

FOR IMMEDIATE RELEASE

Author Meril Smith shares what people can learn from COVID-19 in his top-rated book "Have We Found Our Better Selves?"

"Have We Found Our Better Selves," an excellent read for anyone who is coming out of the pandemic, is a result of a 30-year career and contains some of the stories Meril shares with starting teachers.



Author Meril Smith digs deep into the stress, isolation, and shift of routines brought about by the COVID-19 pandemic in his highly rated book, "[Have We Found Our Better Selves?](#)" now available in leading digital stores globally.

Although the global recession has impacted many globally, Smith's book shows how the taxing situation made families grow closer to each other. After more than two years of pandemic-induced restrictions all over the world, "Have We Found Our Better Selves?" seeks to help people step back and take a look at how people have thought and acted during the onslaught of the crisis.

In a review on Amazon, one of the readers, Pearl A., described the book as "raw and authentic" as she commended Smith for his powerful writing in expressing how challenging the pandemic is and how possible it is for anyone to deal with it.

"I have been searching for somewhat a support book that mainly talks about keeping mental health and sanity in this new reality the world is living in right now. This book was it. The book

made me realize the value of relationships, friendship, and family. Especially the time we spend with our loved ones. Despite the sudden switch of mundane things, we still see its positive side, and that's more important than anything," writes Pearl.

Sol Tyler, in a separate review, said, "Have We Found Our Better Selves?" serves as a guide for everything that concerns and keeps concerning people about their new lifestyle in 2022.

"It helps readers analyze what they have been doing and how they have been acting along the road from 2019 until now. I enjoyed that the author experienced the pandemic, and he then put pen to paper and gave birth to a wonderful memoir. This format makes it easy to follow, and a friendly manner has definitely been used here," writes Tyler.

Meril Smith grew up at the end of the Second World War with kids of migrant farmworkers, those born in the Japanese internment stations, and children of laborers, and blue-collar workers.

His passion for understanding current affairs, people, and significant events was brought about by pressing global situations like the space race, the economic recessions, and the Salk polio vaccine, among others.

While growing up in an impoverished community, his former teacher, Jerry Schmidt, pushed him to read, which changed his life forever.

Mr. Schmidt said, "I have read your cumulative folder and know that you cannot read. Meril, you are going to learn to read this year, or we are both going to die trying." His directness had an impact, and Meril took the words literally.

In sixth grade, Meril learned to read and soon was reading books about people in history and science who made an impact on the world.

Those who want to grab a copy of *Have We Found Our Better Selves* by author Meril Smith may purchase it on [Amazon](#), [Barnes and Noble](#), and [Book Depository](#). Readers may also learn more about the author by visiting his [website](#).

[Bookside Press](#), a leading Canada-based company, has led the pack in bringing out Smith's engaging book to the public, providing many authors exclusive access to publicity.

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