

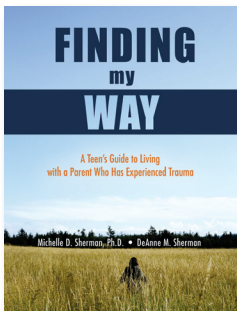
# Seeds of Hope Books™

...Where families matter



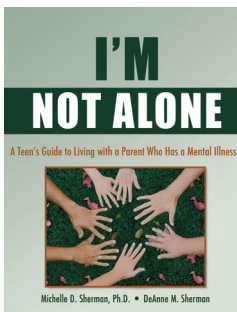
## *My Story: Blogs by Four Military Teens*

A series of four blogs that describes the experience of military teens before, during, and after parental deployment.



## *Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma*

An award-winning, interactive book that addresses key issues in dealing with a parent who has experienced a traumatic event.



## *I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness*

Created to support the thousands of youth whose parents have a mental illness, this interactive book focuses on the teenager's experience of living with a parent who depression, bipolar disorder, or schizophrenia.

**Michelle D. Sherman, Ph.D.**, is a clinical psychologist and directs the Family Mental Health Program at the Oklahoma City Veterans Affairs Medical Center. She is also a clinical associate professor at the University of Oklahoma Health Sciences Center.

**DeAnne M. Sherman**, Michelle's mother, is a teacher with over 40 years of experience educating, mentoring, and empowering teenagers.



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