

Comeshia Williams

MEET THE AUTHOR



BUZZWELL LEARNS TO BE MINDFUL



BUZZWELL LEARNS TO GO SLOW

BOOK #2 IN THE BUZZWELL MINDFUL MOMENTS SERIES



Buzzwell Learns About Memphis

BOOK #3 IN THE BUZZWELL MINDFUL MOMENTS SERIES



MINDFUL AND STEADY, THAT'S THE KEY!

About the Author

Comeshia Williams is the creator of the Buzzwell Mindful Moments Series, a collection of children's books that teach mindfulness, patience, and self-awareness through the adventures of Buzzwell the mindful bee. With over 25 years as an educator, she blends her love of storytelling with her passion for helping children navigate big emotions and discover the joy of going slow, being kind, and noticing the world around them. The series includes ***Buzzwell Learns to Be Mindful***, ***Buzzwell Learns to Go Slow***, and ***Buzzwell Learns About Memphis***. Born and raised in Memphis, Comeshia now lives in Mississippi with her husband, Will, and is the proud mother of two adult sons. She continues to share Buzzwell's message of mindfulness and positivity with schools, churches, and communities.



Meet Buzzwell

Buzzwell, the mindful bee learns big lessons in small moments. Through fun adventures, Buzzwell shows children the joy of going slow, being kind, and noticing the world around them.