

About the Author

Seth Inin is a licensed guidance counselor with a strong academic background in psychology and counseling. She holds a bachelor's degree in psychology and a master's in guidance and counseling. With years of experience working with youth and young adults, Seth Inin is passionate about helping others grow in self-awareness, resilience, and faith.

Currently serving as a school counselor, she continues to make a lasting impact through her creative and faith-driven work. Seth Inin enjoys designing engaging resources that encourage personal growth and spiritual development. Her writings reflect her commitment to inspiring individuals to live purposefully and reach their fullest potential.

Author's Amazon Page: <https://www.amazon.com/author/sethinin>

BOOK DETAILS

Book Information Sheet – Strong Minds, Steady Hearts

(For Website Landing Page Use)

Amazon link of the book: <https://www.amazon.com/dp/B0GFWVWK6H>

1. You're Not Alone, Teen

- Teens feel overwhelmed by school pressure, expectations, and responsibilities
 - Many struggle to understand or express their emotions in healthy ways
 - Social comparison and online culture increase anxiety and self-doubt
 - Teens often feel alone or afraid to talk about what they're going through
 - Emotional struggles are sometimes misunderstood as spiritual weakness
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2. Meet Strong Minds, Steady Hearts

Strong Minds, Steady Hearts was created to help teens develop a healthy understanding of their thoughts, emotions, and reactions while learning practical skills for emotional regulation and resilience. The workbook provides a safe, structured, and faith-centered approach to mental and emotional growth without diagnosing or labeling. It gently

combines psychological principles with Scripture to support teens with compassion, clarity, and hope.

3. How This Workbook Will Help You

- Builds emotional awareness and healthy self-expression
 - Teaches practical coping and emotional regulation skills
 - Strengthens resilience and confidence
 - Encourages healthy reflection and personal growth
 - Helps teens view faith as support rather than pressure
 - Promotes help-seeking and emotional safety
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4. What You'll Find Inside

- Guided teaching points for facilitators
 - Clear explanation of each topic
 - Discussion questions (no forced disclosure)
 - Simple, emotionally safe group activities
 - Personal journal prompts for private reflection
 - Consistent session structure
 - Scripture-based reflections
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5. This Workbook Is For You If...

- Teenagers (individual or group use)
 - Parents supporting their children's emotional well-being
 - Churches and youth ministries
 - Faith-based schools
 - Mentors, facilitators, and counselors
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6. Faith That Supports, Not Pressures

The workbook integrates Scripture in a gentle, thoughtful, and supportive way. Faith is presented as a source of comfort, grounding, and strength—not guilt or pressure. Emotional struggles are normalized and never framed as spiritual failure. The tone is compassionate, respectful, and hope-centered.

7. Begin Your Journey Today

- Get Your Copy Today
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Book Information Sheet – You Got This, Dear New Mom

(For Website Landing Page Use)

Amazon Link of the Book: <https://www.amazon.com/dp/B0FF48LQZC>

1. You're Not Alone, Mama

- New mothers feel overwhelmed by physical recovery and emotional changes
 - Many experience loneliness and identity shifts after childbirth
 - Sleep deprivation and constant responsibility lead to exhaustion
 - Mothers feel pressure to “do everything right”
 - Spiritual connection may feel distant during the chaos of early motherhood
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2. Meet Your Gentle Companion

You Got This, Dear New Mom was created to walk beside first-time mothers during the fragile and sacred early days of motherhood. More than a journal, it serves as a gentle companion that acknowledges real struggles while pointing hearts back to God’s steady love. Through devotionals, Scripture, prayer, and guided reflection, the book offers emotional reassurance, spiritual renewal, and a quiet space to breathe, reflect, and heal.

3. How This Journal Will Support You

- Encourages emotional healing and self-compassion
 - Strengthens daily connection with God
 - Reduces feelings of loneliness and overwhelm
 - Provides gentle structure for reflection and prayer
 - Builds spiritual confidence during motherhood
 - Creates a peaceful daily routine amid busyness
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4. What You'll Discover Inside

- Weekly devotional messages
 - Scripture-based affirmations
 - Guided weekly prayers
 - Daily journaling prompts
 - Daily KJV Scripture verses
 - Reflection thoughts for each day
 - Space for personal prayers and gratitude
 - Gentle, flexible pacing
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5. This Journal Is For You If...

- First-time mothers
 - New moms in the postpartum season
 - Expecting mothers preparing for motherhood
 - Christian women seeking spiritual encouragement
 - Friends and family looking for meaningful baby shower gifts
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6. Rooted in Faith & Gentle Strength

This devotional journal is deeply rooted in Christian faith and Scripture. Each week centers on God's presence, grace, and strength through motherhood. The tone is nurturing, gentle, and reassuring, emphasizing that God walks closely with mothers in both joyful and difficult moments. Scripture is used to comfort, anchor, and restore—not to pressure or judge.

