INUPOWERS

The inUpowers are a vibrant, safe, and fun group of characters that represent the inner proactive and reactive emotions we all experience.

Children relate to them and parents love them as a powerful tool to help them teach their kids how to navigate and cope with the stresses of life.

Each universal character was specifically designed so the whole human family could relate to them.

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U-BE GETS UP

AN INUPOWERS STORY

U-be Gets Up is a charming, fun story that teaches children how to get back up when life knocks them down. It's the first in a series of inUpowers books to teach children what their feelings mean, how to process them, and how to make better choices.

In U-be Gets Up, we connect the common feelings of pain, disappointment, heartache, love, accomplishment, wisdom, and courage with animated characters, U-be and POP, to help children identify what they are feeling.

THE AUTHOR

Tami Hymas is the CEO of beUtofullness and the creator of the inUpowers. She is an expert in the beauty industry and has owned and operated a successful salon since 2009.

Tami created U-be and WAM to make it easier to have hard conversations with her clients when they struggled to see anything of value in themselves and to get un-stuck from their own negative thoughts and behaviors. As more hard conversations needed to be made easier, the rest of the inUpowers were born!