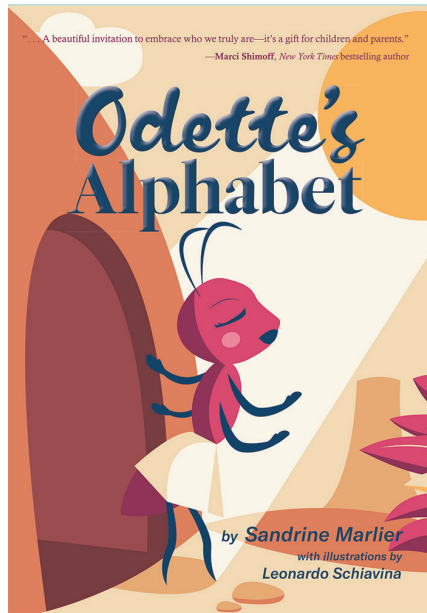


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Odette's Alphabet

written by **Sandrine Marlier**

illustrations by **Leonardo Schiavina**

One day, Odette the ant wakes up feeling stressed. After realizing that all she does is work, Odette decides to leave her anthill in search of the freedom to create her own world. Along the way, she meets Marcus, a lost mouse, and together they discover simple ways to feel better. Inspired by her journey and this wonderful new friendship, Odette finds her way back home to the colony with a new sense of being.

Odette's Alphabet is a mindful story that offers a map to handle big emotions with kindness, unity, and courage. Fun and easy activities support each of the chapters, along with letters of the alphabet to provide additional opportunities for learning while encouraging young readers to explore meditation practices.

About the Author



Sandrine Marlier woke up one day in her New York apartment feeling out of sorts. She realized that no matter how many trips she would take around the world thanks to her modeling career, only a journey within could bring her peace. Eventually she trained with world-renowned meditation teacher davidji. That training inspired this book, as she found herself drawing an ant and a sound: A, the beginning of all beginnings.

Sandrine is a mother, meditation teacher, transformational coach, and Reiki practitioner. She shares free meditations about healing and empowerment on Instagram (@sandrinemarlier). You can connect with her through her website, www.sandrinemarlier.com.

About the Illustrator



Leonardo Schiavina was born and raised in Italy. In 2014, he moved to Barcelona, Spain, where he obtained his master's degree and worked for many studios and agencies before founding his own graphic collective, Collettivo Mare, in 2015. He has since worked as an art director and graphic designer for branding, illustration, and editorial design projects from Spain to Israel to the US.

Leo is passionate about aesthetic graphic design and illustration, as well as music and photography, and loves mixing them in a unique and genuine style. A restless nomad who loves living in different countries and cities, he's currently based in Tenerife in the Canary Islands.

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