



Sales Handle:

A book to foster kindness, calming and friendship through Mindfulness.

Description:

In this reader participation book, siblings Alexa and Chester go on an amazing night-time adventure with Mindful Owl to meet new animal friends. During their journey, the children not only learn interesting information about each animal, they also learn about mindfulness – how to breathe in and out, and use visualization to be present and aware, kind and compassionate so everyone can get along and feel safe. Readers are invited to meet the animals and help save one of the animals during the children’s adventure.

Endorsements:

"This clever and innovative book is a must read for young children and their parents! It delightfully teaches children about mindfulness in a fun, interactive and playful manner. Children need to learn how to be kind to one another and stay calm in our ever-complex technological society. Annie Ranger does a wonderful job helping kids to focus on their breath and be in the present moment." ~Teresa Anne Power, author of *The ABCs of Yoga for Kids*

“A great addition to children’s literature! Ms. Ranger creates a thoughtful and important tale about self-esteem and sharing. Charming, engaging and well illustrated, the interactive suggestions throughout will draw youngsters into the story.” ~ Dr. Philip Cogen, Behavioral Health Services, Westwood, CA

About the Author:

Annie Ranger enjoys teaching children about mindfulness through her writing, workshops and school enrichment programs. Annie has a degree from UCLA and studied Mindfulness at the UCLA Mindful Awareness Research Center. She is a member of the Society of Children's Book Writers and Illustrators, has worked for Teen Magazine, and is a substitute teacher and a mindfulness coach. She lives in Los Angeles with her husband and grown children.

Title: Mindful Owl Adventures, Friendships through Mindfulness

Author: Annie Ranger

Imprint:

Size: 8.5 x 11

Binding: Hardcover with Dust Jacket, full color

BISAC:

Subject: Friendship/Bedtime-Mindfulness

Ages: Early Readers ages 4 to 8

ISBN-13: 978-0-9996963-3-0

Price: \$16.99

Pub Date: March 17, 2019

Case Qty:

Page Count: 32

Author Hometown: Los Angeles, California

Comparable Titles:

Bee Still:an Invitation to Meditation by Frank Sileo
What Does It Mean To Be Present? by Rana DiOrio
Peaceful Piggy Meditation by Kerry Lee MacLean

Marketing Highlights:

- Mindfulness Organizations and Publications
- Media Campaign
- Non-profit engagements
- Elementary Schools and Youth Organizations
- Interviews and appearances highlighting the benefits for children
- Endorsements
- National book signings and events.
- Author appearances targeting Back to School and Holidays.

Social Media strategy will encourage blogging, personal interaction, and target benefits of mindfulness.