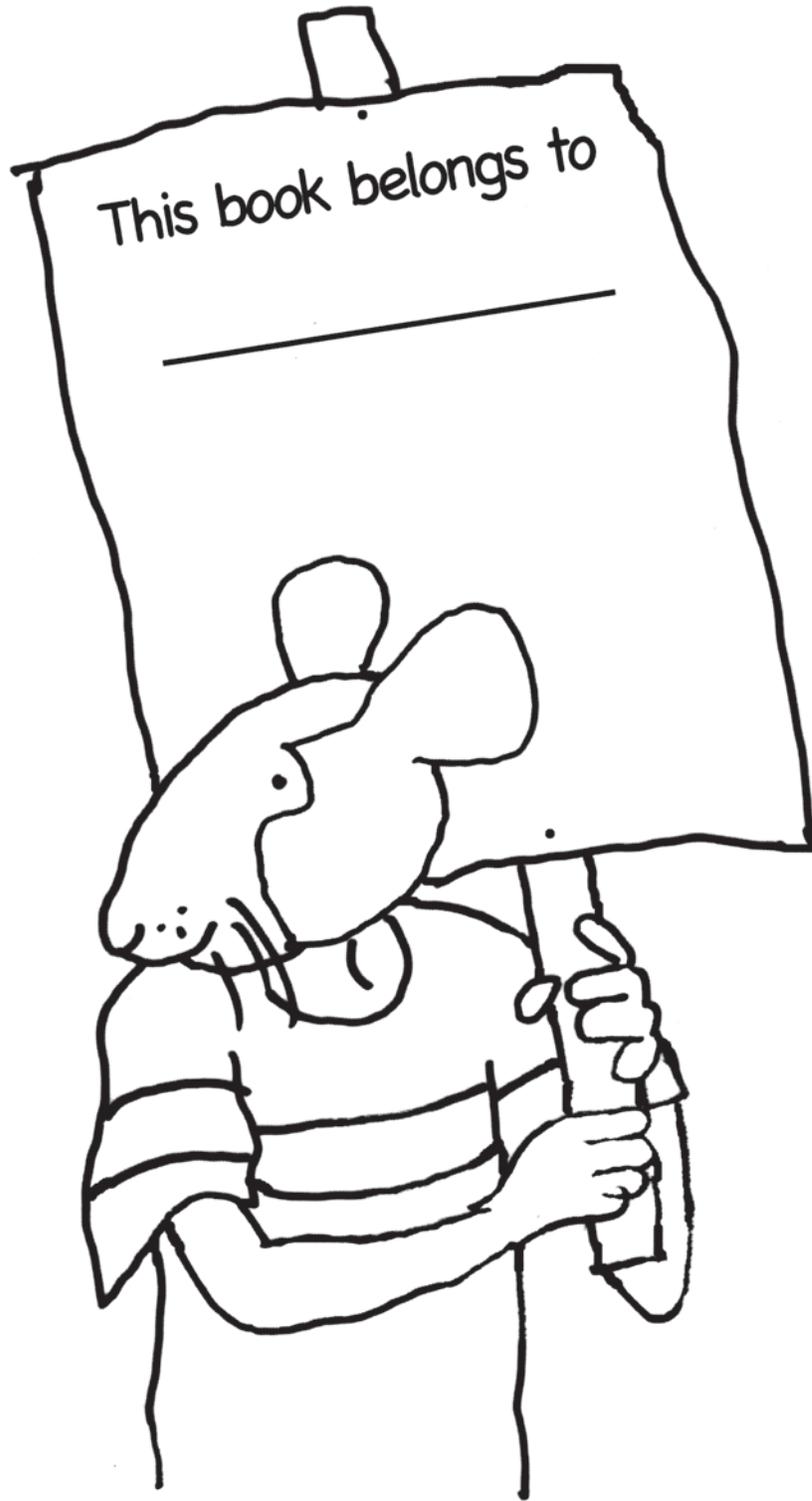




Lift Me Up

An inspiring book filled with wonderful pictures to color.

Trevor Romain



Published by **The Candlelighters Childhood Cancer Foundation**

Written and illustrated by **Trevor Romain**

Edited by **Ruth Hoffman**, MPH

Copyright 2008 Candlelighters Childhood Cancer Foundation
All illustrations copyright 2008 Trevor Romain

The Candlelighters name and logo are registered trademarks of the
National Office of the Candlelighters Childhood Cancer Foundation



The
Candlelighters
Childhood
Cancer
Foundation
made this
coloring
book
especially for
you.