7. Begin Your Sacred Season

- Get Your Copy Today
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Book Information Sheet – Sacred Beginnings

(For Website Landing Page Use)

Amazon Link of the Book: <https://www.amazon.com/dp/B0G339CZMJ>

1. You're Not Alone, Mama

- New mothers feel emotionally and physically exhausted
 - Many struggle to find quiet moments for reflection and prayer
 - The constant demands of caring for a baby can feel overwhelming
 - Mothers may doubt themselves or feel uncertain about their new role
 - Spiritual connection can be difficult to maintain amid daily responsibilities
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2. Meet Your Gentle Companion

Sacred Beginnings was created as a gentle companion for first-time mothers navigating the emotional and spiritual transition into motherhood. Through guided reflection, Scripture, prayer, and inspiration from biblical mothers—Mary, Hannah, Jochebed, and Elizabeth—this journal offers reassurance, perspective, and sacred space for the heart. It invites mothers to pause, breathe, and recognize God's steady presence in both ordinary and extraordinary moments.

3. How This Journal Will Support You

- Encourages calm reflection and emotional grounding
 - Strengthens spiritual connection with God
 - Builds confidence and reassurance in the motherhood journey
 - Provides comfort during moments of fear or uncertainty
 - Helps mothers celebrate small victories
 - Nurtures faith, patience, and gratitude
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4. Inside These Pages

- Scripture-based reflection prompts
 - Short, heartfelt prayers
 - Stories and insights from biblical mothers
 - Creative journaling space
 - Gentle guided exercises
 - “Small victories” check-in sections
 - Flexible, non-rigid session structure
 - Encouragement-focused writing tone
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5. This Journal Is For You If...

- First-time mothers
 - New moms in the postpartum season
 - Expecting mothers preparing for motherhood
 - Christian women seeking gentle spiritual encouragement
 - Friends and family looking for meaningful gifts for new moms
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6. Rooted in Faith & Grace

This journal is rooted in Christian faith and inspired by the lives of faithful biblical mothers. Scripture and prayer are woven gently throughout each session to offer comfort, perspective, and spiritual grounding. Faith is presented as a steady companion in both joyful and difficult moments, emphasizing God's closeness and care rather than pressure or perfection.

7. Begin Your Journey Today

- Get Your Copy Today

Book Information Sheet – Dad and Mom, I Want to Hear Your Love Story

(For Website Landing Page Use)

Amazon Link of the Book: <https://www.amazon.com/dp/B0FHH9WK2W>

1. Your Love Story Matters

- In today's culture, quiet, enduring love is often overlooked
- Couples may struggle to remember or celebrate the ordinary moments that built their relationship
- Life's busyness can make it hard to pause, reflect, and honor shared experiences
- Children rarely get to see the depth of their parents' journey together
- Couples may feel their love story is too ordinary to be meaningful

2. Meet Your Legacy Journal

Dad and Mom, I Want to Hear Your Love Story was created to capture the steady, enduring love built in real life over the years. This journal provides a space for both voices—Mom's and Dad's—to reflect, laugh, cry, and celebrate the messy, beautiful moments that created your forever. It's more than a keepsake—it's a quiet legacy for your children and future generations.

3. How This Journal Will Support You

- Encourages couples to reflect on their relationship with honesty and love
 - Provides a guided space for storytelling and shared memories
 - Celebrates the ups and downs, challenges and victories of long-term love
 - Inspires children by showing what true love looks like in everyday life
 - Reinforces commitment, communication, and understanding between partners
 - Offers a meaningful keepsake to treasure for years to come
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4. Inside These Pages

- Prompts for both Mom and Dad to share their memories
 - Reflection questions on milestones, challenges, and everyday moments
 - Space for storytelling, laughter, and heartfelt confessions
 - Guidance on capturing your journey for the next generation
 - Encouragement for honest, thoughtful responses
 - Designed to be a lasting family treasure
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5. This Journal Is For You If...

- Married or long-term couples who want to celebrate their love
 - Parents wanting to leave a meaningful legacy for their children
 - Couples looking to reflect on their journey together
 - Families who value documenting faith-filled, enduring relationships
 - Friends and family looking for a special anniversary or wedding gift
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6. Rooted in Love & Faith

This journal encourages couples to reflect on love as a steady, faithful choice guided by commitment and grace. It's grounded in the belief that love is built over time, through challenges and celebrations, and that faith and intentionality can nurture enduring relationships. The tone is warm, heartfelt, and encouraging.

