



## FOR IMMEDIATE RELEASE

Nina Norstrom Author of *Mirror, Mirror, on the Wall . . . Where Does My Self-Love Fall? / A Success Guide to Replace Toxicity with Love* receives coveted 2021 FireBird Book Award . . .

*Nina's activity guide helps to fulfill and enrich our self-discoveries, the necessary ingredients for survival. To savor the gratification, this guide educates one on how to explore and redefine those inner self-possession. During the pandemic shut-in, the relationship with toxicity demonstrated how deadly it can affect the homes and lives of many. This handy guide is a useful tool for combating toxicity.*

**Georgia, April 15, 2021**— *Nina's Mirror, Mirror, on the Wall . . . Where Does My Self-Love Fall? / A Success Guide to Replace Toxicity with Love* wins a FireBird Book Award in the **Adult Coloring Book** category. Founder, Patricia (Pat) J. Rullo has offered many opportunities for authors alike to showcase their creations through a wide range of categories. In her announcement to its authors, Pat says, "This quarter's entries were a joy to read and speak to the talent out there. At Speak Up Talk Radio, our mission is to offer radio interviews and podcasting services to help authors expand their reach. In addition to additional prizes, our winners have the opportunity to be interviewed and aired on iHeart Radio, Pandora, as well as 50 additional online venues, giving them new ways to speak up and share their work."

Pat adds, "We've included a charitable component to our awards by making all entry fees tax-deductible to the author. In return, we personally make and send handmade fun and whimsical pillowcases to women and children in homeless shelters via Enchanted Makeovers, a 501(c)3 tax-exempt organization. All entry fees fund this project. In this way, authors can get notoriety for their work while doing good for others. It's been such a rewarding venture for everyone."

While I believed I've written an amazing creation for readers, it was rather difficult to put on paper when recalling how I'd lost those inner self-possession. Once I found out about winning this award, I was bursting with joy. I feel confident the activity guide was recognized for its writing style, unique design, and impact on its message. Life is a journey filled with losses (e.g., self-worth, self-confident, self-love, etc.), designed to test our inner-strength. No one is exempt from taking this journey. Once it's recognized we are that Humpty Dumpty – crippled and broken, it doesn't matter how hard we fall down on the walk, as long as we pick self up, dust self off, a new life begins. Its label of Champion is given for overcoming those challenges. Knowing the makeup for the Good, the Bad, and the Ugly comes defeating life's obstacles, and conquering those challenges is what determines our Championship's title – moving from zeroes to heroes and sheroes," which is why I wrote this guide.

*Mirror, Mirror, on the Wall . . . Where Does My Self-Love Fall? / A Success Guide to Replace Toxicity with Love* teaches the meaning of self-love and its self-awareness about toxicity. Readers will find it is a self-empowerment tool for awakening to toxicity and their discovery to self-worth; self-esteem; self-acceptance; self-confidence; self-reflection; self-love; and those many other discoveries that enrich one's path through the journey called "life."

To buy *Mirror, Mirror, on the Wall . . .*, its kindle version is presently on sale for \$4.99, at Amazon.com. The book has already received numerous awards and some great reviews from readers. "Self-love is the key to any healthy lifestyle, but sometimes it is so hard to find, especially in a world that is toxic. Nina Norstrom has come up with exercises to help keep us focused and probe into our thoughts and emotions so we can rise above any problematic situation that might make us doubt our true value and worth. Stop the chatter in your head that is either brought on by others or even yourself, that you're not good enough. You are! And this book can help you see it." A review written by Jackie Madden Haugh, author of *The Promise I Kept: My Journey with Dad from Home Care Through Hospice*.

**About the Author** – **Nina Norstrom** is an Award-winning "Winner" with *FireBird Book Awards*. In addition, she's the author of *Not a Blueprint It's the Shoe Prints that Matter / A Journey Through Toxic Relationships*. Norstrom received her bachelor's degree from Concordia University. She has an extensive work history in the public sector. Additionally, she taught in the school system. Norstrom is a professional speaker, volunteer, and wellness coach. She conducts bi-weekly workshops (on managing toxicity) at the Clayton County Transitional Center, among other organizations. As a vendor for public schools, her wellness programs focuses on enriching social and emotional abilities for healthier lifestyles.

**About the FireBird Book Awards** – Founded in Chagrin Falls, Ohio, *the FireBird Book Awards is an international book awards competition (books must be in English)*. In 2012, Patricia R. Rullo (Founder) teamed up with Salem Media Group to produce a radio talk show based on her book – **[Speak Up and Stay Alive](#)**, the patient advocate hospital survival guide. The radio program became a broadcast success through Salem and other stations across the United States, including iHeart Radio and over 5,000 stations via XDS Cumulus Satellite. To learn more, visit the website at.



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