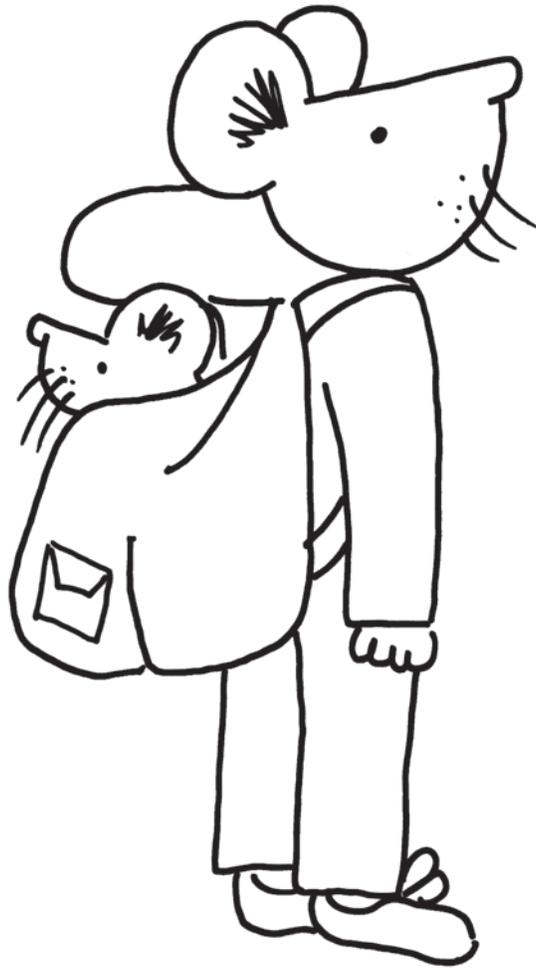
Talking about how you feel can really help.



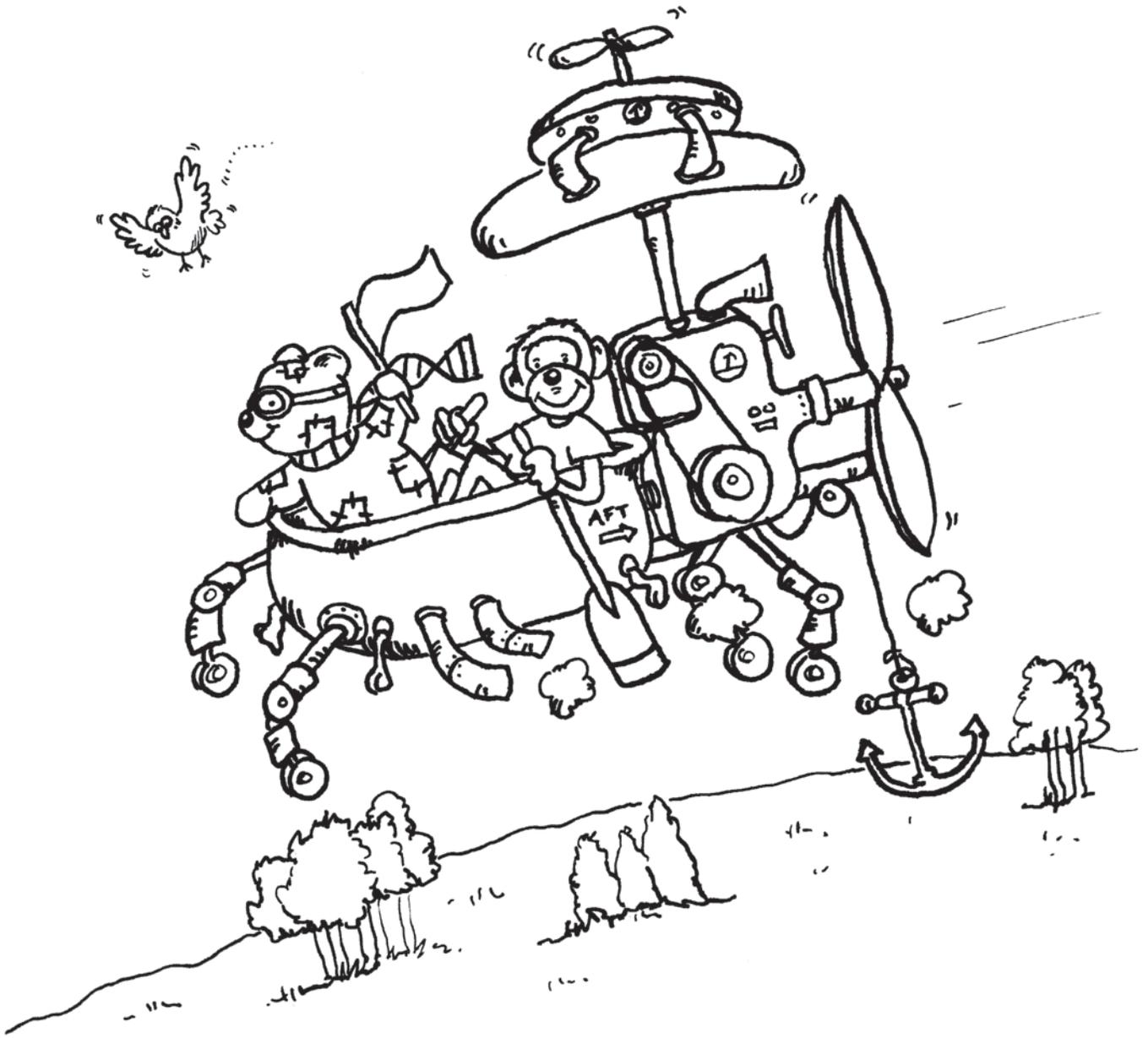
Sometimes you just need to hug
your pillow tight...and sleep.



