I Am a Warrior Goddess
by Jennifer Adams, illustrated by Carme Lemniscates

A young girl finds strength and courage through her connection to nature, taking care of her mind and body, and treating others with kindness.

A warrior goddess is strong, powerful, and kind. She's friends with the sun and the wind. She takes care of her body and mind. She helps others and makes the world a better place.

In this empowering tale of a little girl with big dreams, young readers learn how each day is full of opportunities to make a positive impact with ordinary actions. Our heroine is generous, grateful, and fierce. As she connects with the Earth, takes care of her body, and finds strength in kindness, she discovers her inner warrior goddess and inspires young girls everywhere to do the same.

Author Bio

Jennifer Adams is the author of more than 40 books, including the BabyLit board book series, which introduces small children to the world of classic literature, and My Little Cities board books, illustrated by the award-winning Greg Pizzoli. Her work has been featured in the New York Times, the Wall Street Journal, Parents magazine, and Vanity Fair. She currently resides in Salt Lake City. For more, visit jennifer-adams.com.

Carme Lemniscates is the author, illustrator, and designer of several critically acclaimed children’s books. In 2016 she won the Serra d'Or Critics award for Arboles (Trees) and was the Bronze recipient of Foreword Reviews' 2012 Book of the Year Award for Silence. She is the founder of Lemniscates Studio, located in her home city of Barcelona. For more, visit lemniscates.com.
I Am the Jungle
A Yoga Adventure
by Melissa Hurt, illustrated by Katy Tanis

An adventure story that helps children explore their imaginations and teaches a series of nature and animal yoga poses

I Am the Jungle takes kids through a yoga flow of poses inspired by the natural world, including Mountain, River, Elephant, and Python. Told through a fun adventure story, the book offers young ones the benefits of yoga, including joy, movement, calm, and focus.

In addition to learning basic yoga poses, children will learn to identify different emotions while practicing the poses. Butterfly helps you feel calm and centered, Tree brings feelings of being grounded and well-balanced, and Turaco lets you get your silly and playful on!

The back of the book includes a parents’ and teachers’ guide with Sanskrit names and physical benefits of each yoga pose.

Author Bio

Melissa Hurt is a certified yoga instructor and teaches acting, voice, speech, and movement. She holds an MFA from Virginia Commonwealth University and a PhD from the University of Oregon. Melissa lives in upstate New York. Learn more at melissahurt.com.

Katy Tanis creates artwork for children’s books, clothing brands, fabric collections, and greeting cards. She splits her time between San Francisco and New York City, where she is currently pursuing a master's degree in ecology, evolution, and zoology at the Bronx Zoo. Learn more at daughterearth.com.
The Fish Who Found the Sea
by Alan Watts, illustrated by Khoa Le

A rediscovered treasure for a new generation: the first and only story for children ever written by Alan Watts.

Alan Watts, beloved for bringing a childlike wonder to the spiritual journey, once wrote a story for children. The Fish Who Found the Sea brings this delightful and wise parable to life for a new generation. Presented with new art from award-winning illustrator Khoa Le, here is a story as timely as it is entertaining - sharing a key message about getting into harmony with the flow of life.

In this tale of a tail, we meet a fish with a curiously familiar problem - he's gotten himself so mixed up that he spends all his time chasing himself in circles! Only the Great Sea knows how to help our poor fish get out of the mess he's created with his own runaway thoughts. Here is a parable that perfectly captures the wit and wisdom that have made Alan Watts a timeless teacher we will never outgrow.

Author Bio

Alan Watts (1915-1973)
For spiritual seekers of many generations, Alan Watts earned a reputation as one of the most accessible - and entertaining - interpreters of Eastern philosophy in the West. Beginning at age 16, when he wrote an article for the journal of the Buddhist Lodge in London, Watts would develop an audience of millions who were enriched through his books, recordings, radio broadcasts, and public talks. In all, Alan Watts wrote more than 25 books, including such classics as The Book: On the Taboo Against Knowing Who You Are and This Is It: and Other Essays on Zen and Spiritual Experience.

Khoa Le is an illustrator, author and painter based in HCMc, Vietnam.

Notes

Promotion
Trade and consumer advertising campaign in Buddhist, yoga, and lifestyle publications
Story time kit for parents, educators, librarians, and bookstores
Dedicated eblast to a large segment of Sounds True’s 1.5M email subscribers
Targeted media outreach to parenting, mindfulness, and spirituality magazines
Online publicity and promotions on parenting and mindfulness blogs and sites