

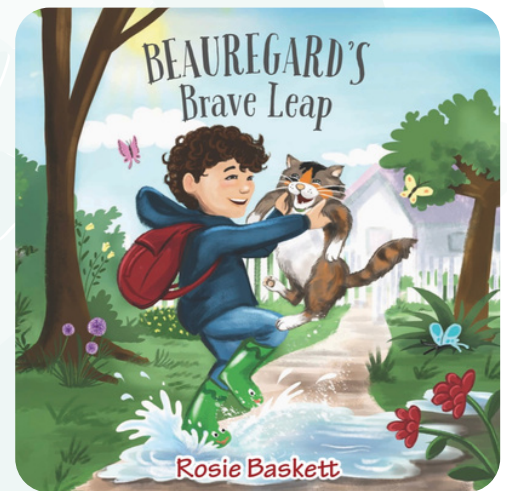


Author Bio

Rosie Baskett, a Doctor of Occupational Therapy with a Master's degree in child development, has over 30 years of experience working with children. She writes empowering stories like Beauregard's Brave Leap, helping young readers manage anxiety, build confidence, and celebrate courage through engaging, heartfelt lessons.



KIRKUS REVIEW—"the book is everything a helpful story should be—demonstrating with compassion how awful fear feels, then expertly offering a simple skill that anyone may use in such circumstances. An ideal tale for anxious youngsters."



Key Themes

- Emotional resilience
- 3-3-3 calming strategy
- Overcoming anxiety
- Power of friendship and self belief
- Encouraging children to face fears in manageable steps.



Book Details

- Title: Beauregard's Brave Leap
- Author: Rosie Baskett
- Pub. Date: July 22, 2025
- Format: Hardcover/Paperback
- ISBN HC: 9798822964525
- ISBN PB: 9798822964532
- Page Count: 36

Book Summary

"Beauregard's Brave Leap" tells the story of a timid cat who faces his fears and learns to embrace life's challenges. Using a mindfulness tool, Beauregard discovers resilience and takes a courageous leap to join his friend in jumping into puddles. With its heartfelt message and whimsical illustrations, this book inspires children to try new things and be brave.

A heartwarming tale of courage, resilience, and trying new things.