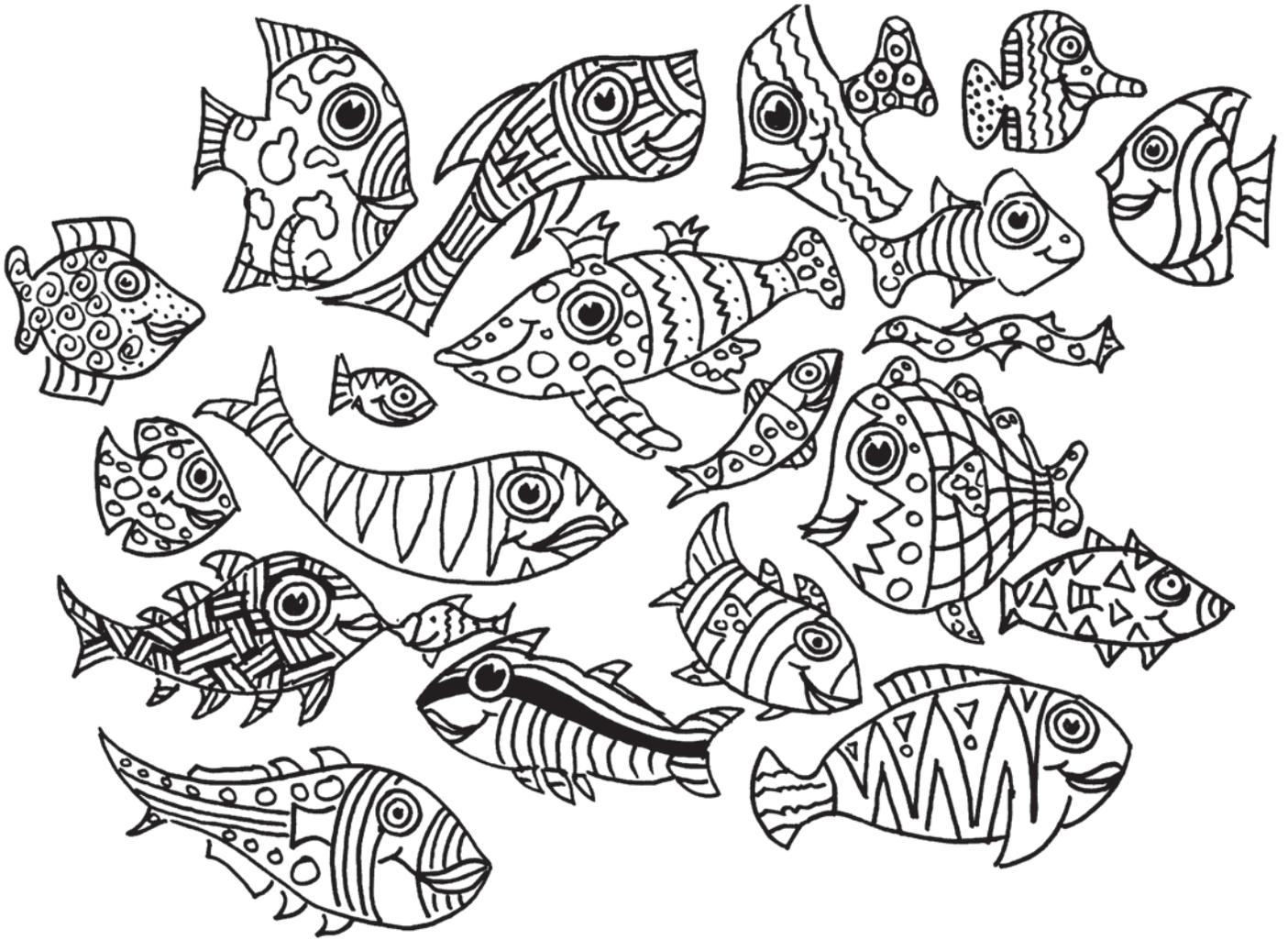
If you're feeling down, be sure to ask
someone you love to pick you up!



