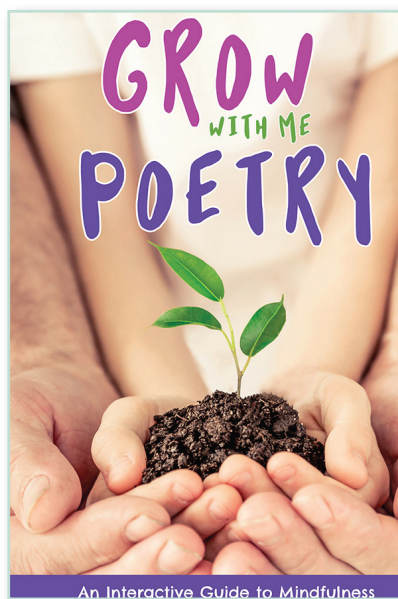


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About the Author

Bridgette Fowler worked in the field of healthcare for thirty years. She began her career in audiology helping the youngest ears hear, and ended it making sure elderly ears could continue to hear the words of their younger counterparts. Today, she is reaching out to all those same ears through her poetry. Writing poems that are both poignant and whimsical, her words speak directly to the issues faced by our youth. She is an avid proponent of mindfulness meditation and touts the practice as a means to keep both mind and body healthy. Additionally, seeing an ever more present disconnect between adults and children, she seeks to bring the generations together by melding her two loves: poetry and mindfulness.

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