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March 1, 2015

Author/Motivational Speaker’s Latest Release Inspires Emotional Wellness for Teens

In her most recent inspired work, LaDonna Cook hopes to bring awareness to teen emotional health

**Savannah, GA-**As our young folks are inundated with distractions and pressures of life, author and motivational speaker LaDonna M. Cook has released her next book dedicated to helping our children deal with the stress of growing up in this modern age. When reading “Lessons: Shattered Pieces Being Restored”, Cook hopes to connect with teens, and in particular young ladies. She wants her young readers to gain positive pride in their personal struggle as they transition into their adult experience.

“In this book, I set out to encourage and inspire my young readers to make positive decisions concerning life, but specifically their emotional health,” Cook said. “I feel that my personal experiences are very prevalent throughout this collection of poetry and hope that my writing will motivate readers to rebuild any broken pieces, as well as heal past their hurt”.

Cook points out that “Lessons: Shattered Pieces Being Restored” is also for her adult readers. She hopes her mature fans can also learn to connect with today’s teen issues through her words. “I wanted to mentor adults on issues affecting our teens today so we can provide a more positive growth experience for our kids,” says Cook.

Cook’s third book of poetry, “Lessons: Shattered Pieces Being Restored”, was written to increase awareness of teen and young adult issues in a modern era. “My latest collection has truly been a labor of love as I seek to help teenagers transition from struggles to triumph,” explained Cook.

Please contact Ms. Cook directly to inquire about interviews and motivational speaking opportunities.

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LaDonna Marie Cook is an author, writer, poet, and motivational speaker. Originally from Mississippi, Cook now lives in the Savannah, Georgia area where she is raising her two young boys, Landon and Lathan.

Cook received her Bachelor of Arts in Social Work from Alcorn State University in 2005. She has also earned a Master of Science in Counseling Studies from Capella University and a Master of Arts from South University in Professional Counseling in 2012.

Cook is a member of Alpha Kappa Alpha Sorority, Incorporated, The OrderoftheEastern Star, and The League of American Poets.She is also founder of “Planting Positive Seeds” (#PPS).

Featured internationally on author blog interviews, Cook’s magazine features include presentations in SHINE, YOUnique, Precioustones, C. Hub, Image and Style, Blaq Rayn Poetry Publications, Sibella Poetry Publications and Urban Grapevine Magazine.

Cook is a Finalist in the 2015 Divas of Colour International Women's Award for Diva Author.