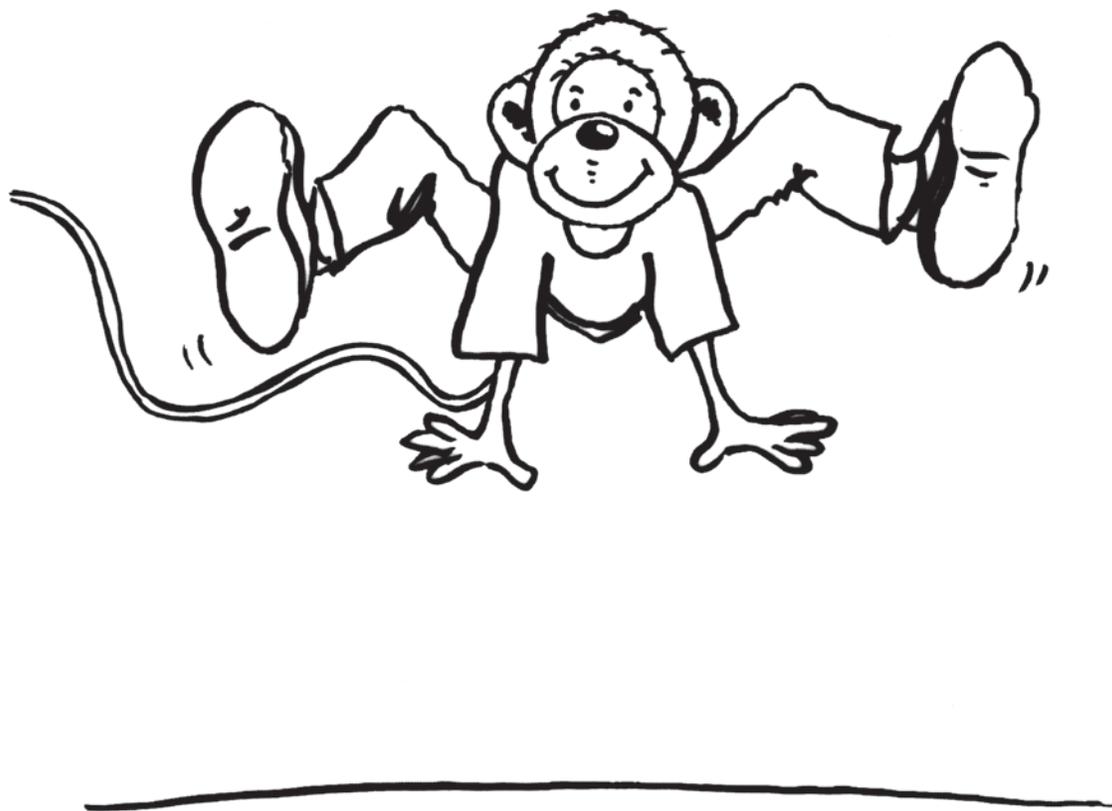
Sometimes the thing you are
looking for is right behind you.



If you're stuck in bed, try to imagine
you're flying with your best friend!



Or swimming under the sea
with a school of happy fish.



Jumping on your bed when you are attached to an IV is not a very good idea!