7. Begin Your Legacy Today

Recommended options:

- Get Your Copy Today

Book Information Sheet – New Mom Journal

(For Website Landing Page Use)

Amazon Link: <https://www.amazon.com/dp/B0FTKRB3ZD>

1. You're Not Alone, Mama

- Sleepless nights and constant feedings can leave you drained and uncertain
 - Many new moms struggle with self-doubt and comparison
 - Identity shifts and emotional overwhelm are common in early motherhood
 - Mothers may feel pressure to do everything perfectly
 - Spiritual connection can feel distant amidst the chaos of daily parenting
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2. Meet Your Gentle Companion

New Mom Journal was created to provide rest for your soul during the breathtaking, overwhelming early days of motherhood. Each month addresses real struggles, healing, exhaustion, and comparison, identity through Scripture, prayer, reflection, and gentle steps of faith. This journal is designed to encourage, uplift, and remind new moms that God's grace is always enough.

3. How This Journal Will Support You

- Offers emotional reassurance and encouragement for each day
 - Strengthens your connection with God and spiritual reflection
 - Provides gentle guidance for overcoming overwhelm and self-doubt
 - Helps you embrace grace over perfection
 - Encourages healthy reflection and intentional journaling
 - Provides hope and peace during challenging moments
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4. Inside These Pages

- Monthly focus on common challenges for new moms
 - Scripture reflections and affirmations
 - Guided prayers and gentle prompts
 - Space to write thoughts, prayers, and reflections
 - Simple steps of faith to integrate daily
 - Encouragement-focused tone, gentle pacing
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5. This Journal Is For You If...

- First-time mothers
 - New moms in the postpartum season
 - Mothers seeking encouragement and spiritual support
 - Christian women wanting gentle, faith-based guidance
 - Friends and family looking for a meaningful gift for a new mom
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6. Rooted in Faith & Grace

This journal gently weaves Scripture, prayer, and reflection to remind mothers that God sees, knows, and walks with them every step of the journey. The tone is nurturing, comforting, and uplifting, emphasizing grace, hope, and divine presence rather than pressure or perfection.

7. Begin Your Journey Today

- Get Your Copy Today

Book Information Sheet – Servant Leaders in Action

(For Website Landing Page Use)

Amazon Link: <https://www.amazon.com/dp/B0F1KVPHK9>

1. Leadership That Inspires

- Teens often see leadership as power, titles, or popularity
 - True leadership is built on humility, service, and love
 - Many young leaders need guidance to lead with purpose and faith
 - Opportunities to practice servant leadership in school, church, or community may feel unclear
 - Teens can struggle to connect biblical principles to real-life leadership
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2. Meet Your Leadership Guide

Servant Leaders in Action: Empowering Teens to Lead with Purpose and Faith is designed to help teens embrace Christ-centered leadership. Through practical sessions, teens learn to lead with humility, serve with love, and positively influence others through their faith and actions. This guide equips both facilitators and teens to put leadership principles into practice, not just learn them.

3. How This Guide Will Support You

- Provides a structured, Christ-centered approach to servant leadership
 - Encourages character growth, confidence, and purposeful action
 - Offers practical tools and exercises for real-life application
 - Helps teens lead with humility and influence others positively
 - Builds a lasting foundation for faith-driven leadership
 - Guides facilitators to mentor effectively and encourage growth
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4. Inside These Pages

Each session includes:

- Session Title & Theme Scripture

- Objectives & Materials Needed
 - Icebreaker & Lesson Discussion
 - Biblical Foundation & Real-Life Application
 - Story of a Modern-Day Servant Leader
 - Small Group Reflection & Hands-on Activity
 - Leadership Challenge & Journaling Reflection
 - Closing & Prayer
 - Key Takeaway Recap, Prayer Focus, Memory Verse Challenge
 - Notes for Facilitators & Notes Page for reflections
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5. This Guide Is For You If...

- Youth ministry leaders
 - Christian educators
 - Mentors and coaches
 - Small group facilitators
 - Parents guiding teens in faith-based leadership
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6. Lead with Purpose & Faith

This guide teaches that leadership is about hearts willing to serve, not titles or power. Grounded in Scripture and Christ's example, it inspires teens to grow in character, confidence, and the ability to impact their world positively. The tone is practical, encouraging, and empowering.

