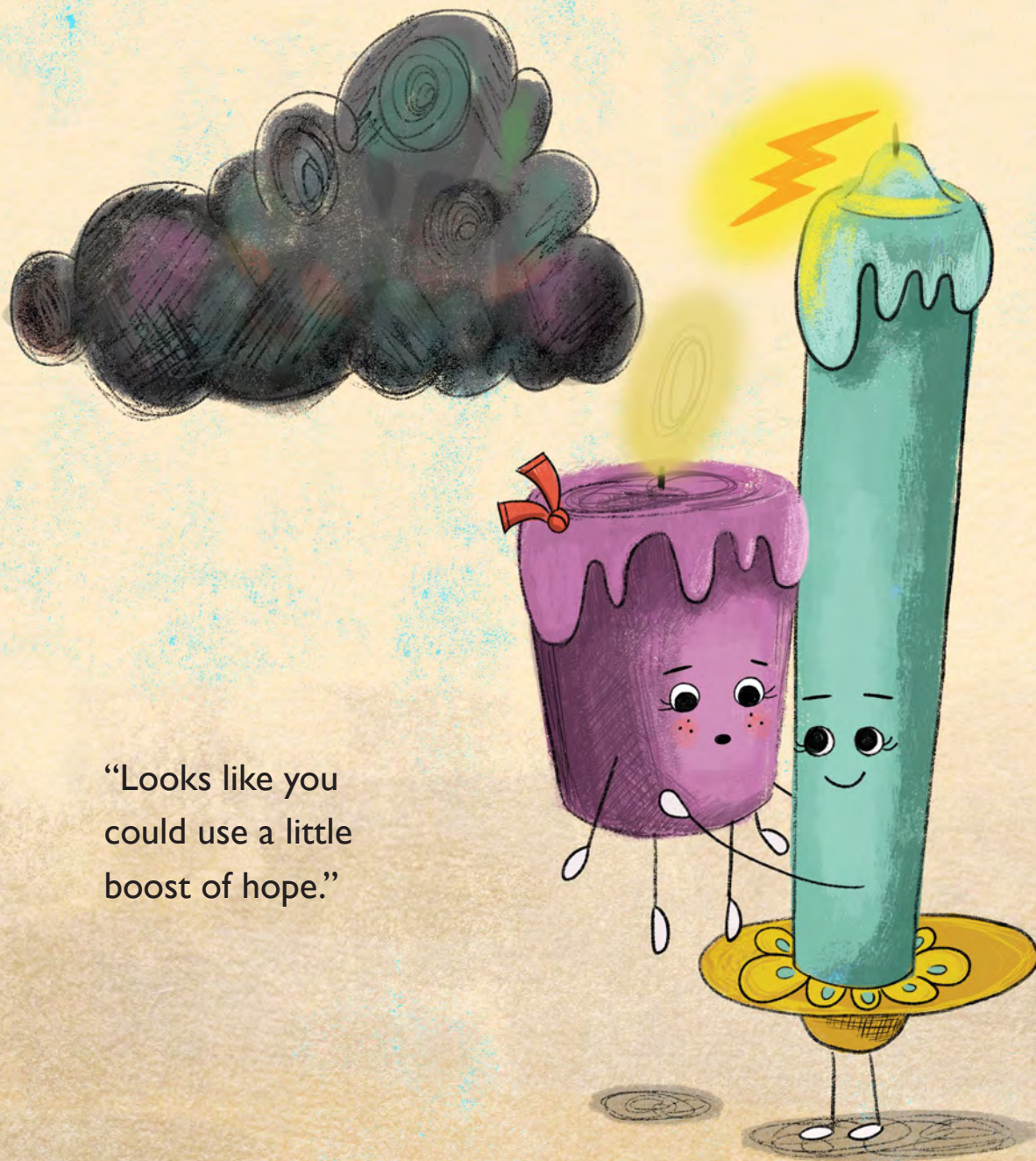
“Nope, they’re your clouds...only you can see them. But I can tell your flame isn’t very bright right now.”

“How do you know?”



“It’s not the
‘how I know’
that matters...
it’s the
‘what I know.’”