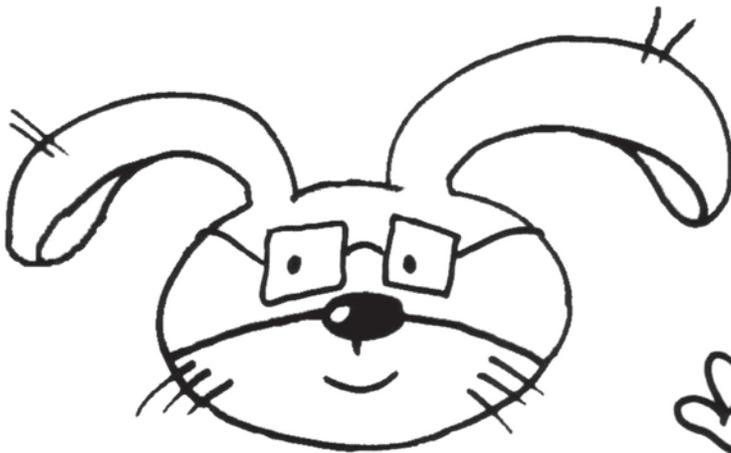


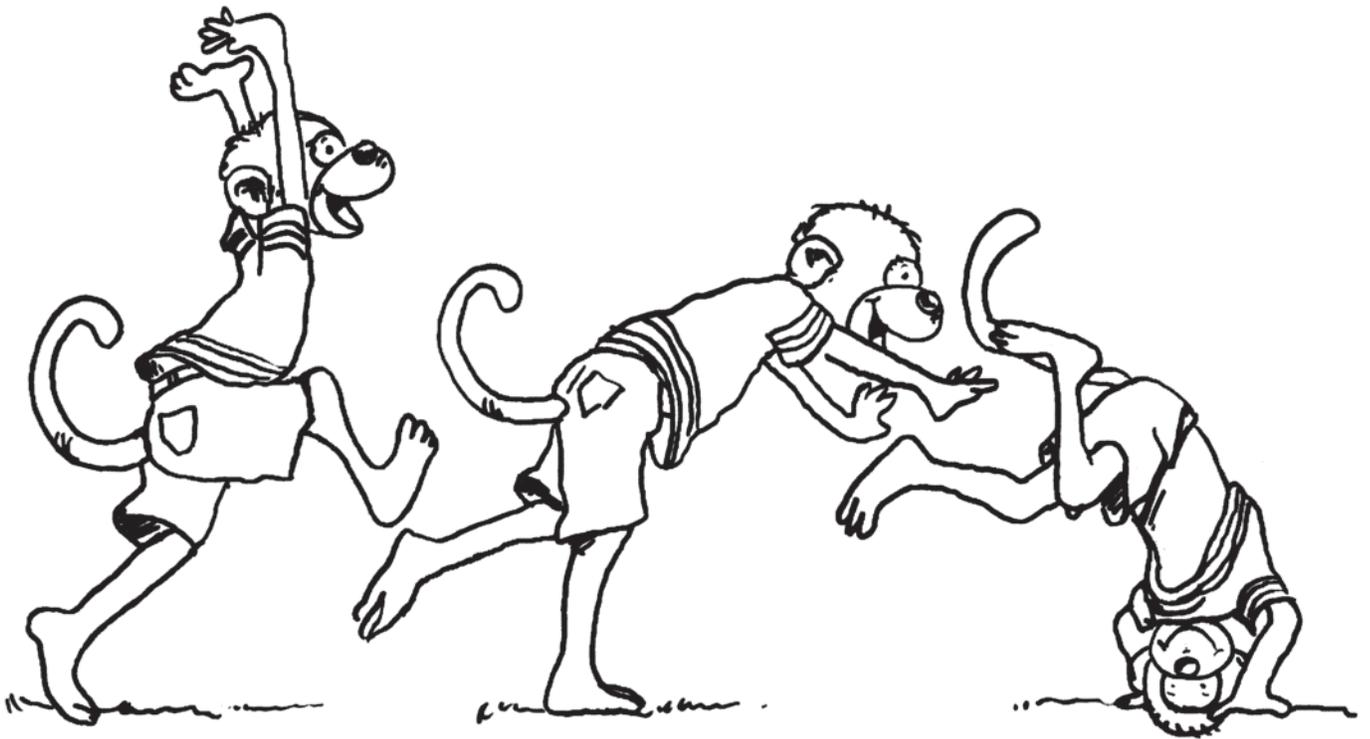
Collecting hugs is a great hobby.



