

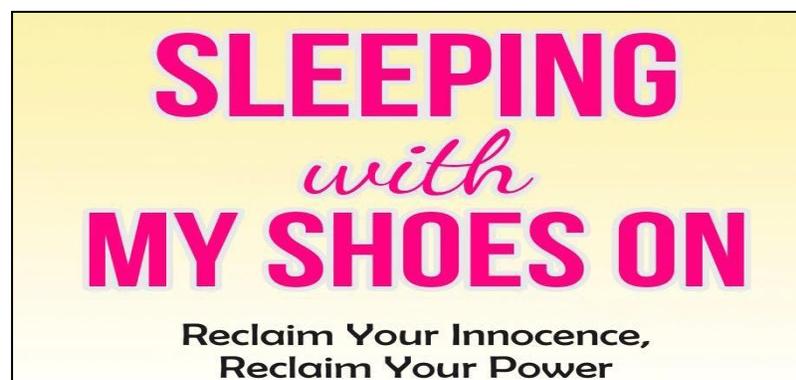
# SLEEPING *with* MY SHOES ON

Reclaim Your Innocence,  
Reclaim Your Power



L.J. JACKSON

PRESS/MEDIA KIT



## SYNOPSIS

Like the California Wildfires, there are “Fires of Life” that leave us searching for ways to cope. *Sleeping with My Shoes On: Reclaim Your Innocence, Reclaim Your Power* does just that by helping you pick up the pieces, grow, and heal.

It is also a Step-by-Step guide that provides prevention tips to protect those you care about most. As you learn to forgive, accept yourself completely, and understand your past meaningfully.

Readers will appreciate the author, L.J. Jackson’s, heartfelt personal memories of the loss of her childhood innocence which she weaves into each chapter along with vital wisdom as an expert.

Reading this book will help you no longer hold yourself (or the innocent child within you), bondage to past actions, choices, and decisions that leave little time to enjoy life right now.

Discover, simple yet powerful ways to get your life back despite the pandemic and other things outside your control by reclaiming what is innately yours!



### ABOUT THE AUTHOR

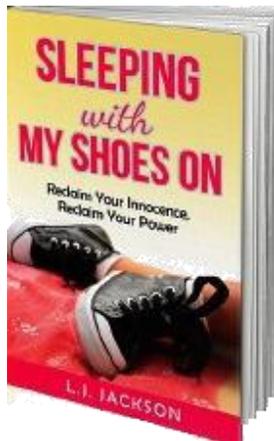
L.J. Jackson was born in Los Angeles, California. Like many others, desperately seeking love, she faced: rejection, abuse, threats, and was often questioned by peers, and ostracized for not fitting in. Despite bouts of social anxiety and insecurity, she was determined to help make a difference in the lives of others.

She worked in the District Attorney's Office's Family Support Division, before going on to work with children and families as a Child Development / Infant Specialist. L.J. then tried her hand at a career in the Court Services Division of the Sheriff's Department, and it was during her time there, that she saw firsthand how people were hurting, in need of encouragement, and a listening ear.

She then went back to school and got training both as a School Counselor and School Psychologist. L.J. was now fully equipped with the ability to help K-12, college students, and families experience shifts in their dynamics. She helped them learn to set goals for college, their career, and life. L.J. also introduced them to innovative ways to deal with personal, social, and emotional issues and experience breakthroughs.

During that time, parents opened up and often revealed their own personal painful past. Thus, prompting L.J. to make the decision to pursue a career in personal development. However, as an educator and life-long learner, she did not stop there! Instead she took it a step further and became a Certified Master-Success Coach, Master Business Coach, NLP Coach and more. Passionate and determined L.J. founded Personal Power Within, Inc.® to provide Executive Coaching, Leadership Development, Empowerment, and Motivational Consulting for teams, organizations, staff development, employee morale, etc.

## QUESTIONS FOR RADIO INTERVIEWS/MEDIA:



- You yourself have escaped a fire, tell us about that? What did you learn most from that experience?
- What is it like living in the shadows of massive fires in California?
- How does someone deal with the stress of knowing they might have to flee at the drop of a hat?
- What if your miles away but have loved ones in the line of fire? How can you cope/help?
- How about kids, how can we help them feel safe and secure?
- What can we do when we feel engulfed by the flames of life, feel overwhelmed, and surrounded- elaborate more on that?
- How safe can parents/guardians really keep their children or how long will it be before a part of their innocence is prematurely lost or morally impaired?
- You write about your sexual abuse and the need for creating “Safety Plans and Care Plans”- tell us more about them.
- You write about "Post-traumatic grief" and the differences between grief and stress – tell us more.
- Your subtitle – Reclaim Your Innocence- why the focus on innocence?
- What exactly is the “Innocent Child Phenomena”?
- What are the “5 Levels of Innocence” that we experience throughout our lifetime?
- How does one reclaim their innocence (physically, emotionally, and mentally) after facing things like tragedy, breakups, heartache, setbacks, betrayal?
- What is next for you?