

New Australian Author Children Book Release

My BRAIN

is my Best Friend

Dr Melissa Formica and Dr Roy Hardman

You may think Joe from school is your best friend.

Or your puppy is your best friend.

But I'll let you in on a little secret.

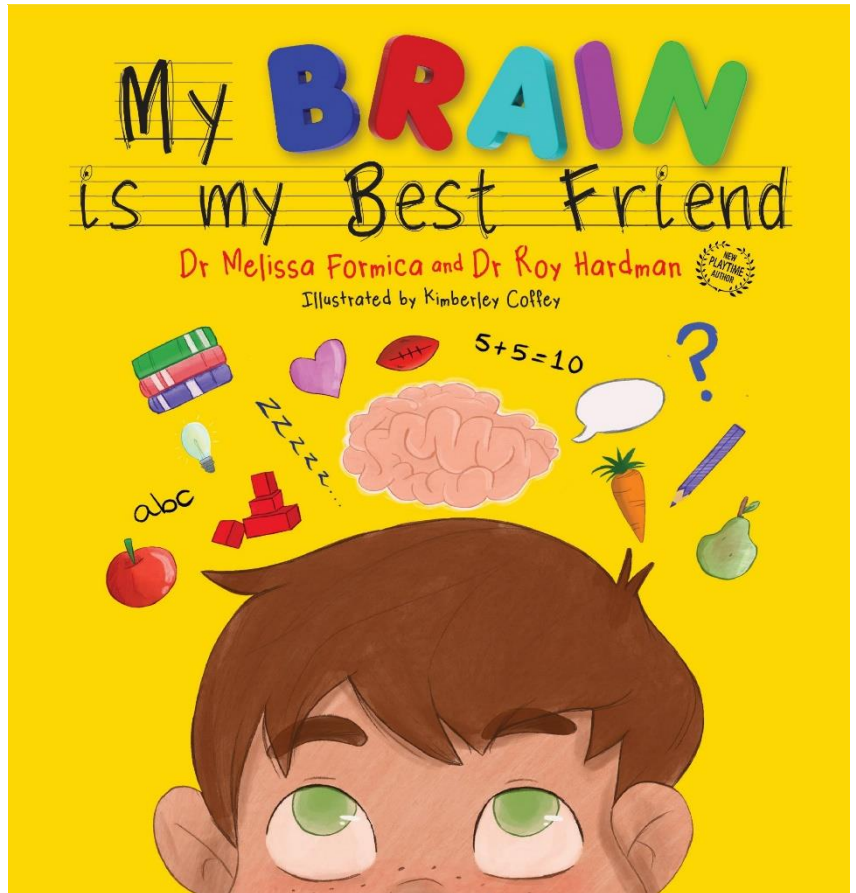
It is your brain that is the very best friend that you will ever have.

And what a great friend your brain is.

In this book you will learn all about how to keep your best friend happy and healthy.

'My Brain is my Best Friend' is designed to teach children the importance of maintaining a healthy brain while still getting to enjoy all the great things of being a child.

We know that healthy brain development is key to optimal cognitive functioning later in life. This book teaches children ways they can help keep their brain healthy.



Visit shawlinepublishing.com.au for more details on the authors, Dr Melissa Formica and Dr Roy Hardman.

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For Ages: 3 - 7 years old
Location: Hartwell VIC

Thank you for supporting a new young children book author from the local community of Hartwell. If you require any further communication or information, please contact us directly to organise and confirm as requested and within reasonable timing to help you meet your goals also.

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A Conversation with Melissa & Roy

Why you write 'My Brain is my Best Friend'? What were your inspirations?

A gap in the market regarding teaching young children about brain health. This is when brain development occurs and so teaching children about how to maintain a healthy brain is vital.

Do you try to be original or to deliver to readers what they want?

Melissa: A bit of both. The important thing about writing is addressing a gap that hasn't been covered before. However, readers generally want something that is accessible and easy to follow, and in that sense, it's important to give the readers what they want.

Roy: It is focused to the end result and to ensure clarity and factual status.

What does literary success look like to you?

Melissa: Widespread accessibility of the work and word-of-mouth recommendations. The dream would be to see it used as a tool for teaching.

Roy: Options to progress to other levels of teaching.

What kind of research do you do?

Melissa: I do a lot of academic research as part of my work which has formed the basis for the current works I am involved in.

Roy: Substantial amounts to ensure facts are correct.

Where do you get your information or ideas for your books?

From academic journals, published articles and randomised controlled trials, as well as speaking with people and watching reactions to comments made.

What other authors are you friends with, and how do they help you become a better writer?

Melissa: Being an academic writer means that your work is always being reviewed by other people. Papers are often written as collaborations with peers and so the feedback they provide is useful in learning how certain things are phrased, and how to explain concepts clearly.

Roy: Melissa is a great source of encouragement.

Do you want each book to stand on its own, or are you trying to build a body of work with connections between each book?

Melissa: There are future books planned with regard to this one, so it is hoped that they will become a series.

Roy: We are looking at creating a sequence of books in a similar style and topic.

Does a big ego help or hurt writers?

Melissa: In academic writing, your ego can very often and very easily become bruised! You are never the smartest one in the room, and so you have to be open to learning from others.

Roy: It hinders as they believe their own press.

What literary pilgrimages have you gone on?

The authors both have published peer-reviewed journal articles and book chapters in the academic field. However, the biggest literary achievement to date for both Melissa and Roy, has been the completion of their theses for their PhD's.

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