

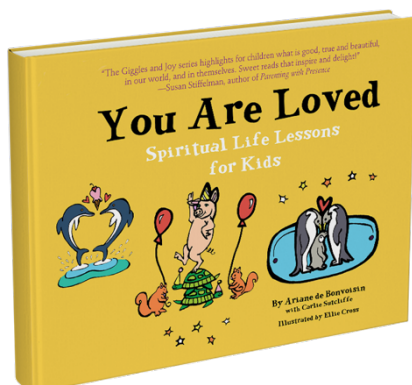
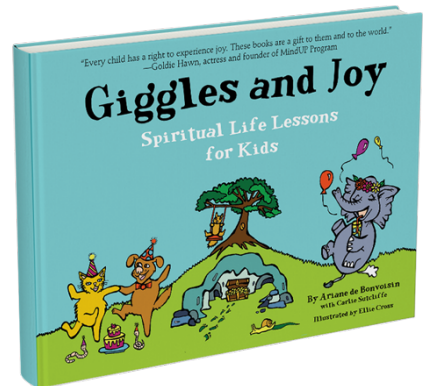
Giggles and Joy Series: Spiritual Life Lessons for Kids By Ariane de Bonvoisin

Delightful Trio of Children's Books Highlights Spiritual Life Lessons for Kids on All Spiritual Paths, Through Inspiration, Fun and Wisdom, from Best-Selling Author

Imagine tapping into the beauty of a child's innate wisdom through the sharing of sweet and wise words of guidance and valuable life skills. Ariane de Bonvoisin's series entitled *Giggles and Joy: Spiritual Life Lessons for Kids* does just this, with a healthy dose of enlightened humor and profound, yet simple, messages for babies and children up to ten years old.

The series includes three special books: *Giggles and Joy*, *You Are Loved* and *Being You*. Each inspirational title encompasses skills for children that help affirm their self-worth, gives them a healthy sense of the world around them, and provides guidance on navigating their lives at any stage.

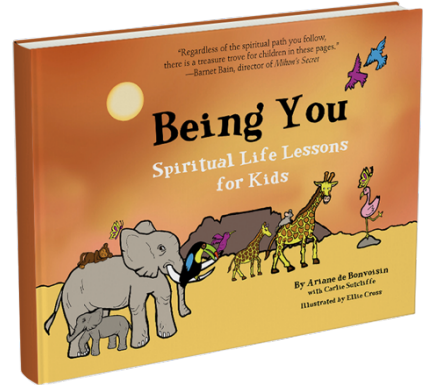
Giggles and Joy gives new perspectives on everyday life, by celebrating topics like Mother Earth in unique ways, a child's growing body and all its remarkable abilities, and the importance of sleep. The book lovingly articulates the power of subjects like kindness and gratitude, and also of bad days as well. She helps the reader transform tough moments by infusing them with a new light, paving the way for an unexpected, yet welcome lesson. *Giggles and Joy* demonstrates the power each child carries within. Through the words found in this delightful book, images are created of a world beyond what is in front of the reader. She has created a world that gives voice to a child's spiritual nature.



You Are Loved centers on the concept that love is everywhere, breaking it down into examples so practical and relatable that speaks to a child on a soulful level. This radiant book transcends the mysteries of life into a thing of beauty; life can be

happy and sad, confusing and exciting. Difficult experiences like illness, scary issues like dealing with change, and confusing matters like coping with grown ups' emotions are all touched on with meaningful morsels of wisdom. *You Are Loved* taps into the soul, helping children remember their inner light through the joy of de Bonvoisin's charming books filled with illustrations kids will love.

Being You breathes energy into a child's essential connection to nature, terrestrial and spiritual. Touching upon subjects like God (while honoring the abundance of diverse spiritual beliefs), in telling the truth and the importance of breathing, this sweet book empowers children to believe in their strength of character. Readers are encouraged to take charge of their lives by listening to their heart and thinking for themselves. *Being You* nurtures the children who read it, wrapping them in a cloak of love and light, teaching them that they have the tools on the inside to heal, to overcome, to be who they are.



Ariane describes the books as being "'spiritual' in that they are imbued with love, optimism, humor, honesty and common sense." They are not, she says, "for or against any religion. They do not promote or offend anyone's sense of God, a Divine Being, Life or the Universe. They will exist beautifully next to anyone's beliefs. It is urgent that we take care of our children's spirit as much as their minds and bodies."



Each book in this charming series contains eight life skills, all which highlight valuable and impactful themes of childhood. Playful illustrations by Ellie Cross create a whimsical atmosphere as a backdrop for readers of all ages.

In addition to the *Giggles and Joy* series of children's books, Ariane also does much work with grown-ups on similar topics! She has embarked on a mission to integrate amazing transformational content into bite size daily practices for busy people with busy lives. Her new iOS and Android app, Mindful365, is a program that helps boost your spirit one day at a time. It provides a daily practice to focus on: a question to ask, an idea to contemplate, an emotion to focus on or let go of, or an action to take. Mindful365 allows you to do one small thing each day to know more about yourself, focusing on all key areas of life: health, family, career, finances, relationships, friendships, Higher Purpose and happiness. For more information on Mindful365, visit <http://mindful365.com/>.

Ariane writes, coaches and speaks frequently on issues of personal and professional change, happiness and inspiration, entrepreneurship, women in the workplace, parenting and the topic of mindful living and conscious business. She is passionate about helping parents, teachers and caregivers of all kinds raise happy, conscious, healthy and empowered kids. Her books are a contribution to that intention. She is a bestselling author, a speaker and has previously worked in the varied fields of consulting, big media, Venture Capital and startups. She considers herself a global soul having lived all over the world. Ariane has

appeared on dozens of TV and radio shows, including NBC's Today Show, the CBS Early Show, CNN and ABC News Now. She recently completed a TED Residency in New York and her TED Talk on Life Skills for young kids will be available soon.

Find out more about her and her work at <http://www.arianedebonvoisin.com>
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