7. Begin the Journey of Servant Leadership Today

Recommended options:

- Get Your Copy Today

Book Information Sheet – Goodbye Overthinking, Hello God's Peace

(For Website Landing Page Use)

Amazon Link: <https://www.amazon.com/dp/B0FQH51VD8>

1. You're Not Alone, Teen

- Your mind jumps from one “what if” to another, creating stress and self-doubt
 - Overthinking can affect self-image, relationships, academics, and family life
 - Teens often feel trapped in cycles of worry and uncertainty
 - Finding peace while staying grounded in faith can feel overwhelming
 - Teens need guidance to manage thoughts and emotions in a healthy, faith-centered way
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2. Meet Your Calm Companion

Goodbye Overthinking, Hello God's Peace is a journal designed to help teens slow down, hear God's steady voice, and practice choosing peace over spirals. It provides a safe space to reflect, pray, and take action on common overthinking patterns. Through Scripture, reflection prompts, guided prayers, and creative exercises, this journal helps teens experience God's peace in everyday life.

3. How This Journal Will Support You

- Anchors thoughts with KJV Scripture
 - Helps teens identify overthinking patterns in real-life situations
 - Provides guided reflection questions to pause and process thoughts
 - Offers creative activities to turn insights into action
 - Encourages journaling with honesty and freedom
 - Supports mental, emotional, and spiritual growth
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4. Inside These Pages

- Short KJV Scriptures for daily reflection
 - Reflection questions tackling real-life overthinking topics
 - Guided prayers for each area of life
 - Creative activities that connect faith with action
 - Space to write thoughts, feelings, and insights
 - Coverage of five key areas: Self-Image & Identity, Friendship/Social Life, Academic/School Life, Family Life, Future & Dreams
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5. This Journal Is For You If...

- Teens struggling with overthinking or anxious thoughts
 - Young people wanting to strengthen their faith while managing worries
 - Youth ministry groups or small group leaders
 - Parents and mentors guiding teens toward peace-filled living
 - Anyone seeking a faith-based approach to mental clarity and calm
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6. God's Peace Over What-Ifs

This journal teaches that God's peace is bigger than every "what if." Rooted in Scripture and faith, it empowers teens to slow down, reflect, and trust God's guidance in their daily lives. The tone is supportive, gentle, and encouraging, helping teens experience peace and clarity one step at a time.

7. Begin Your Peace-Filled Journey Today

Recommended options:

- Get Your Copy Today

Book Information Sheet – Untangling the Mind Traps

(For Website Landing Page Use)

Amazon Link: <https://www.amazon.com/dp/B0FVG3WQ5W>

1. You're Not Alone, Teen

- Overthinking can feel like a maze of worries and self-criticism
 - Negative thoughts can twist reality and create mental traps
 - Teens often feel overwhelmed by perfectionism, comparison, and doubt
 - It's easy to believe false thoughts about yourself, affecting confidence and peace
 - Finding God's truth amidst mental chaos can feel impossible
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2. Meet Your Freedom Journal

Untangling the Mind Traps: Teens' Prayer Journal and Workbook is designed to help teens break free from the tangle of overthinking and rest in God's truth. Each week focuses on a specific "mind trap," guiding teens to Catch the negative thought, Challenge it with truth, and Change it by applying Scripture. Through reflection, prayer, and creative exercises, this journal offers a safe, faith-centered space to untangle thoughts and experience freedom.

3. How This Journal Will Support You

- Teaches teens to identify and overcome cognitive distortions
 - Encourages honest reflection and personal growth
 - Guides teens to apply God's truth to their thoughts and emotions
 - Provides structured weekly exercises for Catch, Challenge, and Change
 - Builds confidence, peace, and spiritual grounding
 - Offers creative space for self-expression and journaling
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4. Inside These Pages

- One week, one mind trap approach
 - Clear explanations of cognitive distortions and Scripture insights
 - Reflection questions for honest exploration of thoughts and feelings
 - Guided weekly prayers with optional journaling space
 - Space for doodles, verses, and visual expression
 - End-of-week gratitude wrap-ups to celebrate progress
 - Emphasis on personal pace, honesty, and God's guidance
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5. This Journal Is For You If...

- Teens struggling with overthinking or negative thought patterns
 - Young people seeking a faith-based approach to mental clarity
 - Youth ministry groups, small group leaders, and mentors
 - Parents guiding teens toward emotional and spiritual growth
 - Anyone wanting to renew their mind and rest in God's truth
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6. Freedom in God's Truth

This journal emphasizes that true freedom comes from thinking truthfully with God, not from perfection. It combines Scripture, reflection, prayer, and creativity to help teens untangle thoughts, process emotions, and grow in faith and confidence. The tone is nurturing, empowering, and faith-centered.

