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Join a 26-day journey of self-discovery and become the best that you can be

Conlee Ricketts announces the release of '26 Days To Practice Peace'

BEXLEY, Ohio — Conlee Ricketts marks her publishing debut with the release of “26 Days To Practice Peace” ([published by Balboa Press](#)), a self-improvement book teaching readers how to become a better version of their selves one day at a time.

“Life has a way of ‘getting in the way’ of personal progress and happiness when we get too busy or too worried about what we cannot control, and having this daily guide as a small roadmap will help keep the reader centered and on track,” the authors highlights.

“26 Days To Practice Peace” shares a lighthearted alphabet book for grown-ups designed to remind them that a happy life happens a single day at a time, and that choosing to become a better version of one’s self can be done in small steps with big impact.

With simple gentle guidance and humor, the book narrates a relatable backstory for each day and offers steps to implement the day’s theme. At the core, it instills the value of taking time for self-reflection, learning to quiet the mind at times, celebrating one’s victories, making decisions to move forward and determining what holds one back.

“Personal growth and change can only happen over time and it isn’t always something we see with our own eyes in real time. Our tiny actions and small steps are cumulative and build up the momentum for bigger change,” Ricketts says. “If my readers can experience a day reminding themselves about a single positive action, step, or behavior that lightens their emotional load, then I will have done my job. And they will have started to move themselves into a new direction.”

“26 Days To Practice Peace”

By Conlee Ricketts

Hardcover | 5.5 x 8.5in | 110 pages | ISBN 9781982231200

Softcover | 5.5 x 8.5in | 110 pages | ISBN 9781982231217

E-Book | 110 pages | ISBN 9781982231279

Available at Amazon and Barnes & Noble

About the Author

Conlee Ricketts has been an educator for over 30 years, holding a bachelor’s degree in secondary mathematics education from The Ohio State University and a master’s degree in administration/teacher leader from Wright State University. Her life has been about surviving awkward social situations and problem solving. She is an expert at finding options, organizing a plan and quieting overactive mind chatter long enough to calm the chaos of an incredibly human and messy life. Ricketts lives in Bexley, Ohio, with her daughter, father and a myriad of pets. Readers can follow her at www.conleericketts.com.

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