

New Australian Author Children Book Release

# Perfectly Me!

Written by K A Farrell

Illustrated by Emma Hay

This is the story of Olivia and how she comes to know her emotions...

From day to day, Olivia knows they change...and as she learns to know them as they are, she learns it is the key to everything she is and what makes her perfectly her...

Author K A Farrell has created a beautiful child's exploration of emotions from happiness to sadness and all in between. An understanding of this journey is delivered through the eyes of Olivia, who only wants to be happy and discover how she can be the best she can be every day. This book is for all children to know more of the moments they experience and the emotions they carry and is a beautiful tale to share with all the family to help create a positive and loving environment for children to grow and learn.

**RRP:** \$16.95

**Trade Price:** \$8.48

**ISBN:** 9781922594235

**Audience:** Children

**Format:** Paperback

**For Ages:** 3 - 7 years old

**Location:** Lower Plenty VIC



Visit [shawlinepublishing.com.au](http://shawlinepublishing.com.au) for more details on the author, KA Farrell.

Thank you for supporting a new young children book author from the local community of Lower Plenty. 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 K A Farrell

**What was an early experience where you learned that language had power?**

*When I became a mother, I discovered that the power of a word can change a person's life. When I realised how powerful my words could be to my children, I found the power in writing stories for other children.*

**What does literary success look like to you?**

*That my books impact a young life in a way that they can take charge and influence those around them for the better.*

**Do you hide any secrets in your books that only a few people will find?**

*Secrets no, realities yes. I wanted to reflect the realness of most children: messy hair, odd socks and messy rooms.*

**What do you like to do when you're not writing?**

*I love spending time with my children, and I absolutely adore the ocean. I also love to shop just quietly.*

**Do you hear from your readers much? What kinds of things do they say?**

*I hear thank-you's. I find people discover an intimate connection with my books and it makes them feel safe in the society that's building.*

**If you had to do something differently as a child or teenager to become a better writer as an adult, what would you do?**

*I wish someone told me I was talented, and I had a gift. I never realised how special it was until now. I wish I studied more and started younger. But I'm proud I started anyway and can finally say I'm an accomplished published author.*

**Why did you write 'Perfectly Me'? What were your inspirations?**

*We can't choose our feelings, but we can choose our attitude that can change the way in which we handle our feelings. Little people are often punished or shamed for either showing big emotions or not being able to understand or handle them. This book encourages young people and their families to use affirmation to change their attitude rather than falling victim to it. We all wake up on the wrong side of the bed and/or have strong reactions to things that trigger us, but we can't let it rob us of our potential to seize each day. We're perfect imperfect, and we can be in control. I learnt from a very young age it's our reactions to things that matter. The metaphor of putting knickers on every day reflects choosing a positive attitude.*

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

*The kids themselves, and how I see the world impacting them.*

**What are your plans for your future book/s?**

*My writing will evolve with society. When a message needs to be sent, I'll do my best to put it into words that young people can understand and action.*

**How had you decided on the best characters for the book?**

*I wanted Olivia to be every young person. A little messy and emotional. Trying to find her way and being guided by those she trusts. I wanted all young readers to find a part of themselves in Olivia.*



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