

# The Magic of Resilience in Jane Carey's Delightful Children's Book, *Shmug-A-La Tames the Shmovid Monster*

CARMEL VALLEY, CA, UNITED STATES, September 18, 2024 /EINPresswire.com/ -- In her heartwarming new children's book, [Shmug-A-La Tames the Shmovid Monster](#), [Jane Carey](#) weaves a captivating tale that blends humor, creativity, and valuable life lessons. Drawing on her diverse experiences as a Registered Nurse, School Board Director, educator, counselor, mother, and grandmother, Carey brings to life a story that will resonate deeply with both children and their parents. Her lifelong commitment to nurturing growth and healing is beautifully reflected in this imaginative and inspiring work.

*Shmug-A-La Tames the Shmovid Monster* invites readers into a world where a young boy grapples with the "Shmovids" of life—unexpected challenges that leave him feeling stuck and isolated. Through the whimsical character of Shmug-A-La, a vibrant and imaginative figure, the boy learns the transformative power of choosing joy and shifting perspective in the face of adversity.

**Enchanting Storyline:** The book follows the boy's journey as he confronts his own Shmovids, including a broken leg, the flu, and relentless bad weather. Shmug-A-La helps him discover that even the most daunting situations can be met with resilience and a positive outlook.

**Interactive Elements:** The book includes a special parent and teacher page, offering additional insights and activities to deepen the impact of the story.

**Life Lessons:** Through playful rhymes and a dynamic narrative, children learn about the value of resilience and the importance of maintaining a positive attitude, no matter how challenging life's circumstances may seem.

"*Shmug-A-La Tames the Shmovid Monster*" is not just a story—it's an adventure that encourages



kids to embrace creativity, find joy in difficult times, and develop resilience. Jane Carey's storytelling mastery shines through, making this book a cherished addition to any child's library.

Quote:

Jane Carey shares, "Writing this book has been a journey of joy and discovery for me. I hope that through Shmug-A-La, children and their families will find inspiration to face life's challenges with courage and a sense of fun."

About Jane Casey

Jane has been writing and rhyming since age 6.

Childhood adventures became storied in her diaries, a practice that morphed into journaling as an adult and developed into a deep love for writing. Growing up in rural Pennsylvania, Jane also developed a lasting love for nature and outdoor sports. She played ice hockey on ice ponds; swam in creeks and lakes; skied, hiked, and rode horses in the mountains; and played baseball in pastures. Her writing turned professional, during the Covid lockdown, when Jane took multiple online writing courses and began writing children's books, inspired and encouraged by her grandson, who was the recipient of countless original bedtime stories.

Before writing children's books, she obtained a Bachelor of Science degree in Nursing, from the University of Pittsburgh. As well as being an RN-BSN, she has also been a School Board Director, a homeschooling mom, a cub scout leader, a 4-H leader, a counselor, a businesswoman, a community leader, an artist, and most importantly, a mother of 4 and a grandmother of 2. Her enduring passion is to draw people out, encourage their growth and healing, and delight in their flourishing and fulfillment.

Currently living in sunny Carmel Valley, California, Jane enjoys swimming, and gardening; and loves hosting her family, playing with her grandchildren; and writing.

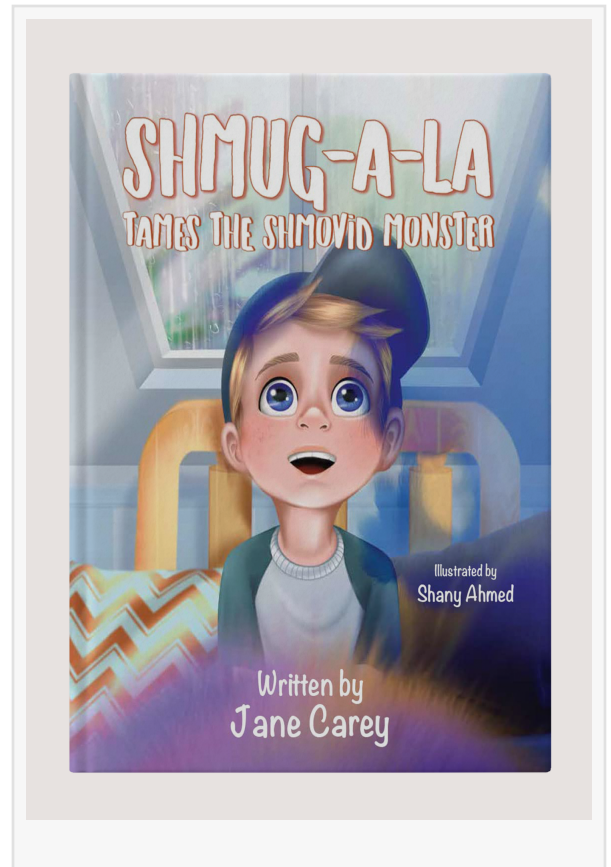
Her books, SHMUG-A-LA TAMES THE SHMOVID MONSTER, and THE CHRISTMAS SKUNK AND THE VERY MERRY VERY STINKY CHRISTMAS were published in 2022, and she is busy writing sequels to both books. Another book, UPSIDE DOWN OWL is being published and will soon be released.

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