

La Jolla civic activist Janie Emerson is an author, too? Affirmative

She'll be promoting her books that focus on 'little things (that) can brighten your day' during an appearance at Warwick's bookstore in September



La Jolla Shores resident Janie Emerson is a community activist and an author.



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Janie Emerson's name is likely familiar to anyone who has been involved in La Jolla planning issues in recent years — whether from her past leadership of the La Jolla Shores Association or speaking at meetings of the San Diego City Council or other groups.

But you might not know that she's also an author.

Looking to change that, Emerson will appear later this summer as part of Warwick's bookstore's "Weekends with Locals" program in La Jolla. Her books, "*Appreciate Each Day: In 100+ Ways*," "*The Magic of Me: New Beginnings*," "*My Special Girls*" and "*Walking with Angels*," all were re-released in the past six months.

Emerson started writing while she was on the speaker circuit in the late 1990s helping to educate members of nonprofits on to how to work collaboratively and on public policy. She hoped to provide tapes and videos for members to buy but also got the idea to put her ideas into books.

But when the 9/11 terrorist attacks happened in 2001, "it hit me that people need to focus on the wonderful things that keep them grounded," she said.

So she wrote "*Appreciate Each Day*," a series of affirmations based on insights from her professional experience and her own journaling. For example, one such affirmation is "Today I [saw] nests made of twigs" to remind people about the "miracle of the animal world" and encourage them to look up and around them.

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The pages feature blank spaces for readers to write their own thoughts. They also are color-coded, so from the side, the book looks like a rainbow.

"It's meant to be interpreted differently," Emerson said. "It reminds us that there are special things in all our lives, no matter how chaotic things are."

The Magic of Me

New Beginnings



Janie Emerson

"*The Magic of Me*" is a book of affirmations that La Jolla author Janie Emerson says can be read in sequence, at random or skimmed until readers find a page that resonates with them.

"*The Magic of Me*" also is based on affirmations. "Always trust yourself" is the first one.

Emerson said the pages can be read in sequence, at random or skimmed until readers find a page that resonates with them.

"*My Special Girls*" consists of poetry based on two dogs Emerson has had as pets.

"It talks about how our dogs open our hearts to various things in life and what they give to us and what they teach us," she said. "It's not just for people who have or had animals, but something nice to share with children about animals."

Her most recent book, "*Walking with Angels*," is meant to alert people to the "little angels" present as "that little voice you have in your ear but might not know where it comes from."

Her insights "came from observing a lot of people in a lot of groups and how they interact and the things they need to be centered and focused," Emerson said.

"Little things ... can brighten your day, even when things are going crazy," she added. "It's up to us to keep us grounded and centered and not be affected by everything going on. Too many people are getting pulled in different directions, and they need to keep themselves focused."

"I have five things to do today and I thought, 'I'm going to go nuts if I do this,' so I moved things around and now I can have a sane day. So it was just deciding the most important things instead of feeling like you need to do everything at once."

"Being busy isn't living, it's filling time. So hopefully these books will help people realize what is important and what they can release."

**Janie Emerson's appearance will be from 1 to 3 pm Sunday, September 7,
at Warwick's, 7812 Girard Ave.**

To learn more or order her books and art prints, visit ShamrockWisdom.com