

The Inside of ME

DISCOVER THE WONDER OUTSIDE, AND FIND THE BEAUTY INSIDE

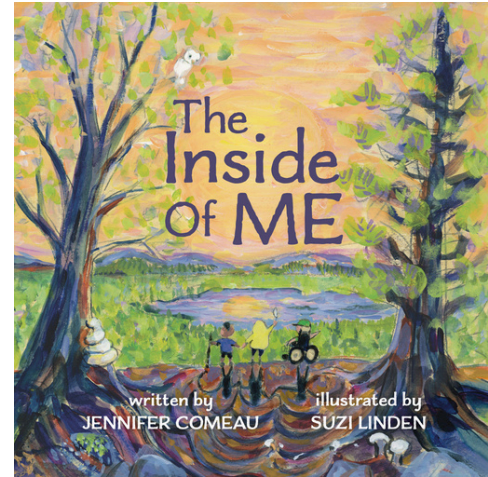
The Inside of ME invites readers to step away from the noise and into the quiet wonder of nature. Every place visited in the book—from a mossy forest to a starlit beach—serves as an invitation to look inward. Through thoughtful prose and illustrations, readers will find the reminder that nature’s beauty is a mirror of the soul’s resilience and radiance.



If readers enjoy *The One and Only Ivan* by Katherine Applegate, *A Wolf Called Wander* by Rosanne Parry, *The Lost Words* by Robert Macfarlane and Jackie Morris, *Braiding Sweetgrass* by Robin Wall Kimmerer, or *The Nature Fix* by Florence Williams, they’ll find a new favorite in *The Inside of ME*.

Jennifer Comeau is a Certified Forest Therapy Guide, singer-songwriter, and author-speaker. Her forthcoming debut novel, *A Moon in All Things*, is a heroine’s journey to reclaim the old ways of nature. She lives with her husband, Lt. Col. John Comeau (retired), and a spunky poodle, Bridey, in Kennebunkport, Maine.

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“The Inside of ME is a beautiful book that reminds children of all ages of the joy and gratitude we have for our intimate relationship with Mother Earth and all her children. It is a book to have in your personal library.”

—Dr. Anita Sanchez, Nahua & Toltec, author of *The Four Sacred Gifts: Indigenous Wisdom for Modern Times*

Softcover 978-1-961905-14-6 | \$14.99

E-book 978-1-961905-15-3 | \$4.99

8.5 x 8.5 | 40 pages | Age: 4 to 7 years

June 2024 | Free lesson plan available

Categories: Juvenile nonfiction, science & nature | Juv nonfiction, body concepts | Juv nonfiction, activity books

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