# MARY WALERAK

Mary Walerak, a longtime coach with a background in psychology, shares a magical tale of empowerment for middle-grade readers inspired by her grandchildren.

# MEDIA PRESS KIT



Maly Aalelok

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## Mary Walerak

Mary Walerak has a BA in Psychology and an MA in Human Development. Her first love and focus has always been on positive psychology and performance enhancement. She was fortunate to become involved in the coaching movement early on and has been trained in various forms of coaching, working as both a life coach and a health coach for over 15 years.

As she entered retirement, and during the pandemic, she took on the challenge of putting some of her well-earned wisdom into a whimsical story of magic and empowerment. This story, originally meant as a grandmother's loving guide for her grandchildren, can hopefully be a helpful guide for others as well.

Enjoy this wondrous journey through the mystical land of Alineade and always look for the magic.

Mary Walerak | Author



Mary Walerak

### CONTACT INFORMATION

Mary Walerak | Author

website | www.authormarywalerak.com

email | mwalerak@comcast.net

phone number | 651-247-6585







## BRANDING

# Finding Alineade Mary Walerak





"Reading Finding Alineade felt like stepping into a magical mirror—I saw my fears, hopes, and strengths reflected in Charlie's journey. It reminded me that trusting yourself can be the most powerful kind of magic."

### PRESS RELEASE

FINDING ALINEADE

Mary Walerak

Dive into 'Finding Alineade', a tale filled with adventure that teaches valuable lessons to young readers about self-discovery and embracing uniqueness.



#### **About the Book:**

Finding Alineade is the curious tale of a young girl named Charlie, who has left childhood behind and entered the confusing, sometimes intimidating world of middle school. Blending fantasy, a cast of unusual friends, and a formidable nemesis, the story follows Charlie as she discovers who she truly is. She learns to tap into the power within herself to become the person she has always dreamed of being. By trusting her instincts, believing in her abilities, and listening to that quiet nudge of intuition, she finds the courage to follow her own unique path.

Young readers will love this book for its sense of adventure, relatable challenges, and the magical world that feels both exciting and inspiring. Charlie's journey shows that even the most ordinary moments can lead to extraordinary discoveries.

Wouldn't it be wonderful if we could all step into the magical world of Alineade? Maybe, in some way, we can.

#### What People are Saying:

Readers are enchanted by *Finding Alineade's* unique blend of fantasy and real-life challenges. They praise Charlie's relatable journey through the ups and downs of middle school, applauding how the story inspires young readers to trust their instincts and believe in themselves. Many highlight the richly imagined world and the unforgettable cast of friends and foes, making the book both an exciting adventure and a heartfelt coming-of-age tale. Parents and educators alike appreciate how the story encourages courage, self-discovery, and the power of intuition in a way that resonates deeply with kids.

#### **About Mary:**

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Author: Mary Walerak

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WALERAK, PLEASE GET IN
TOUCH WITH ANN AUBITZ AT
KIRK HOUSE PUBLISHERS:

ann@kirkhousepublishers.com 612-781-2815 kirkhousepublishers.com

WE LOOK FORWARD TO THE COVERAGE!

### FINDING ALINEADE

#### Mary Walerak

#### 01. about the book

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#### 02, about the author

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### EXCERPT FROM CHAPTER 17

#### FINDING ALINEADE

#### MARY WALERAK



Forging ahead, Charlie kept her eyes and ears open. There were so many interesting sights and sounds. She saw a mighty oak, twice the size of the oaks back home. The top of the tree spread out so wide that it almost blotted out the bright morning sky. Its branches sent out such a broad area of shade that the darkness cast an eerily mysterious shadow that spread out over the rolling forest floor. Laying all around the base of the tree, acorns were scattered everywhere. Mingling with the giant oak leaves, they almost seemed to be hiding. Suddenly, to Charlie's surprise, they all jumped up and started running and screaming, "Forest rat, forest rat." What was Charlie seeing? Were they acorns or little people? It was hard to tell. These little beings had arms and legs and were wearing an acorn shell for clothes. On top of their tiny heads, they wore the miniature caps from off the tops of the acorns. What was it that had them so frightened?

Charlie looked up and saw a squirrel slowly sneaking up on the tiny little acorn people. She had always liked squirrels and loved to watch them try to get to the food in her dad's birdfeeders. Her dad, on the other hand, saw them as the curse of his existence. The harder he tried to keep the squirrels off his birdfeeders, the more clever of a solution the squirrel came up with. Poor Dad tried to stay ahead of them, but the squirrels had a talent for getting around everything he tried.

Charlie had always thought of the squirrels as cute and masterful, but suddenly she saw herself seeing them from the perspective of a very tiny acorn person. These tiny little people, barely two inches tall, were looking up into the eyes—and even worse, the mouth full of teeth—of what seemed to them to be a very large and scary forest rat.

Charlie went running over to scare the squirrel away, but to her surprise, he raced up the tree, out onto a limb, and sat down staring at her. He wasn't going anywhere. This was his forest and she didn't belong.

The acorn people, however, seemed to see her as a savior. They were happy and cheering and thanking Charlie for saving them from the big-toothed forest rat, but she knew she just put a band-aid on the problem. They were safe for now, but the squirrel would be back, just like at Dad's birdfeeder.

"I can hear your mind racing," came the tiny little voice of Lucy, still sitting on her shoulder. "You should be proud of yourself. You stood up for what you believed was right."

"But what did I really accomplish?" Charlie spoke with a deep feeling of regret. "We will leave, the squirrel will try again, and the acorn people will still be vulnerable."

"But for today the acorn people found a few new hiding places, the squirrel had to find other sources of food, and both learned they aren't alone—others are watching. Both have learned and grown and broadened their perspective. It may not really change things, but there is always a shift when someone stands up to do the right thing. Energy doesn't stand still, Charlie. It either moves forward or backward, and today, Charlie, you are moving forward!"

"Progress and patience," Charlie thought.

"A lesson well learned," Odarin softly whispered in her ear. His smile assured her she was on the right path. A sense of calm came over her as she leaned into the task ahead. She hadn't solved the problem, but she had helped. She reminded herself there would be obstacles and rewards. She needed to focus on what went right.

With a new sense of purpose, she waved goodbye to all of her new little friends and stepped boldly toward her next adventure! That spark was back! She was ready to explore some more and increase her awareness of what magic was in store for her.

### MARY WALERAK

Thank you so much for the opportunity.

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