From Anxious to Confident

The science-based guide to rewiring your mind with daily affirmations

RIMA DANIELLE JOMAA

JOB	Cover design · workbook layout
TRIM	6.125 × 9.25 in · 73 pages
FORMATS	Paperback · Kindle
CONTENT	5 chapters · exercises · notes
TOOLS	Canva



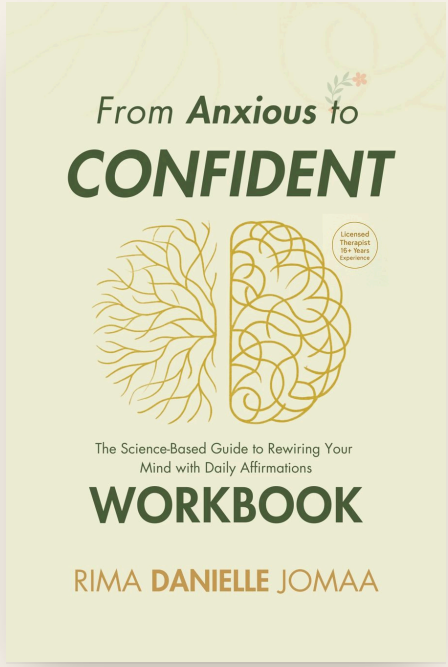
A therapist's method for calming anxious minds. The design had to feel *grounded and natural.*

WHAT CAME IN

A raw manuscript from a licensed therapist: five chapters of teaching, client stories, practice exercises and a 30-day challenge.

WHAT I DID

I researched workbook layouts, then designed and formatted the interior in Canva. I also designed the cover for both the paperback and the Kindle edition.