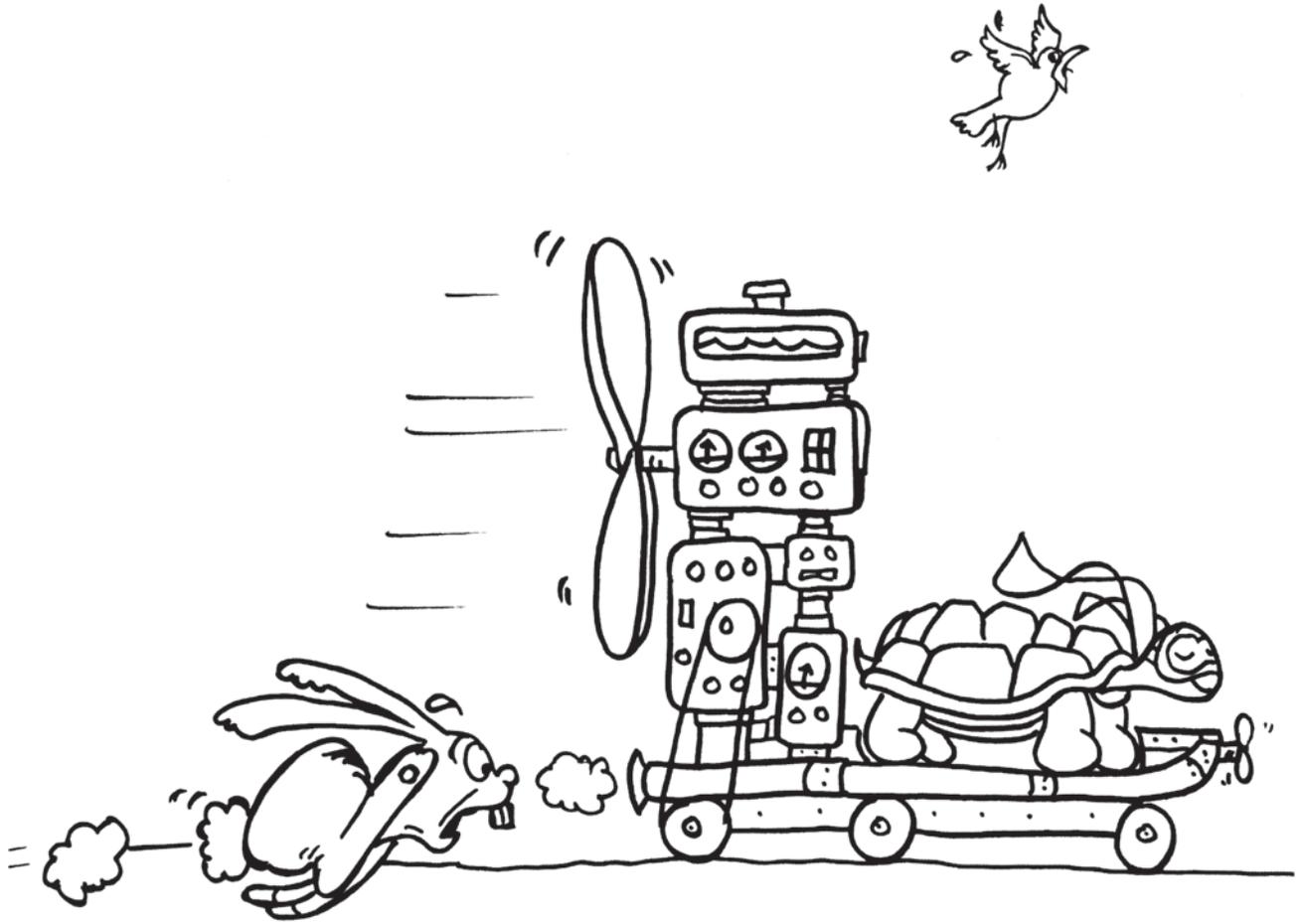
Smiles always seem to make things
just a little better.

If you see someone without a smile,
give them one of yours.





