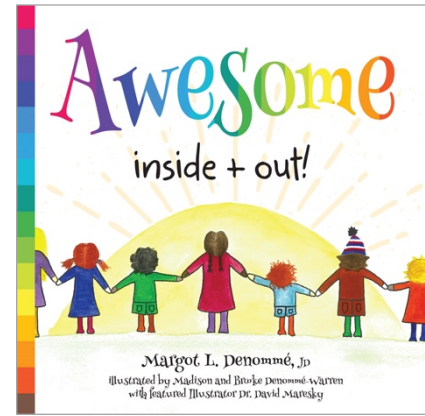


FOR IMMEDIATE RELEASE

Awesome Inside & Out

By Margot L. Denommé J.D.

Illustrations by Madison and Brooke Denommé-Warren,
with featured illustrator Dr. David Maresky



Awesome Inside & Out! was inspired by the social pressures and self-esteem issues facing today's youth. The story is designed to initiate dialogue with children (of all ages) about finding their passion, developing character and resilience, and understanding that true beauty comes from within... that is what makes you awesome from the inside out!

In this brightly illustrated picture book, twins Sam, who wants to be a performer and make people laugh, and Sofia, who loves science and wants to be an astronaut, ask their mother if they are, respectively, strong and pretty. While enjoying ice cream, their mother imparts important lessons, including that what makes a child awesome emanates from their own hearts and minds regardless of who they are, what they look like, or their gender.

In November 2013, Margot Denommé, a criminal lawyer in Toronto, embarked on a journey she never imagined. Writing and self-publishing the children's book [*Mommy, am I pretty?*](#) was a labour of love, triggered by life with two young daughters, who illustrated the book. [*Mommy, am I pretty?*](#)'s positive reception was overwhelming and quickly evolved into a [series of speaking engagements](#) called the "Celebrate You! Tour." Denommé spoke at many schools both in Canada and the United States, sharing the message that *beauty comes from within* and the importance of developing yourself from the inside-out, by being confident, kind, strong, inclusive and unique. It turns out the [Ontario Minister of Education](#) agreed, as did reviewers far and wide.

While on tour, the one question children most often asked Ms. Denommé was, "When are you going to write a book for boys?"

With the assistance of prominent pediatrician Dr. David Maresky, whose illustrations along with those by Ms. Denommé's daughters, Madison and Brooke, she created and now introduces her new book, *Awesome, Inside & Out!*

This book encourages self-esteem, strong mental and emotional health and resilience in children – so key today given the social pressures, self-esteem issues, body-image concerns and bullying facing youth in this era of relentless social media.

MARGOT L. DENOMMÉ J.D. practices criminal law in Toronto where she lives with her two daughters. As a criminal lawyer, she has seen the devastating effects of bullying, and the impact of low self-esteem on the mental health of youth.

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