7. Begin Your Journey to Mental Freedom Today

Recommended options:

- Get Your Copy Today

Book Information Sheet – Peace Mode: Prayer Journal for Teens

(For Website Landing Page Use)

Amazon Link: <https://www.amazon.com/dp/B0FS1XN1TM>

1. You're Not Alone, Teen

- Life can feel overwhelming with school, friendships, and family expectations
 - Big questions about the future can create stress and overthinking
 - Teens often struggle to find peace amidst constant pressure
 - Nighttime thoughts and worries can feel relentless
 - Teens need guidance to anchor their minds and hearts in Christ
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2. Meet Your Peace Companion

Peace Mode: Mind at Rest, Heart in Christ is a prayer journal designed to help teens quiet the noise, release fear, and anchor their hearts in Jesus. Through Scripture, reflections, and guided prayers, this journal helps teens navigate self-image, friendships, school life, family, and future dreams with faith, calm, and clarity.

3. How This Journal Will Support You

- Teaches teens to manage stress and overthinking through faith
 - Offers guided reflection and prayer prompts for real-life challenges
 - Helps teens release past regrets and trust God with the future
 - Strengthens spiritual grounding and emotional resilience
 - Encourages honest journaling and personal growth
 - Provides practical steps to live with a peace-filled mind and heart
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4. Inside These Pages

- Scripture-based reflections for each topic
 - Guided prayers tailored to teens' real-life struggles
 - Focus areas: Self-Image, Friendships, School Life, Family, and Future Dreams
 - Tools to let go of fear and anchor in Christ's peace
 - Journaling space to express thoughts and emotions
 - Encouraging tone for navigating life's challenges with faith
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5. This Journal Is For You If...

- Teens feeling stressed, anxious, or overwhelmed
 - Young people seeking a faith-based approach to calm and clarity
 - Youth groups, small group leaders, or mentors guiding teens
 - Parents helping teens develop spiritual and emotional resilience
 - Anyone looking to find peace and trust in Christ amidst life's chaos
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6. Real Peace in Christ

This journal emphasizes that true peace comes from trusting Jesus. Through Scripture, prayer, and guided reflection, teens learn to quiet their minds, release fear, and live with confidence and calm. The tone is supportive, gentle, and empowering, helping teens step into Peace Mode.

7. Step into Peace Mode Today

Recommended options:

- Get Your Copy Today

Book Information Sheet – LEGACY BUILDERS

(For Website Landing Page Use)

Amazon Link: <https://www.amazon.com/dp/B0FNNC6F7X>

1. Discover Your Impact, Teen

- Teens often struggle to understand their identity in Christ
 - Life skills, peer relationships, and faith integration can feel overwhelming
 - Many teens need guidance to connect faith with purpose in daily life
 - Youth may lack a clear sense of how they can make a lasting impact
 - Building self-worth and spiritual growth requires intentional mentorship
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2. Meet Your Transformation Guide

LEGACY BUILDERS: Helping Teens Discover Who They Are in Christ and the Impact They're Meant to Make is a comprehensive resource designed to inspire teens to live their faith boldly. This module equips teens with the tools to know themselves in Christ, develop practical life skills, and engage their faith in meaningful ways. Facilitators guide teens through interactive sessions that spark transformation and community.

3. How This Module Will Support You

- Helps teens discover their identity and purpose in Christ
 - Builds practical life skills for relationships, emotions, and responsibilities
 - Encourages living faith with courage and intentionality
 - Fosters peer learning through group activities and discussion
 - Creates a supportive, Christ-centered environment
 - Guides mentors to inspire real-life transformation
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4. Inside These Pages

Each session includes:

- Opening Prayer & Spark Point
- Truth Anchor (Scripture-based truth)
- Real-Life Lens (story connecting faith to life)
- Life Skill Spotlight (practical skills)
- Engage & Experience (interactive group activities)
- Heart Check (guided reflection questions)
- Faith in Action (weekly challenge)
- Closing Prayer & Commitment
- Legacy Notes (space for key takeaways)

The module can be taught weekly or monthly depending on the schedule, and content can be adapted to fit your group's culture, maturity, and needs.

5. This Module Is For You If...

- Youth ministry leaders and mentors
- School guidance counselors and Christian teachers
- Bible study facilitators and parents guiding teens
- Groups seeking structured faith-based leadership and life skill development
- Anyone wanting to empower teens to live with purpose and impact

6. Faith, Identity & Purpose

LEGACY BUILDERS emphasizes identity in Christ and practical application of faith. Teens learn to integrate life skills with spiritual growth, building confidence, character, and a sense of impact. The tone is empowering, nurturing, and transformative.

7. Begin Building Legacy Today

Recommended options:

- Get Your Copy Today