

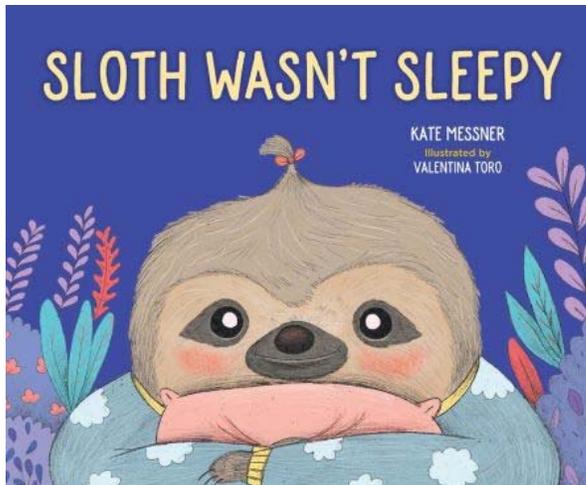


sounds true

WAKING UP THE WORLD



CHILDREN'S BOOKS
WINTER 2021



Sloth Wasn't Sleepy

by Kate Messner, illustrated by Valentina Toro

For any child having trouble getting to sleep, the most lovable animal in the rain forest is here to help.

One night at bedtime, Sloth wasn't sleepy. What if I worry when I try to fall asleep?" Sloth said. "Ah . . . worries," Mama said. "We will have to let them go."

A tough day, a bad dream, a scary noise . . . these are just a few of the things that can keep kids wide awake and frightened after dark. But Mama Sloth knows the secrets for calming worried minds and getting to sleep - and as she shares them with her daughter, young readers will learn valuable relaxation skills that last a lifetime.

Sloth Wasn't Sleepy does more than provide a sweet bedtime story - kids will join Sloth to learn mindfulness practices such as "shrinking down" fears in their mind and calming their body through breath and simple visualizations. Kate Messner's beautiful book helps parents and kids relax into dreamland with a sense of peace, safety, and belonging.

Author Bio

Kate Messner is the beloved author of numerous award-winning books for young readers, including *Over and Under the Pond*, *The Brilliant Deep*, *Breakout*, and the Ranger in Time series. She lives in Plattsburgh, New York. For more, visit katemessner.com.

Valentina Toro is a children's book illustrator and a member of Advocate Art Inc. She lives in Medellin, Colombia. For more, visit advocate-art.com/valentina-toro.

Sounds True

On Sale: Jan 12/21

11 x 9 • 32 pages

32 illos

9781683645467 • \$23.50 • cl

Juvenile Fiction / Bedtime & Dreams • Ages 4-8 years

Notes

Promotion

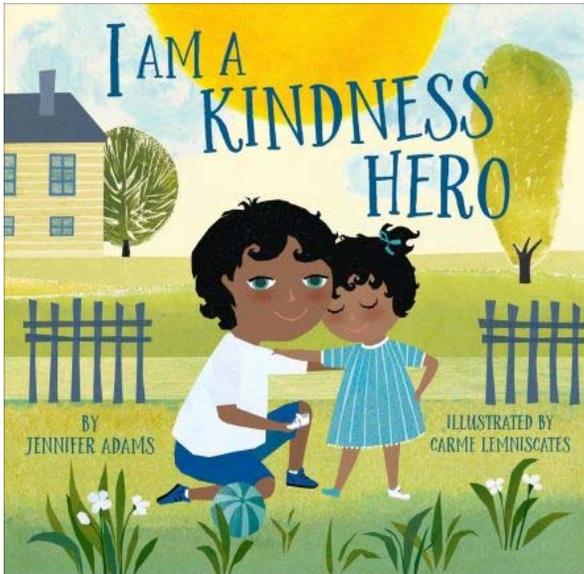


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Raincoast Books

Sales Rep



I Am a Kindness Hero

by Jennifer Adams, illustrated by Carme Lemniscates

I Am a Kindness Hero follows the adventures of a young boy as he practices kindness throughout his day, from rescuing a puppy to standing up to bullies to helping his young sister tie her shoe. The book celebrates gentleness and vulnerability in boys, and shows that true strength and leadership come from treating those around you with love and respect.

Kindness comes in many forms, which we see throughout the book, including taking care of the Earth, listening to others, being happy when someone else wins, and that it's often more important to be kind than to be right.

