

Celebrate Self-Acceptance with 'If Goldfish Were Bluebirds' – A Heartwarming Journey for All Ages

NH, UNITED STATES, June 27, 2025

/EINPresswire.com/ -- "If Goldfish Were Bluebirds" by debut author Stephanie Lock is an inspiring story that brings an imaginative and uplifting approach to self-acceptance for readers of all ages. Geared toward children but deeply resonant with adults, this tale invites readers to explore the beauty of what makes them unique through a truly heartwarming narrative.

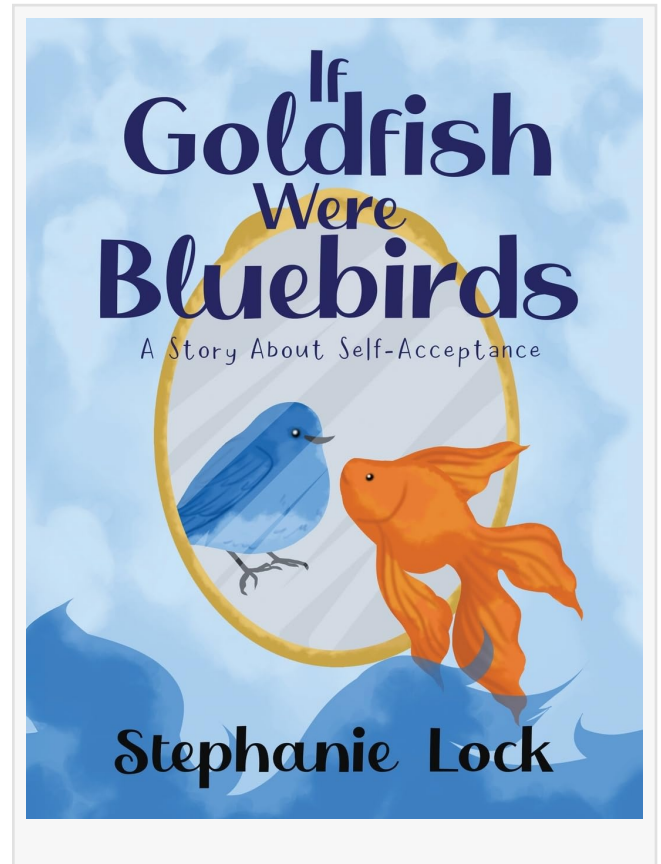
The story follows five enchanting animal characters, each longing to embody the traits of other animals. Through their journeys, they discover something profound: that their individuality is their greatest strength. With a universal message about self-love and confidence, the book encourages readers to celebrate their own unique abilities and cherish their identities.

Lock, a school counselor who specializes in preschool-aged children, brings personal experience and heartfelt passion to this work. With her understanding of the importance of self-confidence in overcoming challenges, she has created a therapeutic and imaginative tool for families, educators, and caregivers to connect with children and foster positivity.

"If Goldfish Were Bluebirds" has already touched the hearts of readers young and old. Its vibrant storytelling and relatable themes make it a must-have for anyone looking to build self-love and confidence, whether for themselves or the little ones in their lives.

Beautifully illustrated and rich with meaning, this book is perfect for families, schools, and any setting that champions social-emotional learning (SEL).

"If Goldfish Were Bluebirds" (ISBN: 9781965340240) can be purchased through retailers worldwide, including Amazon and Barnes & Noble. The paperback retails for \$13.99, and the



ebook retails for \$2.99. Review copies and interviews with the author are available upon request.

[Click here to purchase on Amazon](#)

From the back cover:

Have you ever found yourself in the best of moods, feeling completely confident, only to start comparing yourself to others, and suddenly feeling as though you are lacking in some way? The good news is, if you answer yes to this question:

You.

Are.

Not.

Alone.

It's a human experience to want things we don't have or want to change things about our lives.

We compare ourselves to those around us and make ourselves believe they have it better than we do. We all do it! But guess what? There are so many wonderful and special things about YOU. Already. Just as you are. When we focus on what we already have instead of what we wish we had, this helps us grow into our fullest potential. The more we learn to accept ourselves as we are, the better we get at loving others exactly as they are, too.

If Goldfish Were Bluebirds is a story about self-acceptance that follows five animal characters' thought processes in wishing they were like other animals, however, they ultimately come to realize that their own attributes are what makes them so special and unique.

About the author:

Stephanie Lock has her masters in school counseling and currently specializes in preschool aged students, helping to address various different social, emotional, and behavioral needs. She resides in the Hudson Valley, New York, with her husband and three kids, including a set of twins who are destined to keep her on her toes. Stephanie wrote this book for kids and grownups alike who struggle, at times, with how to accept themselves, especially in a world of increased social media use and constant comparisons. In other words, this book is for everyone!

About MindStir Media:

MindStir Media LLC is an award-winning book publisher. To learn more about publishing a book

with MindStir Media, visit <http://mindstirmedia.com> or call 800-767-0531.

Michelle VanSledright

MindStir Media LLC

+1 800-767-0531

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/826235290>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.