



**Author Name:** Vera Ripp Hirschhorn

**Local City:** Boca Raton

**Book Title:** *I'm Somebody & So Are You! The Human Connection in Education for Safer Schools & Environments; a Toolkit for Encouraging Personal Growth*

**ISBN:** 978-0971819740

**Author's website:** [www.creatingcurriculum.com](http://www.creatingcurriculum.com)

*This book is also available on Amazon.*

**DBPL:** **What inspired you to write this book?**

**Answer:** *Given the rise in cyberbullying, anxiety, depression, rage, revenge, suicide and school violence, I was inspired to write this book to encourage my readers and their youngsters to: 1) become more aware of the negative ways they think, speak and act towards themselves and others; 2) nurture themselves mentally, emotionally and physically with stress-reduction exercises like positive self-talk, deep breathing, and gratitude journaling to boost their mood; 3) focus on their strengths and those of others rather than their weaknesses while developing empathy and compassion; and 4) envision and act upon their passion and purpose in life for their betterment and the betterment of society.*

**DBPL:** **How long did it take from first word to publication?**

**Answer:** *A few years.*

**DBPL:** **What is your favorite part of the writing process?**

**Answer:** *Writing my own story and then creating the five teaching tools since they reinforced and reminded me to re-experience and practice the activities I learned for my benefit and the benefit of my readers.*

**DBPL:** **What was your favorite book when you were a child?**

**Answer:** *My favorite book as a child was *The Good Earth* by Pearl S. Buck.*

**DBPL:** **Are you working on anything new?**

**Answer:** *Yes, my poetic memoir.*

**DBPL:** **Do you have any advice for aspiring writers?**

**Answer:** *Read books daily in the genre about which you're passionate. Practice stillness with intention and then write every day with your honest, heartfelt feelings in the style that resonates and speaks to you.*