



My Heart --- To Yours

BY: JOE MASSA

www.4dimensionsmedia.com

ABOUT THE BOOK

What would you want your children to know if you were no longer around to tell them? My Heart To Yours is a reminder of how fragile life can be. Inspired by the loss of a loved one, it reminds us that although we often feel invincible, time is fleeting, and making the most of it is crucial. Don't wait to tell those who matter to you how much you care. Tomorrow might be too late.

My Heart To Yours is a thought-provoking collection of life lessons for any parent to share with their children. This book is broken down into bite-sized chapters that each represent a topic of importance. Many chapters also feature quotes from history's greatest minds with a modern-day interpretation. It is an easy-to-read and meaningful book for both parents and children alike.

QUICK FACTS:

Title: My Heart To Yours

Publisher: 4 Dimensions Media

ISBN: B09M6YT846

ASIN: B09MG9Z6NV

Pages: 212

Format: Paperback, Kindle

Price: Paperback \$19.99, Kindle \$9.99

Release Date: November 22, 2021

WHERE TO FIND



ABOUT THE AUTHOR



Born and raised in Colorado, Joe Massa works in the media industry by day and by night he is a voice-over artist, former nationally syndicated radio host turned aspiring author. He is a Godfearing man, a proud father and husband, and an outdoor and fitness enthusiast. This book was inspired by his children and the thought of what would happen if he were no longer around. The initial idea started back in 2017, and it slowly came together over time. Slowly being the keyword. As a family, we love to travel, be active, and enjoy the beautiful Rocky Mountains. Joe lives outside of Denver with his wife, two kids, dog Bowser, crawfish Peppermint, and couldn't imagine living anywhere else.

CONTACT INFORMATION



JOE@4DIMENSIONSMEDIA.COM



303-845-0955



WWW.4DIMENSIONSMEDIA.COM



@4DMEDIA



@4DMEDIA



@4DMEDIA

BOOK EXCERPT

With all the distractions available today like social media and video games, playing a board game invented in the 6th century might seem slightly lame and outdated. Regardless, you should still learn how to play chess. Chess is not only great for your brain, but it's a great way to approach life in general. When you play chess, you will learn patience and how to plan multiple moves in advance. So why is this important? In life, things rarely end up being one simple step to complete. It takes time and effort to accomplish any goal. Whether training to run a marathon or saving up enough money to buy something you really want, you will most likely need to plan things in multiple steps to accomplish the bigger goal. This is essentially the whole point of chess. It becomes very evident when you play someone good at chess because they're thinking of the moves they'll make in 5 to 10 turns from now, not just reacting to the move their opponent makes. If you are only seeing one move at a time (whether in chess or in real life), you're setting yourself up for failure in the long run. All too often, the move that you thought was coming next won't come at all, and what you never saw coming is what you should have been prepared for. Just like in chess, I want you to take time to think about all of the options you have before making a move of any kind. Really weigh the pros and cons to make sure you are putting yourself in a position to be successful, but don't be discouraged if things don't work out the way you planned because there is a good chance they won't work out as planned. Instead, be comfortable adapting your plans to fit what is in front of you, just like you would if you were playing chess. Your life will have rules, much like the pieces on a chessboard. It's up to you to make the right moves to get the end result you want. Your opponent in chess, much like life itself, can be unpredictable and unforgiving. Learn from your mistakes and focus on seeing the bigger picture a little more clearly with each game played. Most importantly, don't be afraid to fail or to lose. Losing can be the greatest teacher of all. Just remember that an expert in anything was a beginner at one time. If nothing else, play a game of chess to unplug from technology, challenge your brain, and enjoy a little bit of nostalgia. If you are ever lonely or bored, I bet you can find an old guy like me to play a game with any time you want.

FULL MEDIA KIT FILES & PHOTOS

[GOOGLE DRIVE LINK](#)