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Mimi Novic's New Children's Journal Tackles Emotional Intelligence Head-On

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When bestselling author [Mimi Novic](#) decided to write for children, she didn’t go for fairy tales or adventure stories. Instead, she created something parents have been asking for: a practical tool that actually helps kids understand their emotions.

“[The Secret Power of Being You](#)” isn’t your typical children’s book. It’s a guided journal designed for kids aged 8 and up, though Novic suggests 10 for maximum impact. What sets it apart? The book treats children’s emotions with the same seriousness we’d give adult feelings—because honestly, kids face complex emotions too.

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The journal walks young readers through exercises that go beyond the basic happy-sad-angry trio most children’s books stick to. Kids learn to identify nuanced feelings, express them without melting down, and—here’s the kicker—actually develop strategies for handling tough emotions when they



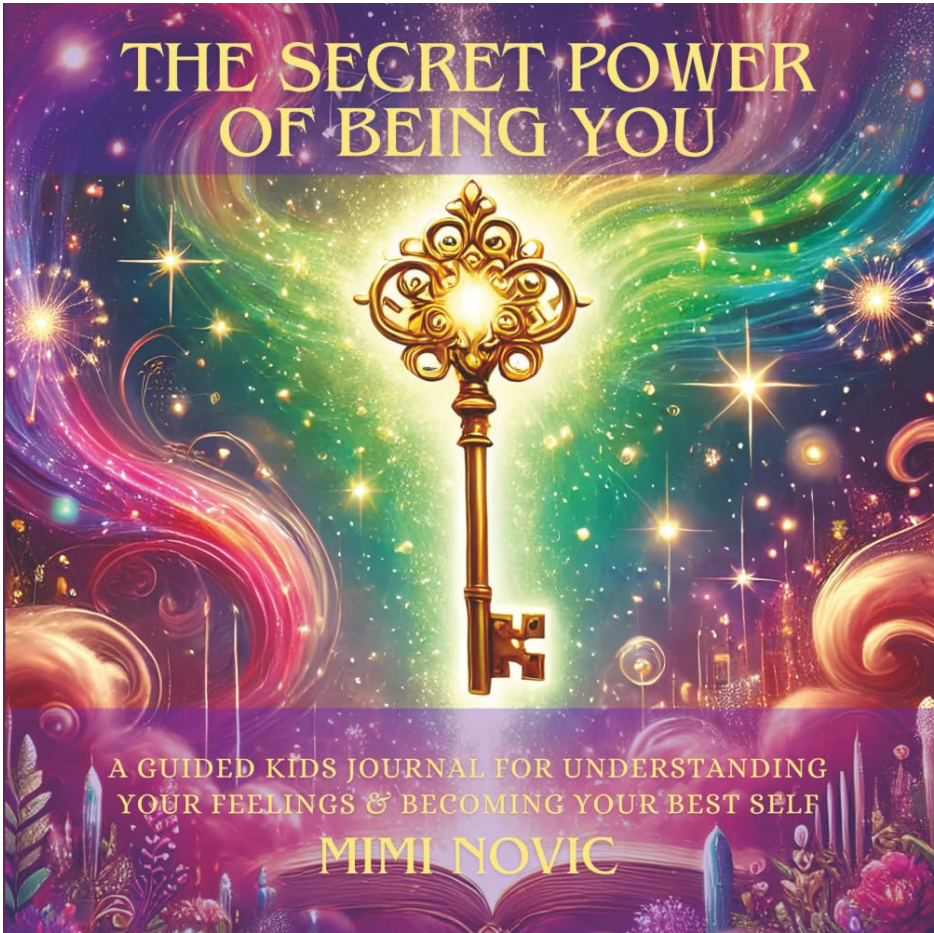
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arise. It’s therapy-adjacent work packaged in an accessible format children can tackle on their own or with parents.

Novic brings serious credentials to this project. She is not only a renowned author but one whose work is grounded in genuine expertise and supported by a practice recognised and valued within distinguished and influential circles.



“The Secret Power Of Being You: A Guided Kids Journal For Understanding Your Feelings & Becoming Your Best Self” by Mimi Novic

What’s particularly noteworthy about this release is its charitable component. Every physical book sold sends a portion of proceeds to [The King’s Trust](#) (formerly The Prince’s Trust) and [KidsOut](#) charity. Novic recently donated digital copies to KidsOut, which distributed them to over 800 refuge centers across the UK. She also serves as an ambassador for both KidsOut and Bear Force charities.

The timing feels right for a book like this. Post-pandemic, parents are more aware than ever of their children’s mental health needs. Traditional therapy waitlists stretch for months,



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and many families need immediate tools. Novic’s journal fills that gap, offering proven psychological techniques in a format kids can actually engage with.

The illustrations throughout make heavy topics more approachable without dumbing them down. Each page presents prompts based on established psychological principles, helping children build what Novic calls “quiet inner strength.” It’s not about forcing positivity or suppressing negative emotions—it’s about understanding what you’re feeling and why.

For Novic, this work connects to her broader mission of making wellbeing accessible. Through her podcast “[Secrets For An Inspirational Life](#),” she regularly interviews people who’ve overcome significant challenges, always circling back to themes of hope and resilience. Those same themes run through this children’s journal, adapted for younger audiences who need these tools most.

The book represents something of a full-circle moment for an author who’s built her career on helping adults heal. By reaching children early, she’s potentially preventing years of emotional confusion and providing kids with a vocabulary for their inner lives that many adults still lack.

“The Secret Power of Being You” is [available on Amazon](#) for parents ready to give their children something more substantial than platitudes about feelings.

For more information, visit [Mimi Novic’s website](#), follow her on [Facebook](#), listen to her [podcast](#), or check out her [Spotify artist page](#).



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