**The Author: Annie Ranger** enjoys teaching children about mindfulness through her writing, workshops and school enrichment programs. Annie has a Bachelor of Arts from UCLA and is certified in Mindfulness for Children. She is a member of the Society of Children's Book Writers and Illustrators, has worked for Teen Magazine, and is a substitute teacher. She lives in Los Angeles with her husband, two grown children, and their dog.

Story time was always a favorite time for Annie when her children were young. After many visits from an owl, *Mindful Owl Adventures* began as a short tale she made up to entertain her children. Later, as her family embarked on their own mindfulness journey, the story evolved into what it is today. Her goals for her book are to raise awareness of the benefits of mindfulness and encourage families to use mindful techniques to spread love, kindness and compassion, while getting children engaged in reading and sharing a special moment during story time.

\_\_\_\_\_

Born in Sevastopol, Ukraine, **Anna Abramskaya** graduated from Kharkov State Academy of Design and Arts. Since she was young, Anna has always loved art, drawing everywhere if she had a pencil and paper. Anna works with different materials and techniques but loves pencil illustration most of all. For inspiration, she listens to classical music while she works.

“The process of creation always brings me joy and I wish to share this joy with everyone. It is a joy to see the beauty in simple things around us. I want to believe that art can help us to bring more love into our hearts.” Anna lives in Bellevue, Washington with her husband and two young daughters.

\_\_\_\_\_\_