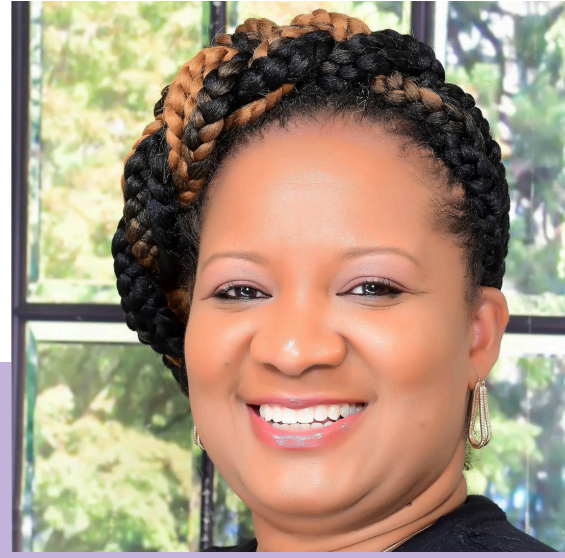


Courtney Jolly



**Blondale
'the Mindful Bee'**



In Blondale's Mindful Adventure, young readers follow a kind but unsure bee named Blondale on a journey to find a rare Sunflower Bloom. Along the way, she faces fears, learns to breathe through challenges, and discovers the power of mindfulness, courage, and kindness. This heartwarming tale gently introduces children to emotional resilience and self-awareness in a magical, nature-filled setting.

With 25 years in education, Courtney Jolly combines her love of teaching, mindfulness, coaching and storytelling to create meaningful experiences for young readers. As an educator, mindfulness coach, wife, and mother, she draws on her personal and professional journey to write stories that nurture the heart and inspire the mind. Her debut children's book Blondale's Mindful Adventure features Blondale the Mindful Bee. She guides readers through themes of compassion, care, and connection. Courtney hopes to plant seeds of awareness and kindness with every story.

She lives in Memphis, Tennessee with her family. When she is not coaching or storytelling, she enjoys reading, creating, and sharing the idea of choosing happiness.

**CHOOSE
HAPPINESS**