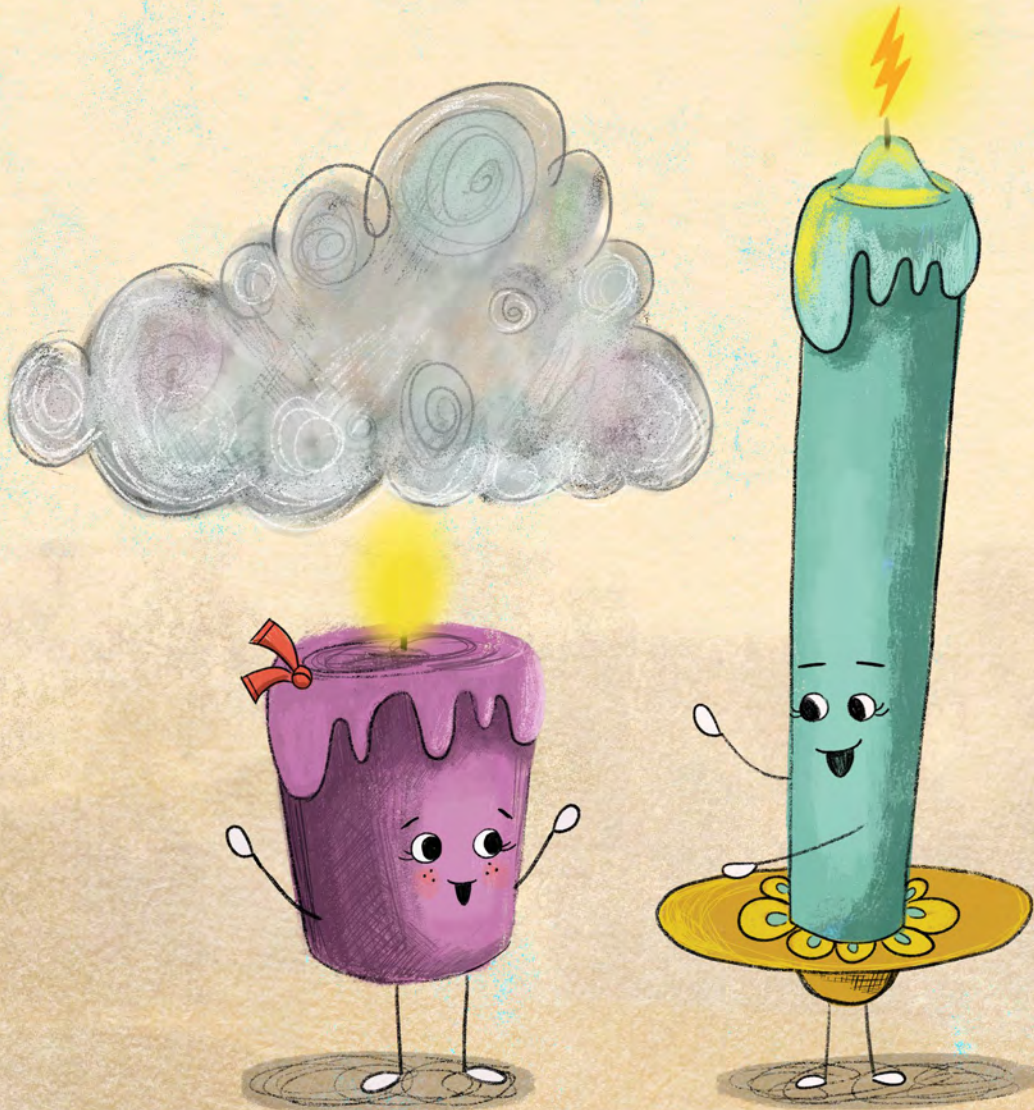




“Looks like you
could use a little
boost of hope.”

“How’d you do that?”

“Since you are standing right underneath your clouds, all you can see is dark.
They may seem impossible to move.”





“But when you reach out for help,
others can share their gifts with you!
Amazing things can happen when
we use our gifts.”

“Gifts? What gifts? *I don’t have any gifts.*”

