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Inspire & Nurture SELF HELP is a joyful, inspirational, pocket-size book of encouragement.

Created by Jessica de la Davies — this powerful little book is filled with 40 plus uplifting and inspiring quotes, lyrics, stories and words of advice as pinned & re-pinned on Pinterest and posted on Twitter. There are mantras: “The true beauty of LOVE is who you become while you are sharing it.” Inspirational words of action: “Things not going right? Just WRITE!” Heartening quotes: “May you be joyous, hopeful and at peace in this moment.” Pops of motivation for daily living: “Someday is my most hopeful day of the week.” and “Approach conflict with a prayerful heart and a mindset toward resolution.” Interwoven throughout is complementary text - including humorous short stories, delightful poetry and joyful antidotes!

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