FRONT COVER



CONTENTS

PALETTE, PULLED FROM NATURE

Forest	Gold	Cream	Coral	Sage

TYPE

Aa Gg

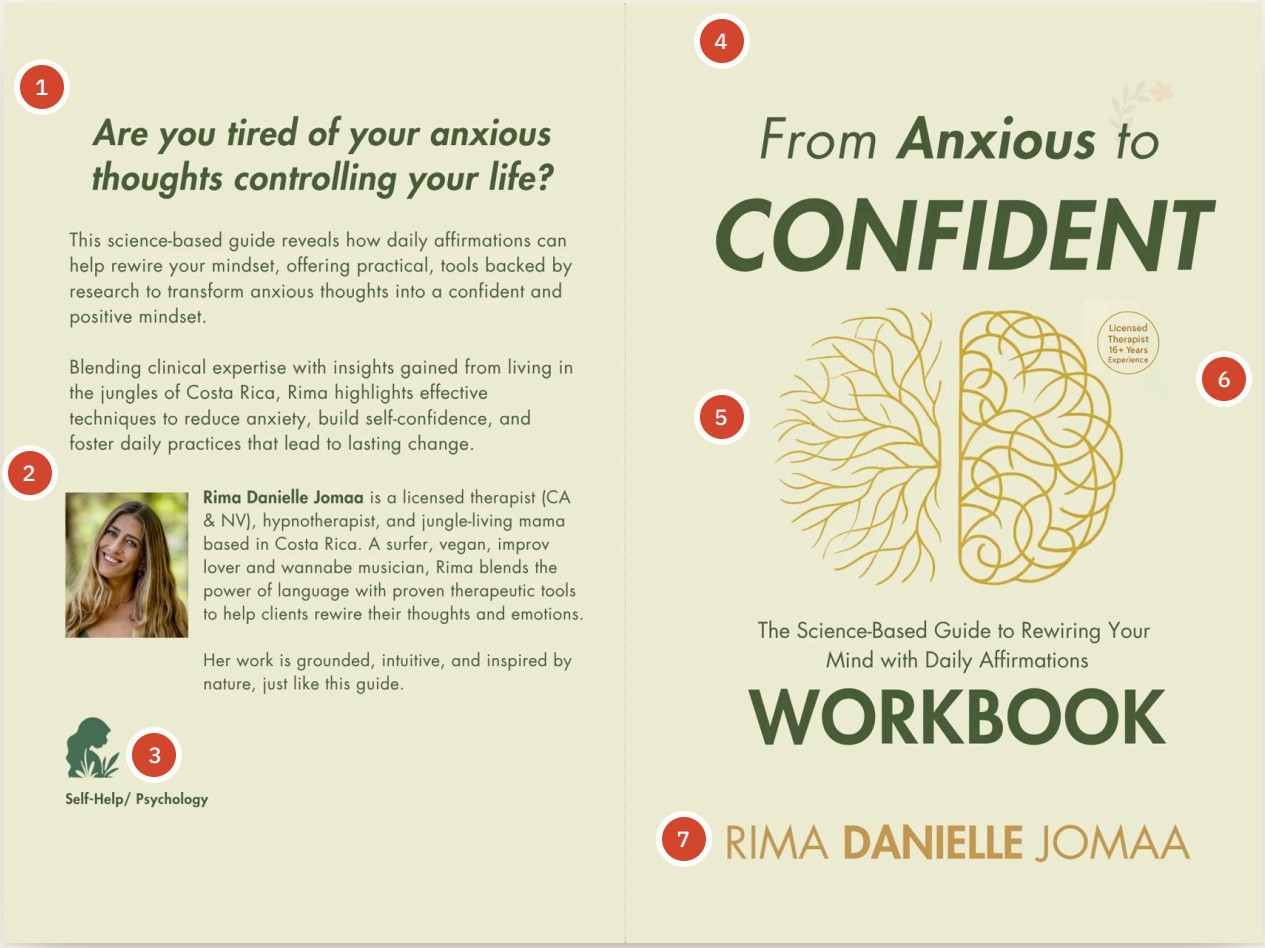
Futura Heavy
Titles and cover

Aa Gg

Futura Book
Body and exercises

One font family, Futura, runs through the cover and every page, so the book feels calm and unified from the outside in.

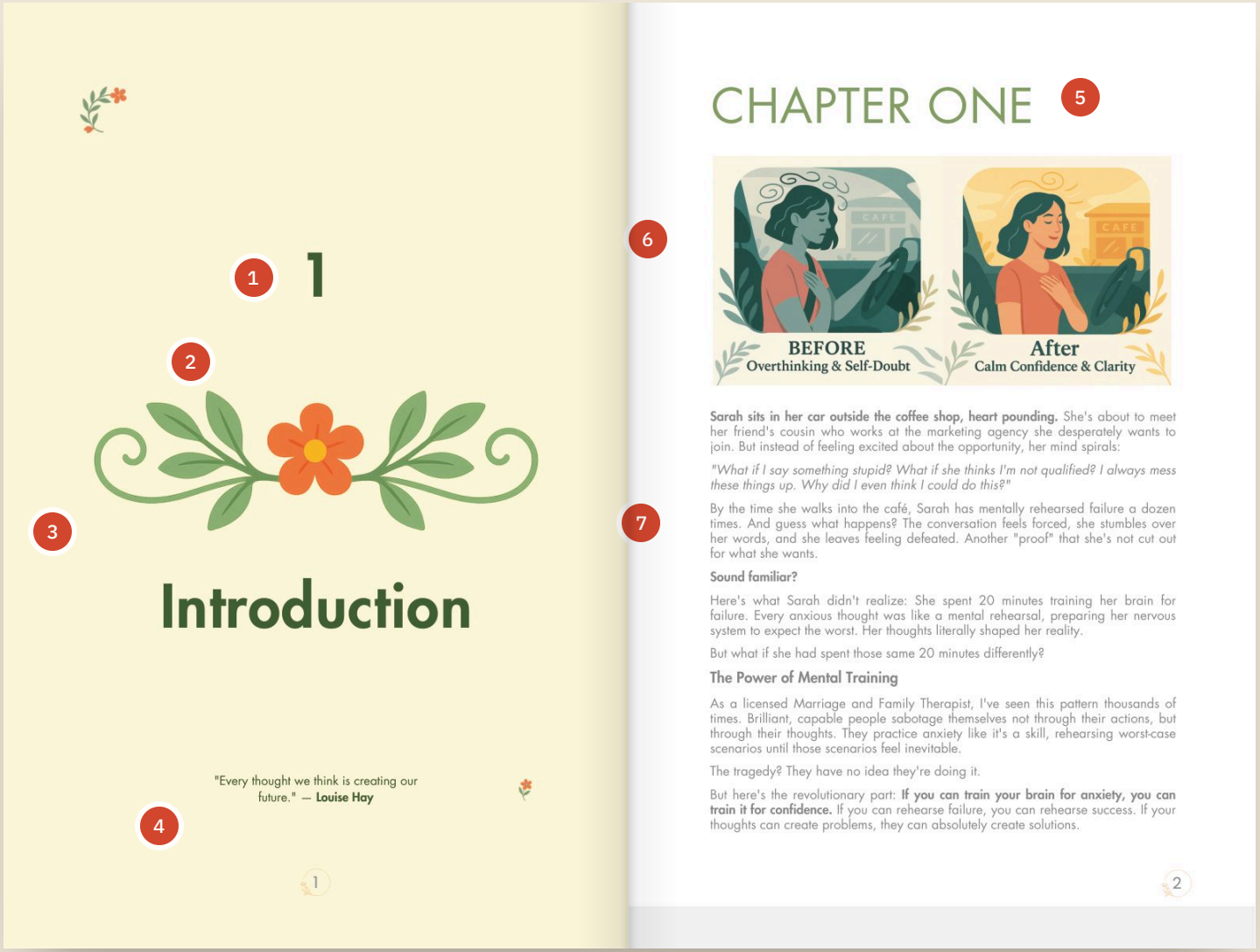
Roots and a brain: *rewiring, drawn in one line.*



