

PRESS RELEASE

for

“SHMUGA-A-LA TAMES THE SHMOVID MONSTER”

by Jane Carey

A Captivating Children’s Book that is both fun and inspirational

In writing the children’s book, “**SHMUG-A-LA TAMES THE SHMOVID MONSTER**”, author, Jane Carey, draws from her rich life experiences as an RN, School Board Director, educator, Community leader, counselor, mother and grandmother to bring us a colorful, imaginative, creative masterpiece filled with humor and sensitivity mixed with valuable life lessons. Jane’s work is highly influenced by her enduring commitment to fostering healing, growth, and fulfillment in people’s lives.

“**SHMUG-A-LA TAMES THE SHMOVID MONSTER**” is an enchanting narration filled with laughter, challenges and self-discovery. The story will charm and inspire you and your child, as you encounter a young boy stuck in the throes of a myriad of negative emotions resulting from the **Shmovid**s of life. He is challenged by his own imagination, to “**CHOOSE FUN**”, and consider a change of focus and perspective, in the midst of a set of difficult circumstances that he cannot change.

And what is a “**Shmovid**”? Well...

“**SHMUG-A-LA** replies without *any* doubt,
‘It’s what keeps you *in*, when you’d rather be *out*,
Could be sickness, injury or even *the weather*,
Shmovid keeps friends from getting together!’”

And I’m sure you’ve wondered what a **SHMUG-A-LA** is! In his own words,

“I’m a **Whatch-a-ma-call-it** and so much more!

We’ll think of things you never thought before!”

SHMUG-A-LA joyfully springs to life from a young boy’s sluggish imagination, desperate and determined to **TAME THE SHMOVID MONSTER**, of gloom, loneliness and dullness in the boy’s life, brought on by some **Shmovid**s of life. His **Shmovid**s being a broken leg, the flu, and a prolonged severe weather event, all occurring at the same time! Although the events are only temporary, to the boy, they seem all encompassing and never-ending, as such events often can seem to children. As the boy accepts the challenge to “**CHOOSE FUN**” and to consider a change of focus and perspective, he learns to find the fun and growth that can be had in the midst of difficult circumstances. He learns *resilience*, which is an extremely valuable life-long lesson and tool to have.

“**SHMUG-A-LA TAMES THE SHMOVID MONSTER**” is creative, interactive and lots of fun! A parent and teacher page is included at the end. Come, experience this fun adventure filled with laughter and valuable life lessons, get your copy today.

KEYWORDS: Jane Carey, SHMUG-A-LA, Children’s Book, Overcoming Challenges, Power of Imagination Resilience.