

The Hippo who found true beauty

Written by Nevenka Alempijevic
Illustrated by Ella Rousseau

**A YOUNG HIPPO STRUGGLES TO FEEL CONFIDENT
WITH HER BODY IMAGE.**

She realises that we all have strengths and learns to understand that beauty is much deeper than what is reflected back to us.

The Hippo Who Found True Beauty is the perfect story to show us all how to celebrate our differences.

Sometimes all happiness requires is a new perspective...

**Age recommended 3 to 8 years old*

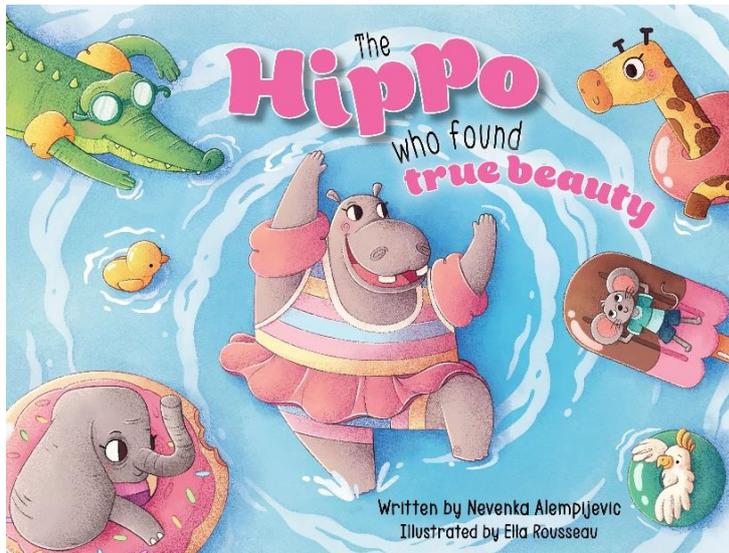
ABOUT THE AUTHOR



Nevenka Alempijevic is passionate about mental health and well-being having worked in the sector for over a decade. Nevenka holds a Post-graduate Diploma in Psychology and a Master's Degree in Suicidology. She aims to distil complicated concepts into easily palatable ideas so that they can be more accessible to the public.

Nevenka believes that by engaging families through reading, we can spark healthy conversations, build skills and overcome some of life's inevitable challenges.

The Hippo Who Found True Beauty is Nevenka's first children's book.



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Ages	3-8 yrs old
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Audience	Children
Author Location	Brisbane, QLD

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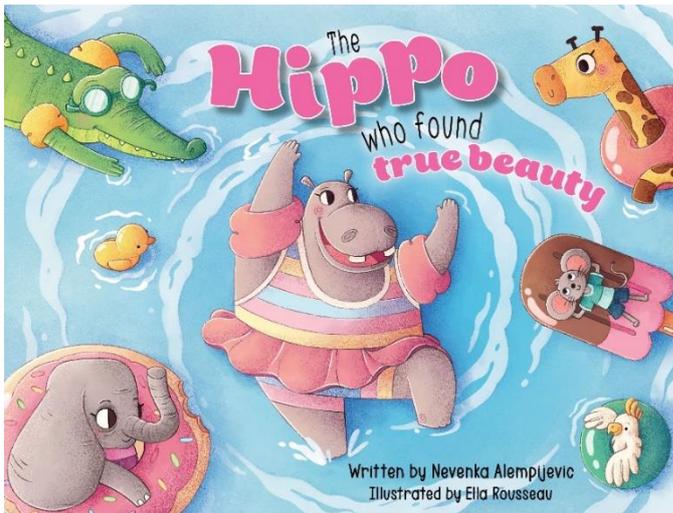
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A CONVERSATION WITH THE AUTHOR

WHY DID YOU WRITE 'THE HIPPO WHO FOUND TRUE BEAUTY'? WHAT WERE YOUR INSPIRATIONS?

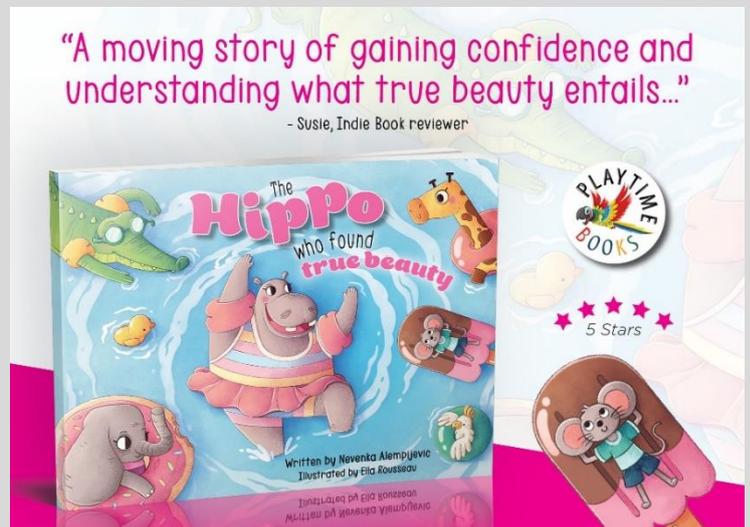
I wrote this book as I've worked in the mental health sector for over a decade now, working with individuals, couples and families. A lot of my clients struggle with body image issues and I have also struggled with accepting my own body. I wanted to normalise that most people will have parts of their body that they do not like, however that focusing on the things we don't like about our image leads to low mood, depression and possibly eating disorders. In addition, beauty extends to much more than our physical appearance (which is socially and culturally prescribed anyway). Through focusing on our strengths and accepting that no one is perfect, we can give ourselves a break and lead happier and more meaningful lives.

WHAT WAS AN EARLY EXPERIENCE WHERE YOU LEARNED THAT LANGUAGE HAD POWER?

I always knew that language had power, but I didn't fully understand to what extent until I studied hypnotherapy. The words that we say to ourselves in particular, have incredible power. The brain is always listening so I encourage everyone to make sure that your self-talk is supportive and not harsh and critical. It will ultimately determine how you think and feel about yourself.

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