

K.M. MESSINA

NEWSLETTER

Summer/Fall 2023

Thank you for subscribing!

WELCOME

yes
YOU CAN

*"The greatest power to manifest your desires
is your belief that you can."*

The Things We Tell Ourselves

Your thoughts shape your reality.

We all have dreams and aspirations. So why do some people choose not to follow their heart's desire? Sometimes it's that little voice in your head planting doubt. The one that says, *I can't. It's too hard. What if I fail? What will others think of me?* If this voice deters you from taking action toward something you want, I challenge you to rewrite the narrative you tell yourself so you can enact the positive changes you wish to have in your life. Start by becoming your greatest cheerleader and paying attention to the words you use. Saying "I am..." is far more powerful than saying "I want..." Speak as if you already possess the qualities or achievements you seek. With a strong belief in yourself and an organized plan with a series of **doable** steps, you can start the journey toward manifesting your desires. Are you ready to take the first step and set your intent?

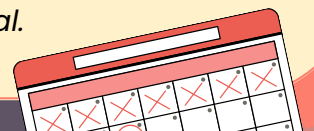


SET

Your Intent

1

Set your intent. What goal do you really want to achieve? Write it down. Then brainstorm at least three achievable steps you can take that will bring you closer to your goal.

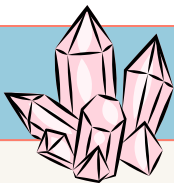


CHOOSE GOALS THAT ARE IN YOUR CONTROL

I'll give you an example from my own life. I suspect most authors will tell you that one of their dreams is to write a best-selling book loved by millions of adoring fans. It would be awesome if Gemja made it into that category! Unfortunately, a goal like that is not in my direct control. I can't make people want to read or like my book. Instead, I can take steps toward increasing Gemja's visibility so that more potential readers know it exists. The more people see and hear about the story, the greater the chance they may want to read it. So when you're planning your goals, try to choose ones that are attainable with effort. Here's an example of some of my attainable goals so far! There's so much more to do, but I'll keep you posted along the way!



- Hired an excellent publicist to assist with marketing.
- Submitted Gemja for professional reviews and writing competitions.
- Published a website (www.kmessina.com), started an Instagram account (@k.m.messina), and created this newsletter!



CRYSTAL CORNER



Believe in Yourself

The greatest power is inside you.

Connect with these crystals for a boost in self esteem. Set aside time for quiet contemplation with these stones and recite an affirmation of self-love. Feel free to use the sample affirmations below or create your own.

1 Tiger's Eye



- I have the courage to follow my dreams.
- I exude confidence.
- I believe in my potential to achieve my goals.

2 Carnelian



- I am motivated, driven, and creative.
- I am worthy of success.
- I invite opportunities for positive growth into my life.

3 Rose Quartz



- I am beautiful inside and out.
- I radiate love and positivity.
- I accept unconditional love.

Premade "Believe in Yourself" crystal baggie available soon on my Etsy site.

RESA

Meet Resa Stone

STONE

CHARACTER TRAIT SPOTLIGHT

EXTRAORDINARY

ORDINARY

dreamer

INTROVERTED

seventeen

IDEALIST

artist

self-conscious
about scoliosis

compassionate

Witch

crystal collector

1

2

3
hates bugs

0

loves peanut butter

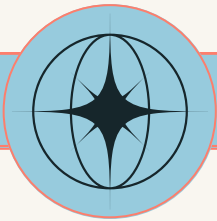
BRAVE

0

famous

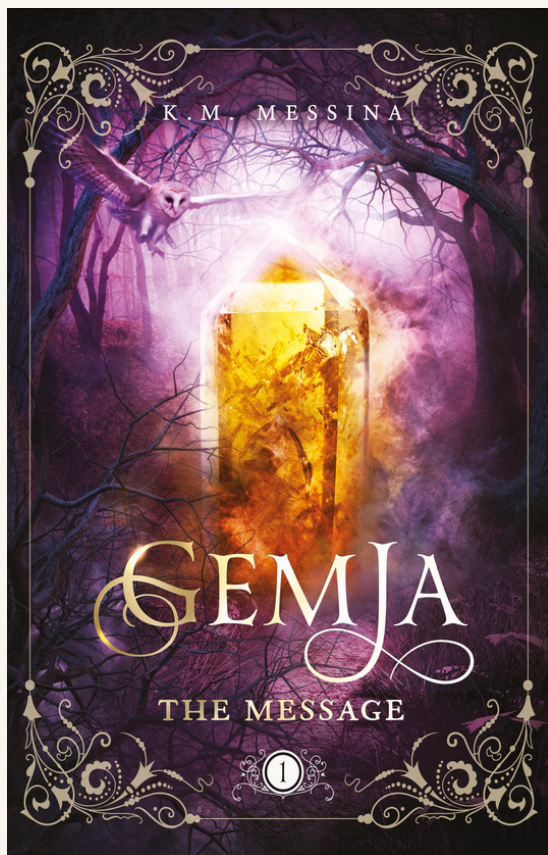
sees multiple sides
of a situation

Follow our heroine as she tries to decipher an ominous message to discover her fate.



◆ NEW RELEASE ◆

August 26



Resa Stone is one of the first humans to set foot on a foreign world. But ever since arriving on planet Wandelsta, the introverted teen witch can't sleep. Visions of a mysterious jeweled forest haunt her dreams. Who is the ghostly shrouded girl who emerges from those woods? And what is the meaning of the ominous message she delivers: You are the one?

And when the unearthly messenger appears in her waking life and leads her to a mystical glowing gem, Resa learns of an ancient legend that suggests the stone may be a remnant from a crystalline paradise called Gemja and harbors great power. On a quest to discover the significance of the stone, Resa is transformed by love, betrayal, magic, and hidden secrets. And when danger befalls her, she must summon the courage to journey into her dream realm to confront the ghost for answers...

Only to discover that deciphering the message reveals a painful truth...

One that may cost Resa her life

yes!

The First Reviews are in!

"An edge-of-your-seat adventure...sweeps to a cliffhanger climax. A rousing introduction to a promising new series."

BOOKLIFE REVIEWS
PUBLISHERS WEEKLY

"Messina blends witchcraft, prophesies, aliens and interplanetary tensions into a highly enjoyable young adult drama...set to be a captivating and popular series."

BLUE INK REVIEW
(Starred Review)
Notable Book

"Climactic moments and powerful revelations are plentiful. Worlds of unexpected wonder and danger abound."

CLARION

Available for purchase on Amazon or www.kmessina.com

Thank you for reading!