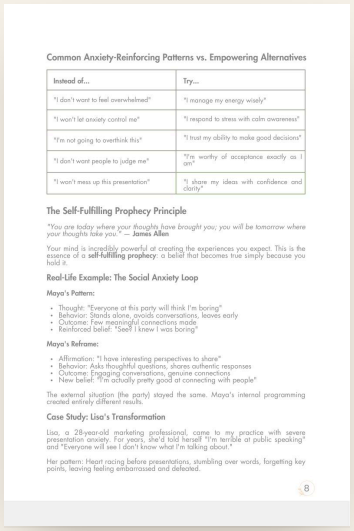
1. **Question hook**
   The reader's problem, asked in bold italics.
2. **Author block**
   Photo and credentials beside a warm, personal bio.
3. **Brand mark + category**
   The author's logo and a shelf category.
4. **Mixed-weight title**
   Light "From", heavy "Anxious", huge "CONFIDENT".
5. **Root-and-brain art**
   Tangled roots become calm loops: the book's promise.
6. **Trust seal**
   "Licensed Therapist, 16+ Years".
7. **Gold author name**
   Weighted to match the title.

Soft openers, then *illustrated* lessons.

1. **Chapter number**
   Big and centred on a cream divider page.
2. **Floral ornament**
   The same coral flower opens every chapter.
3. **Heavy Futura title**
   Matches the cover lettering.
4. **Opening quote**
   A short line to set the tone.
5. **Thin caps label**
   "CHAPTER ONE" in light green.
6. **Before / after art**
   Illustrations show the change the chapter teaches.
7. **Bold lead-ins**
   Key ideas stand out in the body text.



Teaching pages and practice pages, clearly told apart.



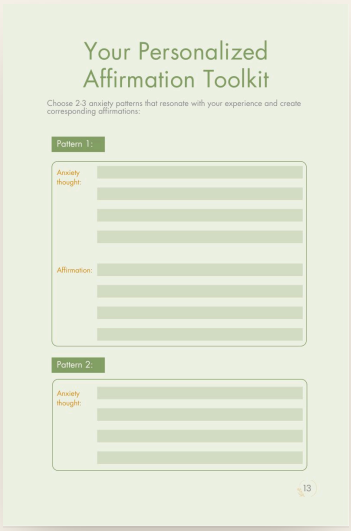
COMPARISON TABLE

Anxious patterns beside empowering alternatives.



PRACTICE EXERCISE

Sage-tinted pages signal "your turn".



AFFIRMATION TOOLKIT

Fill-in boxes for each pattern.



