

Dear Reader,

I am excited, proud, and anxious to present to you a very personal, yet universal story. Lola's Heart is a wordless picture book about the power of love. It's an exploration of the subconscious mind and celebrates our capacity for facing our fears and vulnerabilities by embracing love for what it is: the most important anchor in life.

Lola heads out into the world with a big dream in her heart and the love of her family and friends by her side. But when her fears capture her dream, her heart gets wounded. Lola cannot nurse it back to health on her own, so love steps in – and is patient and kind and protects Lola and her heart until they can heal. By looking inward, Lola strips her fears of their powers. Beyond her fears there is nothing but abundance and beauty.

This wordless journey through difficult emotions, such as grief, depression, fear of failure and more, allows the reader to apply the book to whatever challenges they are facing or have faced in their own lives. The reader will, no doubt, revel in finding joy, hope, strength and above all, love in Lola's story and in their own. The only way out is in.

The last years have made it painfully clear that addressing mental health collectively has to be at the forefront in our society. Our children, our elderly, everyone needs to be able to receive professional help when needed--and as early as possible, without any judgement. Books that offer a safe place to discuss difficult emotions are equally important. It is my hope that Lola's Heart will become one of those books and that it will find its way to the children who need it.

*Sending hugs from me and the Big Red Bird,
Alexandra Boiger*

P.S. Sometimes Big Red Bird comes in the form of a dog who becomes a very proud certified service animal or in the form of a cat, making some work-in-progress editorial comments.

