



Facilitator's Handbook

A 9-step process that helps teenagers map their inner state of being and their outer state of contribution.

Facilitator notes underlined for easy use and well-organized discussion.

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please contact

www.innerstate1.com

phone: 479-273-3515

email: here4u@innerstate1.com

About the program

InnerState1™ has been written and designed by Amy Crumpton to help teens explore and discover their incredible uniqueness. InnerState1™ is designed NOT to tell teenagers what to think, but to teach them HOW to think for themselves. The teenage years are a crucial time in each person's life... when he or she begins to truly identify, "Who am I and how will I contribute to the world of which I am a part?" Finding positive, useful answers to these questions are critical to the development of every human being. The best answers for each person are exclusive to him or her, and lie deep within. The goal of InnerState1™ is to help draw those essential answers to the surface where they can be discussed and applied to life in a meaningful way. The feedback from InnerState1™ participants and facilitators is inspiring. This material is perfect for all types of participants with a wide range of life experience. There are no limits or boundaries to what a student can achieve when he or she maps the road within!

About the author...

Amy crumpton lives with her husband Shep and their son Samuel near the Ozark Mountains in Arkansas. She and the boys enjoy hiking, fishing, hunting, riding four-wheelers, and just about anything else they can do together outside. Amy also enjoys reading and hanging out with her friends. She spends her time writing books and programs for children, teenagers, and parents. In addition to her writing career, Amy is pursuing a Masters degree in Counseling at John Brown University and currently working to get a new business project started that provides her community with opportunities to define and perpetuate meaningful living.

Other titles from Amy Crumpton, to be released in 2008:

The ME & YOU Crew Series

A series of books for ages 3 to 7 years, these stories introduce the same essential concepts in InnerState1 to younger children through a lively group of characters and rhyming verse.

Illustrations by Amanda Faubus.

For a preview and to place orders, visit www.meandyoucrew.com

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