FOR IMMEDIATE RELEASE

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Local Conshohocken Mom Publishes Debut Children's Picture Book, Inspiring Confidence and Celebration of Diversity

**FEELING SELF-CONSCIOUS? HOLD THAT THOUGHT! BUZZ HAS A MESSAGE FOR YOU!**

**Hey kids! Have you ever compared yourself to someone else and felt sad? Do you ever struggle to see what makes you special? Do you ever feel like you are not good enough?**

CONSHOHOCKEN, PA - March 21, 2023 - Local mom and author, Kim Farrell, tackles these common feelings and more with the launch of her new children’s picture book, Proud to Be Me!

Follow Buzz, the bumblebee, as he helps each of his animal friends recognize and appreciate their unique qualities. Through vibrant illustrations, fun text patterns, and engaging rhyme, children will be captivated as they join in on each character’s journey of self-discovery. Proud to Be Me is a heartwarming picture book about the importance of self-confidence and embracing differences in ourselves and others. The book, aimed at children ages 3-7, will be available for purchase on Amazon, Target.com, and other major online retailers on March 27th.

Kim Farrell was inspired to write the book after the birth of her son, Tyler. "I wanted to create a story that would not only entertain children but also show them that it's okay to be different in a world that often tells us we should fit it,” she says. "As someone who has struggled with low self-esteem throughout life, and now as a parent, I believe it's crucial to teach our children the importance of self-acceptance and confidence from an early age. I hope my book will contribute to that effort."

Kim is also the founder of The Confidence Loop, a publishing imprint and website that promotes healthy self-esteem in children. As a wellness program coordinator, mental health advocate and writer, she has published an array of articles on various health and wellness topics. Kim lives in Conshohocken, Pennsylvania with her husband, son, and rescue dog, who have all been sources of inspiration and support through the process of publishing her first children’s picture book..

Proud to Be Me will be available at local bookstores and online retailers on March 27, 2023. For more information about the author, The Confidence Loop, and this debut children’s book, please visit theconfidenceloop.com and follow @theconfidenceloop on Instagram and Facebook!

Note to Editors: Review copies of “Proud to Be Me” are available upon request. Please contact Kim Farrell at [k.farrell32972@gmail.com](mailto:k.farrell32972@gmail.com) to request a copy.

To place an order, request an interview, or arrange a book signing:

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