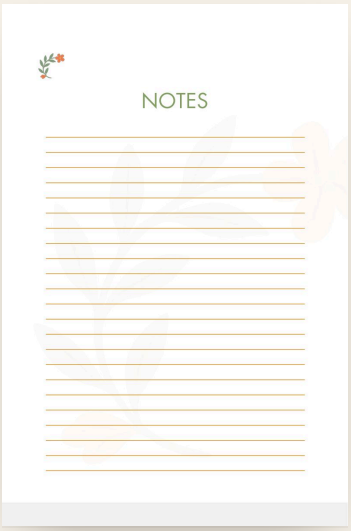
PRACTICE METHODS

Labelled methods with "best for" notes.



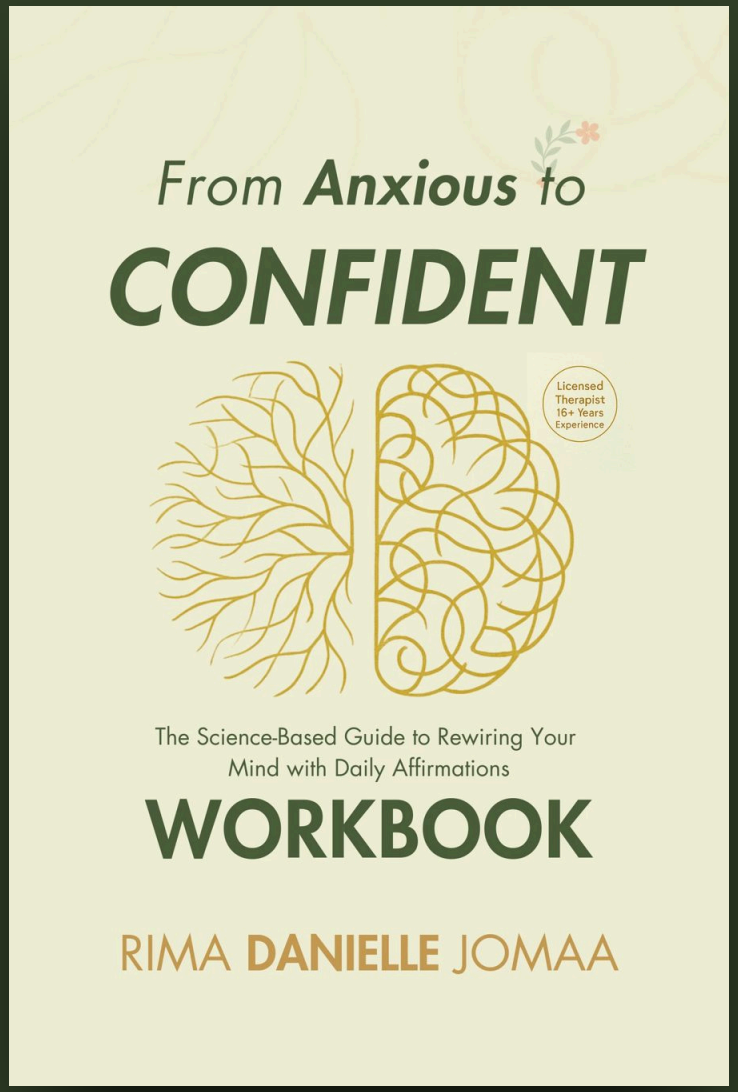
30-DAY CHALLENGE

A tracker that turns reading into a habit.



NOTES PAGES

Gold lines at the back for ongoing work.



Cover and interior, for print and Kindle.

DELIVERABLE	USE
Paperback cover wrap · front, spine, back	Paperback
Kindle front cover	Kindle
Workbook interior · 73 pages	Paperback
Print-ready interior PDF	Print
Editable Canva designs	Future edits

The workbook ends with 15 lined notes pages, so readers keep using the book long after the last chapter.

YOUR BOOK NEXT

Send me the manuscript. *I'll handle the rest.*

TO GET A QUOTE, MESSAGE ME WITH

01 Your word count

02 Genre and audience

03 Formats you want (ebook, paperback, hardcover)

04 Your target launch date