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FOR IMMEDIATE RELEASE

SLEEPING WITH MY SHOES ON BY LJ. JACKSON IS AN INSPIRING BOOK TO EMPOWER PEOPLE WORLDWIDE

*THE BOOK IS AVAILABLE ON AMAZON & KINDLE AND IT IS ENABLING READERS TO LEARN TO COPE
AND HAVE COURAGE TO MOVE ON IN THEIR LIVES*

SOUTHERN CALIFORNIA, USA - October 4, 2020: Personal Power Within, Inc.® announced that this book can help people cope during the Pandemic, Racial Tension, and past traumatic events. This book is by Award-Winning Empowerment Expert, Master Problem-Solver, and Author L.J. Jackson. The title of this book ‘Sleeping with My Shoes On: Reclaim Your Innocence, Reclaim Your Power’ speaks to the ongoing and forever relevant issues of many of the stories happening in the world today. Stories that stem from emotional pain, lack of understanding, traumatic events, fires, and other natural disasters.

“This book intends to give a voice to the innocent child inside every adult who, despite the efforts of many, experienced traumatizing events of some kind; or what I call the ‘Fires of Life’”. said L.J. Jackson, the author of Sleeping with My Shoes On’. “During my research while writing this book, I discovered that many people feel like they could still use some help growing up.” She added. Her goal is to help people nationally and worldwide reclaim their power.

The book will give readers a chance to move on and experience healthier connections and relationships despite events they've experienced or witnessed. The book is available in stock on Amazon Kindle as well as paperback editions and it is already creating a major buzz and has already received a phenomenal response nationwide. Women, Men, College Students, and Young adults have also appreciated the efforts of LJ and have praised her work in this book.

About LJ Jackson

L.J. Jackson, M.S., PPS, CMC is a Greater Los Angeles based American author, empowerment expert, and inspirational speaker. She is also a mentor, cheerleader, and advocate for women and children. L.J. Jackson of Personal Power Within, Inc.® provides leadership development, executive coaching, career and personal growth, and motivational consulting for organizations. She has worked as a School Counselor, is a trained School Psychologist, and Educational Consultant as well. L.J.'s clients and their staff leave feeling empowered and fully motivated to take action to grow and work towards achieving their dreams.

To view the book trailer visit: <https://youtu.be/X2gwAvQ0lhk>

To get this book today on Amazon, please visit: www.amazon.com/dp/B0719CB9XH