

CHILDREN'S BOOK AUTHOR

CHANTAL MARTIN

WWW.CHANTAL-MARTIN.COM



**ABOUT
CHANTAL
MARTIN**



What's Chantal Story?

Chantal was born in a small town in Eastern Ontario and now lives in Ottawa. She has 20 years of experience in the learning and development field. She is passionate about helping others achieve their potential.

She overcame severe food intolerances, anxiety, depression, and obesity. With a new zest for life, she made it her mission to learn about the importance of food nutritionally, socially, and culturally. She gradually lost 117 pounds and ran her first half marathon in 2017. She started to embrace her creative side at the age of 45. Never in her wildest dreams did she think of writing a children's book, let alone a book on the importance of listening to one's inner compass. Life is interesting that way.

Create, Grow, Thrive



I've got a **FEELING**

BY CHANTAL MARTIN
ILLUSTRATED BY JOHN GUTTON



Suggested Interview Questions

- What inspired you to write this book?
- What do you hope your readers take away from this book?
- What was it like to write your first book?
- What did you learn from writing the book?
- Where can readers find out more about you and your book?
- What other projects are in the works?

WHAT IS INTUITION?

Where does it come from?
How does it guide us?

I've got a FEELING takes kids on a journey of self-discovery to connect with their very own superpower – their intuition. The book teaches them about tapping into their inner wisdom and to trust their inner compass so they can confidently share their unique voice and talents with the world. The book comes with online resources to foster discussion, activity sheets and even a monster monsieur!

CONNECT

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