

About the Author

Facilitating growth and authenticity through communication

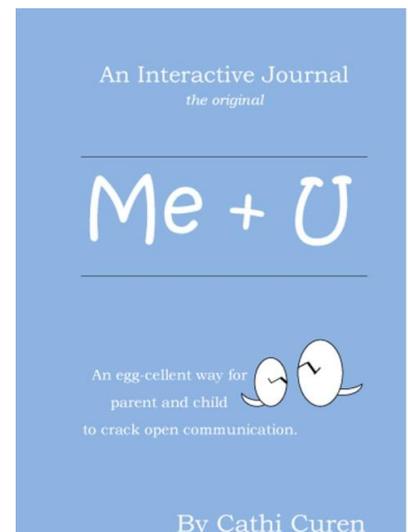
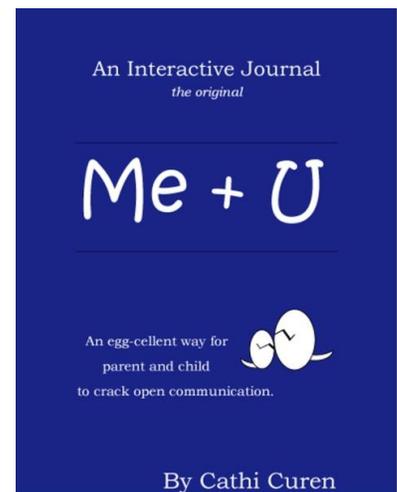
Cathi Curen, is a Consultant, Speaker, and online Radio Talk Show Host. She is the author of the original **Me + U** Interactive Journal Series which helps parents, children, couples, and colleagues to crack open communication respectfully, in their own unique way.

Cathi received her bachelor's degree in psychology from the University of California, Los Angeles with an emphasis in interpersonal communication and health psychology. She is currently completing her master's degree in psychology Marriage and Family Therapy at Pepperdine Graduate School of Education and Psychology. Cathi has spent over 25 years researching the dynamics of the family and how our early relationships and environments influence the rest of our lives.

Cathi is the producer and host of *Holistic Children Radio* which shares the latest integrative health concepts in an effort to support today's families in communicating more effectively and helping parents to establish a healthier work-life balance. Her interest in sharing information through various media platforms was inspired by her commitment to make healthy personal changes for her own family.

Cathi has been a consultant on children's issues for the *Les Brown Morning Show* in New York, the producer of *TIME-OUT for Kids* in Los Angeles, and is a welcomed and returning interview guest. Her passion for prenatal and early child care training resulted in series of interactive internet parenting webcasts through the award winning distance learning department at California State University, Dominguez Hills.

Cathi has designed and facilitated workshops and seminars for a variety of organizations at their conferences and headquarters including: The Michigan Education Association, California Child Care Resource and Referrals, Connections for Children/National Association of Family Child Care, Family Child Care Network, El Camino College, and the City of Aurora, Illinois.



Me + U Interactive Journals

For more information visit:
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About Me + U Interactive Journals

An egg-cellent way to crack open communication

In just a few minutes a day these easy to use journals can crack open an exciting journey of growth and authenticity through communication. The purpose of the Me + U Interactive Journal series is to foster healthy communication and an unrepeatably story between two human beings.

The Me + U Interactive Journal series is a safe haven for a child to express their unique point of view and for a parent to help to nurture the developing life story with their child. Additionally, the Me + U Interactive Journal benefits parents and adults by providing an opportunity to reflect on their own day and daily thoughts, and as a result, the opportunity to learn more about themselves.

A journal practice is important to our relationships because the more we understand ourselves, the more we can learn to understand and accept others in a more compassionate, loving, and tolerant way. These life-long skills are learned from our earliest experiences and the Me + U Interactive Journals are a great way to start their ongoing development!

