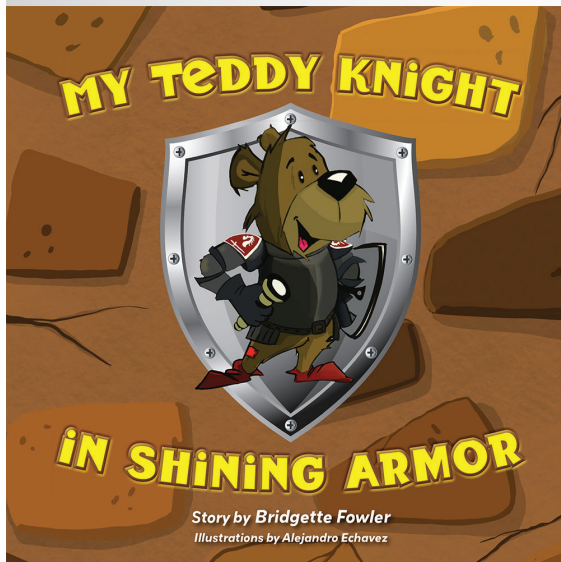


A New Title From
Belle Isle Books

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My Teddy Knight in Shining Armor

Bridgette Fowler

Teddy wasn't afraid. He said, "Breathe."

One deep breath—two deep breaths—three deep breaths.

Join these two best friends on a most unexpected adventure, and learn to manage fear along the way!

"Kids of all ages will love this heartwarming bedtime story. The illustrations are wonderful! You'll find yourself studying the details on every page."

—Tonya Calvert, author of *Saylor on the Seashore* and *The Origami Elephant*

About the Author



Bridgette Fowler is a mother of two adult children and retired audiologist who forever holds a special place in her heart for the little ones her children once were and the little ears she worked with over three decades. Through their trials and tribulations, achievements and joys, she nurtured her intuitive connection with the curiosity of children, as well as the fears they quash during their impromptu bouts of silliness.

Born into a family of educators, Bridgette embraced the notion that to read is to learn. As an author, she added that belief to include that to write is to facilitate a learning opportunity. The caveat is that often learning opportunities are better digested when disguised in colorful and engaging costumes.

Bridgette is a proponent and practitioner of mindfulness. Being ever amazed by the extraordinary benefits of a single, slow, deep breath, she imparts this wisdom in a fashion that benefits all those who read her words. Imaginative learning opportunities, kindness, and attention to inner calmness are at the heart of her writing. "Read to imagine, then write, and above all, know that every word matters."

About the Illustrator



Alejandro Echavez is a freelance illustrator, painter, and storyboard artist specializing in children's books. He currently resides in Long Island, NY, but spent his formative years in Bogota, Colombia, where he first showed an interest in art at the very young age of six. More than an interest, it was a natural talent that his family nurtured and developed. As he is a kid at heart, his artwork is often colorful and playful in theme. He is not scared of bright colors, which he uses to create movement and vibrancy in his work.

Alejandro is currently working on three children books and a mural at the Shedd Aquarium in Chicago. He has illustrated more than thirty books written by various authors from all over the United States. He has also contributed to the creation of app games in the past. Alejandro hopes to continue creating the vibrant artwork he is known for. You can find more of his work at www.alejoartworks.com, IG @_alejoartworks, or facebook.com/alejoartworks.

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