

Ashley Finley, MSW

2025 AUTHOR AND BOOK BIO



www.jjcarsonpress.com



Ashley

Ashley Finley, MSW is a mental health professional, children's author, and educator. Inspired by the need for early emotional education and representation, Ashley writes engaging stories that feature Black characters, and important mental health topics. Through her books, Ashley aims to foster resilience, self-awareness, and empathy in children. The stories produced by her company, JJ Carson Press blend professional insights with a deep commitment to empowering young minds and creating spaces of belonging.

Jade's Secret Ingredients: A Recipe for Managing Feelings



Summary

Jade is a little kid that sometimes has BIG feelings. But, she has a secret recipe just for them. Join Jade and Granny as they explore various emotions that arise during baking, and create simple strategies to manage them. Jade's Secret Ingredients: A Recipe for Managing Feelings is a fun and heartfelt story that breaks down emotional regulation into bite size pieces that readers of all ages can use.

Social-Emotional Skills Addressed

- Mindfulness
- Resilience
- Humor
- Self-Care
- Affirmations
- Self-Control
- Relaxation
- Reflection
- Gratitude

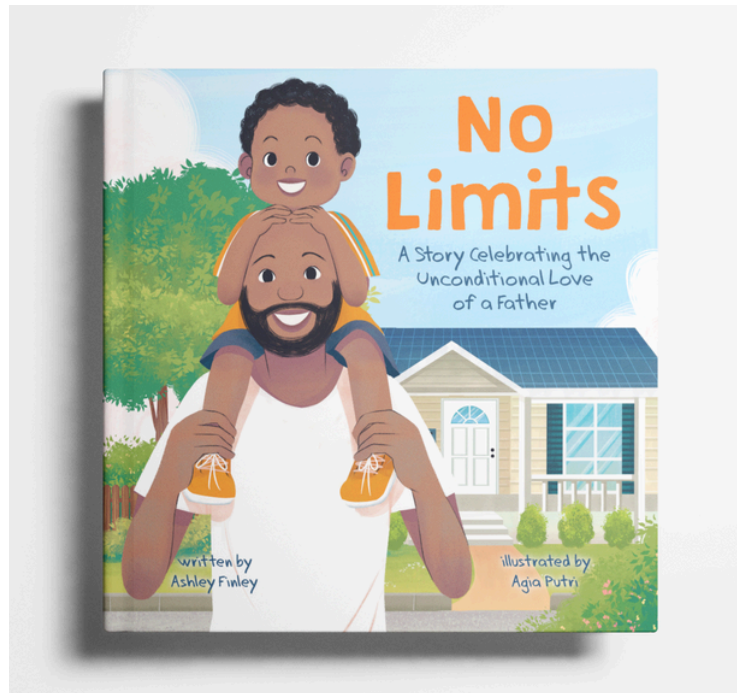
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No Limits: A Story Celebrating the Unconditional Love of a Father



Summary

No Limits: A Story Celebrating the Unconditional Love of a Father is a beautiful message of affirmation written in simple rhyming verse. The story depicts the boundless devotion a father has for his son as the boy grows from infancy to young adulthood. Parents and their children will enjoy this book's heartfelt message of comfort and security long after they turn the last page.

Social-Emotional Skills Addressed

- Unconditional Love
- Acceptance during various life stages





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