

Sonja Wendt is a multiple award-winning, #1 Amazon Best seller author for the children's book series *Cultivating Compassion in Children*. She is also the creator of *Reading & Seeding* which is an intergenerational program for communities to bring senior living center residents and daycare children together. Sonja published 4 children's books in this series in 2020. These books have been audio and visually transcribed for hearing and sight impaired children. In 2021 she published a Parenting book in the series.

Sonja's children's books are generally fitting for children ages 4-8 but as C.S. Lewis states, "A children's story that can only be enjoyed by children is not a good children's story in the slightest."

Sonja was born and raised in Eau Claire, Wisconsin. After attending the university there, she moved to Colorado. She was married and had two daughters. She worked as an IT Project manager most of her career. She was inspired to write a story for children after she read an ad about wrinkle cream. The perception of beautify and youth and other societal impacts angered her and motivated her to write, *Can Old Be Beautiful*.

After over 30 years in the IT business, she was outsourced and offered training to enhance a new career. She took some book writing and publishing classes through Gotham out of New York. She was prompted to write other children's stories as school shootings and teen suicides were happening around her community.

Sonja and her husband love the outdoors, all seasons, and their girls are outdoor enthusiasts, also. Her books include natural

settings and include elements from the nature.



The **Cultivating Compassion in Children** series is about preparing, nurturing, growing, teaching, and appreciating compassionate children through creating increased awareness. It is like gardening that requires preparing the soil, watering, and fertilizing the plants, weeding, and then appreciating the fruit or flowers that are produced. The stories are intended, like looking through a magnifying glass, for children to get a bigger picture, a greater understanding of different situations. The series addresses inclusion, bullying, kindness, and understanding the natural process of aging. Seymour and Serina Seed start each of the stories and then wrap them up at the end. Each of the stories have questions at the end to help facilitate a healthy discussion between the adult and child about the messages conveyed in the story.

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