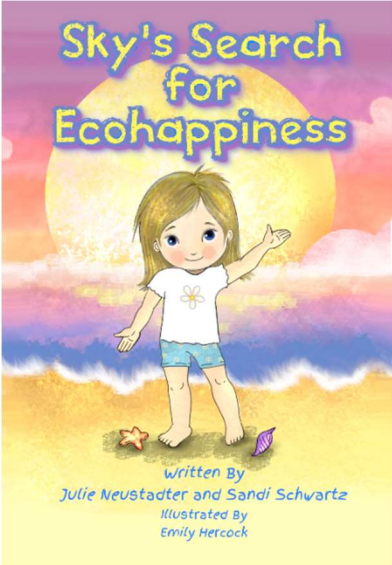


# SKY'S SEARCH FOR ECOHAPPINESS



**Children's fiction picture book highlights nature-based fun to improve mental health and mood in children.**

*Sky's Search for Ecohappiness* tells the story of a young girl's quest to manage that feeling of uneasiness many children cannot quite name, but know they feel. Backed by scientific research supporting nature-based stress reduction tools for school-aged children, this story invites readers to follow Sky on her journey as she discovers fun ways to feel happier and calmer using nature.

Sky and her friends experience relaxing and mood-boosting benefits of gratitude, mindfulness, kindness, and creativity in the natural world through yoga, painting, volunteering, playfulness, and awe. This helpful and entertaining story invites children to be present in their feelings and take some manageable steps to balance them.

**"*Sky's Search for Ecohappiness* is an inspiring story that teaches children how to deal with feelings in a natural and healthy way."**—**Lauren Goldblatt**, founder of Kickstart Reading, [kickstartreading.com](http://kickstartreading.com)

"As a behavioral pediatrician who treats children with ADHD, anxiety, and other mental health... I will be recommending this book to families wishing to help their child understand the importance of physical activity, mindfulness, and spending time outdoors!"—**Dr. Nerissa Bauer**, CEO of Let's Talk Kids Health

"In today's digital world, *Sky's Search for Ecohappiness* is a book that belongs in your kids' library. It's for parents, grandparents, teachers, school counselors—anyone who loves nature and wants kids to discover the joys of being in nature."—**Mary Cassell**, PhD, Community Educator & Public Librarian

## Book Details

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Audience: Parents of pre-school and elementary school-age children, other caregivers of children, educators, pediatricians, child psychologists, and guidance counselors.

**Contact information:** [www.ecohappinessproject.com](http://www.ecohappinessproject.com); [sandi@ecohappinessproject.com](mailto:sandi@ecohappinessproject.com)

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