A standalone book, I Am a Kindness Hero also serves as a companion to I Am a Warrior Goddess, by the same author and illustrator, which inspires strength, leadership, and empowerment in young girls. I Am a Warrior Goddess has sold 25K copies since its release in Spring 2018.

I Am a Kindness Hero brings parents, teachers, and childcare providers a beautiful picture book that introduces a new kind of role model for boys.

Author Bio

Jennifer Adams is the author of 50 books for kids, including the BabyLit board books, which introduce small children to the world of classic literature and have sold 2 million copies worldwide. Her work has been featured in Parents magazine, Wired, Vanity Fair, and the New York Times. Jennifer lives in Salt Lake City. Learn more at jennifer-adams.com.

Sounds True

On Sale: Jan 26/21

10 x 9.75 • 32 pages

32 illos

9781683644729 • \$23.50 • cl

Juvenile Fiction / Social / Values • Ages 4 to 8

Series: I Am a Warrior Goddess

Notes

Promotion

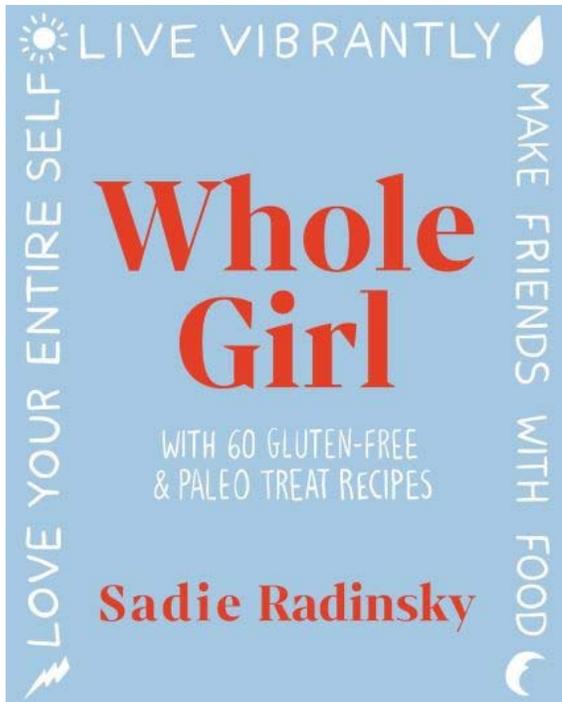


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Raincoast Books

Sales Rep



Whole Girl

Love Your Entire Self, Live Vibrantly, and Make Friends with Food

by Sadie Radinsky

When you feel like you're not enough, how can you be true to yourself? In our media-driven society, young women are bombarded with messages that make them feel incomplete. You're not enough. You're too much. Be quiet. Don't eat too much. Stop being so emotional.

Sadie Radinsky aims to change that. "Young women are powerful," she writes. "In this book, we are going to embrace our whole selves - every part of us - just as we are. All the messy details. All the power and potential."

Radinsky's website, wholegirl.com, is a go-to spot for advice about self-love, vibrant living, and delicious paleo recipes. With this book, Radinsky goes deeper than ever before. She shares new insights and practical tools to help young women from all walks of life find positive ways to grow, express themselves, eat well, and truly love themselves. "In *Whole Girl*," she explains, "we're going to rediscover our turbocharged emotions and use them as rocket fuel to power all different parts of our lives."

"We can reject society's arbitrary rules by treating ourselves with respect, enjoying food, and relishing this incredible time in life. Let's get started."

I have had the privilege and pleasure of being uplifted by Sadie's cooking and outlook on life over the past few years. Her outlooks on food, the teenage experience, and where our healthiest emotional priorities lie are so refreshing and comforting in these troubled times when teens are (...)

Author Bio

Sadie Radinsky is an 18-year-old blogger and recipe creator. For over six years, she has touched the lives of girls and women worldwide with her award-winning website, wholegirl.com, where she shares paleo treat recipes and advice for living an empowered life. She has published articles and recipes in national magazines and other platforms, including *Paleo*, *Shape*, *Justine*, *mindbodygreen*, and *The Primal Kitchen Cookbook*. She lives in the mountains of Los Angeles. For more, visit wholegirl.com.

Sounds True

On Sale: Feb 2/21

8 x 10 • 224 pages

100+ provided 4-C photos/illos

9781683645702 • \$24.99 • cl

YA NonFic / Girls & Women • Ages 14 and up

Notes

Promotion

