

**FOR IMMEDIATE RELEASE**

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**Everyone Has a Quiet Place Inside:  
Award-Winning Picture Book Celebrates Mindfulness for Children**

**2015 INDIEFAB Book of the Year Award – Gold Winner**  
**2016 Independent Publisher Book Award (IPPY) – Silver Medal Winner**  
**2015 National Parenting Publications (NPPA) – Bronze Award Winner**



Charlotte likes quiet. But wherever Charlotte goes, she is surrounded by noise—her yipping dog, Otto; the squeaky, creaky swings; the warbling, wailing sirens. Even in the library, children yammer and yell. Where can Charlotte find a quiet place? When Otto leads her on a wild chase through the park, Charlotte discovers a quiet place where she never would have imagined.

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Sometimes children need a break from our noisy, overstimulating world. Plum Blossom Books, the children's imprint of Parallax Press, is delighted to announce the release of *Charlotte and the Quiet Place*, a new picture book by Deborah Sosin, illustrated by Sara Woolley. *Charlotte* shows how a child discovers mindful breathing and experiences the beauty of silence. Children will relate to the unfolding adventure and message of self-discovery and empowerment. Parents, teachers, and caretakers of highly active or sensitive children will find the story especially useful.

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**Deborah Sosin, MSW**, is an author, teacher, and clinical social worker specializing in mindfulness-based psychotherapy. Her essays have appeared in the *Boston Globe Magazine*, the *Chicken Soup for the Soul* series, on Salon, and in numerous other publications. A Boston-area resident and GrubStreet instructor, Debbie holds an MSW from Smith College School for Social Work and an MFA from Lesley University. [deborahsosin.com](http://deborahsosin.com)

**Sara Woolley** is an award-winning illustrator and visual artist living and working in Brooklyn, New York. In addition to creating captivating watercolor illustrations and graphics for books, Woolley has designed costume pieces, puppets, and props for stage and film. She currently teaches at the Academy of Art University, where she earned her MFA. [sarawoolley.com](http://sarawoolley.com)

Please contact the author or illustrator directly to arrange interviews, school visits, and speaking engagements. Keep up with all things Charlotte at [charlotteandthequietplace.com](http://charlotteandthequietplace.com).

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“Woolley uses electric starbursts and lightning bolts to visually punctuate the noises assailing Charlotte. Readers who feel similarly overwhelmed may take inspiration from the way that Charlotte discovers mindfulness on her own terms.” —*Publishers Weekly*, June 1, 2015

“Parents and children who read this gem of a book will get a glimpse into the possibility of inner quiet and peace. Our world so needs this!”—Tara Brach, PhD, *Radical Acceptance*

“Thank you, Charlotte, for helping children and parents discover the stillness and quiet that is always alive inside each one of us. Hooooo ahhhh!”—Amy Saltzman, MD, *A Still Quiet Place*

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## **CHARLOTTE AND THE QUIET PLACE**

by Deborah Sosin, illustrated by Sara Woolley

ISBN: 9781941529027

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Measured for Common Core Standards: Lexile® Measure 660L

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