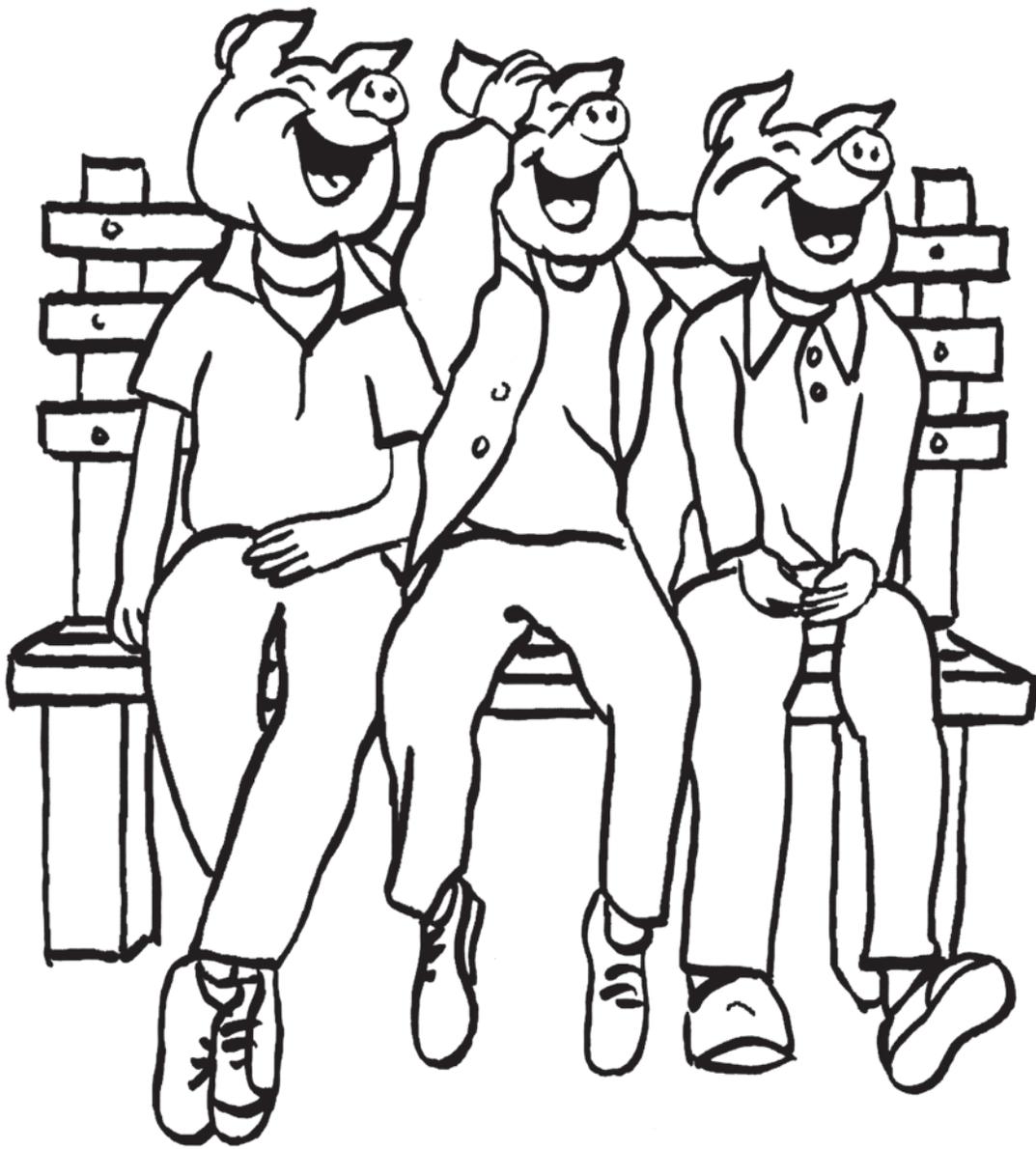
Sometimes you need to let your inner monkey out!



(Write your own caption for this picture.)



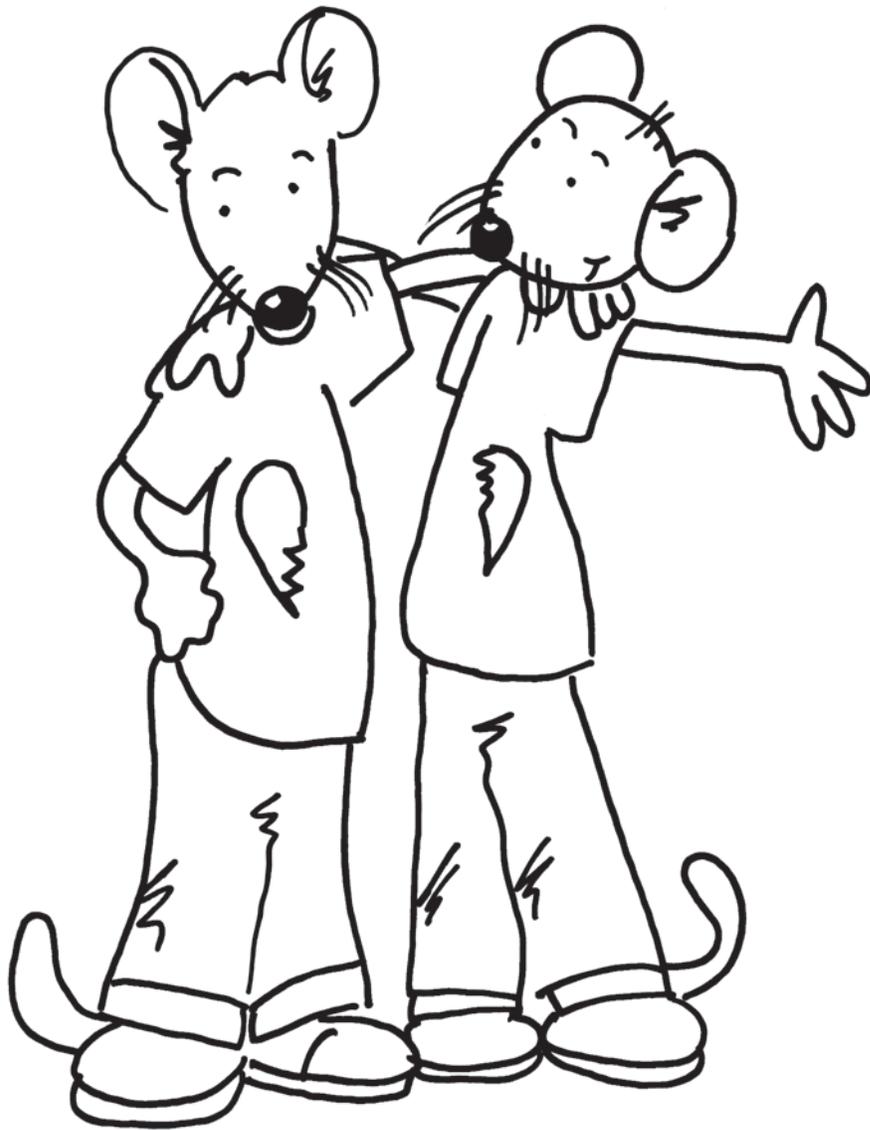
Good friends are like toothpaste.
They come through in a tight squeeze.



