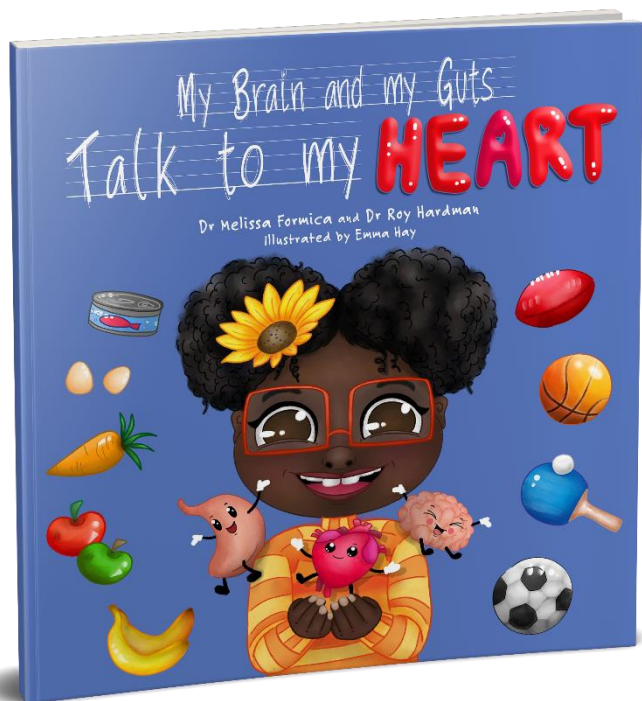


My Brain and My Guts Talk to My Heart

Written by Dr Melissa Formica & Dr Roy Hardman

Illustrated by Emma Hay



MY BRAIN AND MY GUTS TALK TO MY HEART

follows on from the author's first two books

My Brain is My Best Friend and *My Brain Has Made Friends with My Guts*, teaching children about the role their heart has

in keeping their other organs healthy.

This book highlights the impact of what we eat on how our vital organs function. If you eat well and exercise, you can be good friends to your brain, guts and heart for life.

ABOUT THE AUTHORS

ISBN	9781923101579
Publication Date	25 MAR 2024
Ages	3-8 yrs old
Format	Paperback
Audience	Children
Author Location	Victoria

Price available on our website



Dr Melissa Formica completed an Honours degree in Psychology followed by a PhD with an Australian Postgraduate Award scholarship at Deakin University. She also holds a master's degree in professional psychology and is training to become qualified as a psychologist.

Dr Roy Hardman has a PhD from the Faculty of Health, Arts & Design at Swinburne University of Technology within the Centre for Human Psychopharmacology Melbourne Australia.

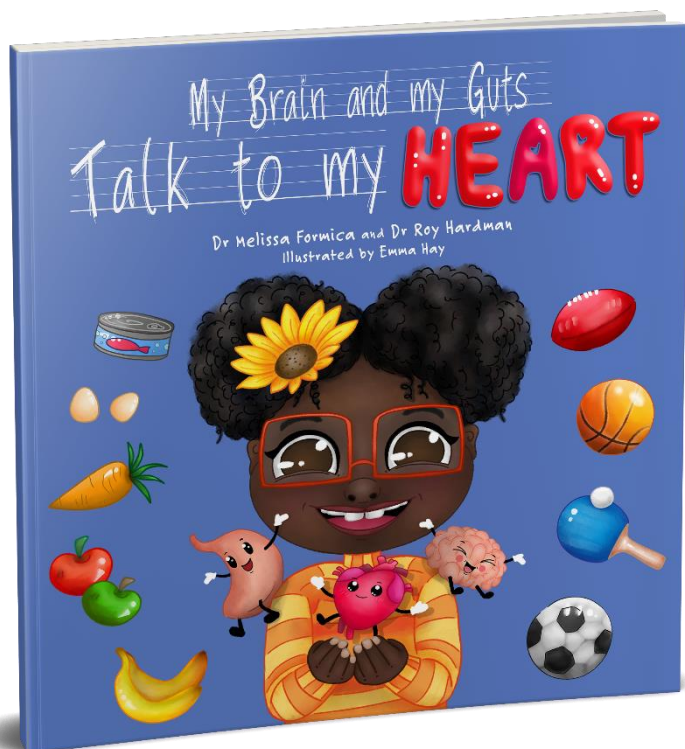


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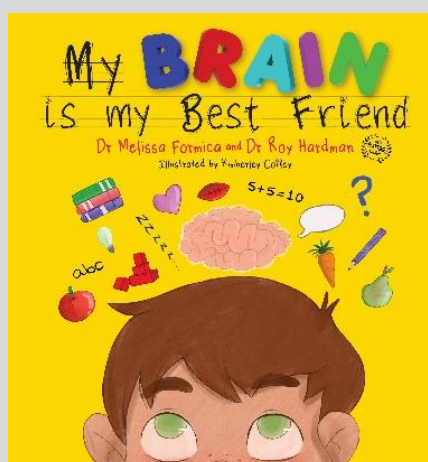
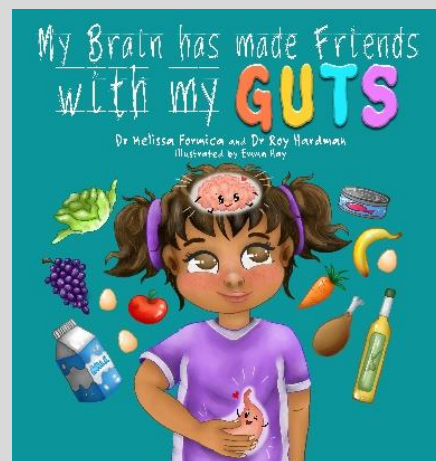
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ALSO BY DR MELISSA FORMICA AND DR ROY

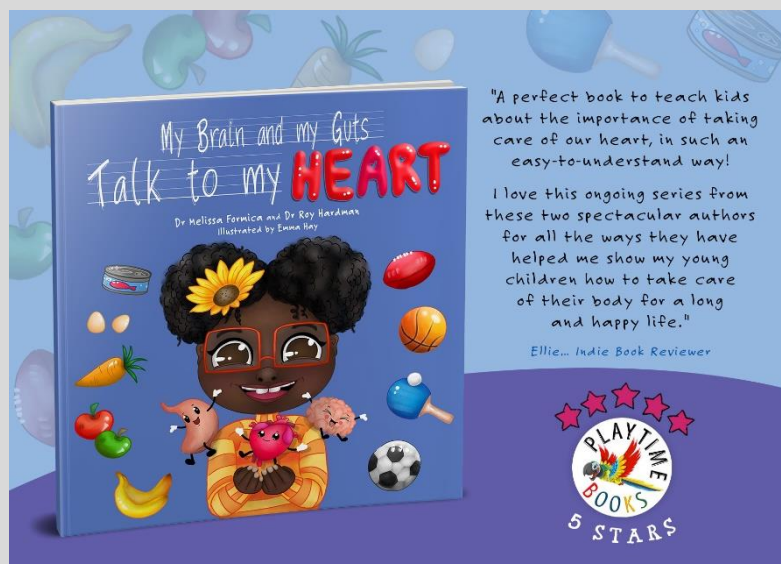
My Brain Has Made Friends With My Guts

"A very good book for children and even parents to gain the knowledge of diet and foods working together... Well thought out and enjoyable..."
Craig, Indie Book reviewer



My Brain is My Best Friend

"A great book for young children and parents alike who value the knowledge and empowerment of having a healthy and active life...A well versed and entertaining way of teaching children... Great work..."
Dorothy, Indie Book reviewer



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