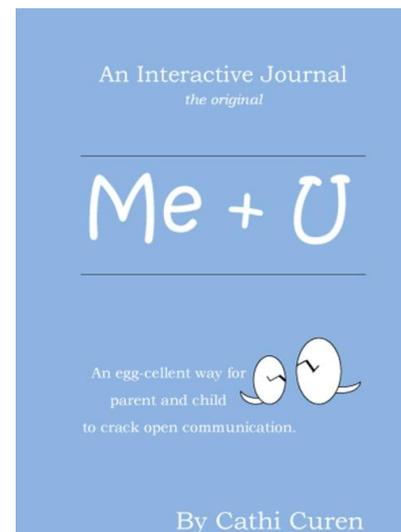
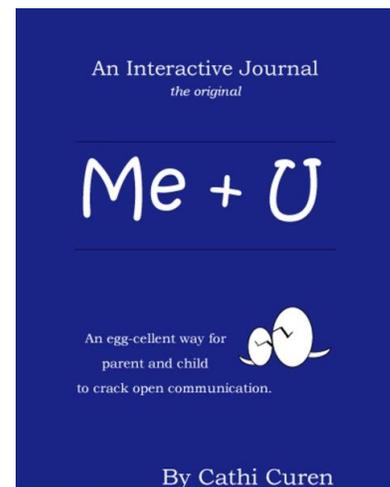
Journal expression can reveal individual belief systems and values, help one to explore options for thinking, acting, and coping; therefore emphasizing self-responsibility. Journaling is a tool to make sense out of living and to give substance to our lives. Regular use of the Me + U Interactive Journal series will continue to nourish something new and inviting to improve authentic communication.

The Write Me + U journal encourages word expression, whereas the Draw Me + U journal is a great way for the very young child to begin sharing feelings through artistic expression – or it can be used with older children to add variety to the journaling practice. More importantly, the journals will provide a keepsake of life stories for years to come.

The journal chapters are a wonderful way of collecting memories and ideas along life's path...

Parents, therapists, educators, corporations, child care providers, and nannies are all finding the benefits of journaling...we hope you'll join us on the road to developing healthy and effective communication.

Today is the day! Enjoy the journey!



Me + U Interactive Journals

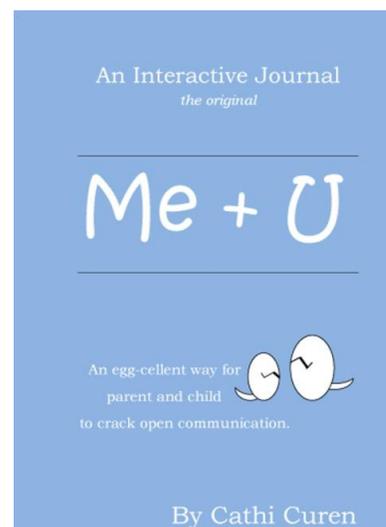
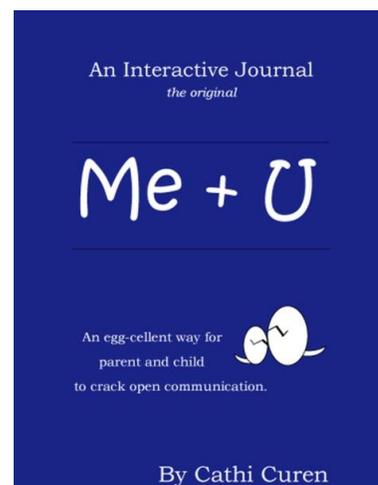
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Suggested Interview Questions

1. What is the **Me + U** Interactive Journal and what makes it different from other journals?
2. What motivated you to develop the **Me + U** Interactive Journal Series?
3. We often use the words “emotion” and “feelings” interchangeably, but there is a difference, can you explain?
4. Why is it so important to help children to express and share their feelings and as parents to express and share our own?
5. How does communication have a direct effect on the quality of one’s life?
6. Why did you feel it was important to create the journals in hard copy versus an online application?
7. We’re all busy, so how can engaging in the **Me + U** Interactive Journal series save us time, money and arguments with our children and those we love and care about?
8. You have mentioned that the brain is a social organ. Can you elaborate?
9. How does the journal help children learn emotional regulation?
10. What is the significance of writing down each day what we are grateful for?
11. Your **Me + U** work with individuals and organizations addresses four specific areas the you suggest are directly related to our emotions, can you tell us what those are?
12. I understand the next member of the **Me + U** Interactive Journal family will be one for parents and couples. Why is it important for adults to interact on a page?



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