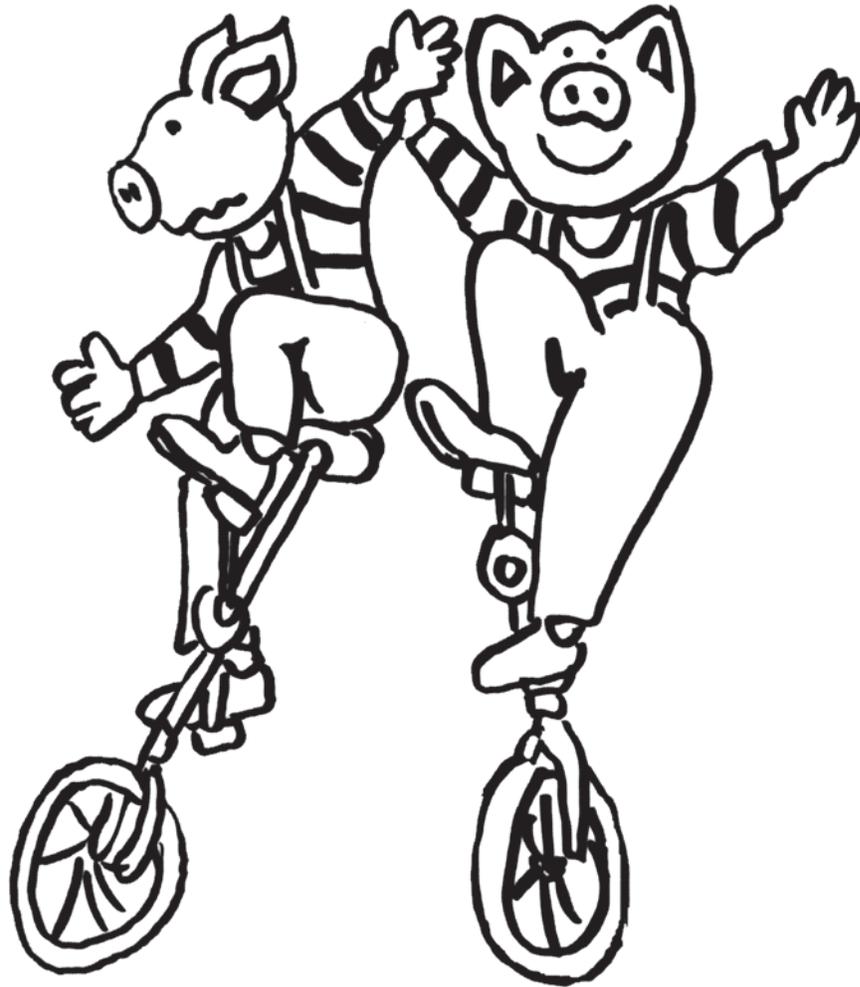
Laughter is a very good medicine.



Keep on rocking even if you feel the blues!



(Write your own caption for this picture.)



Try to keep your balance
even if the world seems to be wobbling a little.



Celebrate every time something good happens!

Draw your own picture above.



Find a theme song to inspire you
and play it every time you feel down.



Give yourself a big hug right now!



ISBN 0-9724043-8-3



9 780972 404389 5 05 00

For more information:
www.candlelighters.org
1.800.366.2223
staff@candlelighters.org

