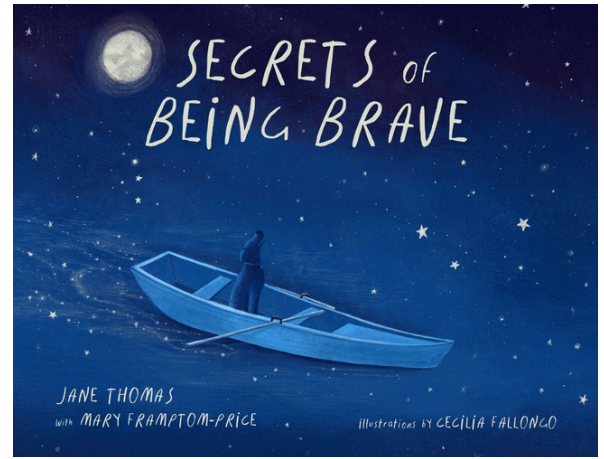


# Secrets of Being Brave

by Jane Thomas, with Mary  
Framptom-Price

*A very little book  
for life's very  
big moments.*

Out 20th  
September



*Secrets of Being Brave* is a beautifully illustrated picture book with something for readers of all ages. While following both the internal and physical journeys of Elly, a Labrador, as she has to move home, readers encounter the stories of even the tiniest creatures showing the most extraordinary acts of bravery on a daily basis. The book provides a series of mantras set alongside whimsical images and reminds us that when we are brave, we can do anything.



Jane has spent decades travelling the world and poking her nose into other people's lives, so it's perhaps unsurprising that her books are about adventures in obscure places with an intention to reveal hidden truths.

Oxford educated, she sees research as a sport and writing as an opportunity to share her discoveries.

Jane is often found with her van, Flo, armed with a large crocheted octopus and glaring at a cryptic crossword. If she isn't there, she'll be somewhere in Africa with her aged but faithful LandCruiser, Fred.

Born and raised in the USA, Mary began riding at the age of 5 and has never been far from a horse since. With a PhD from Boston College she spent most of her professional life in academia, before a somewhat whimsical late-life adventure when she moved to Cornwall with her English husband.

Replacing showjumping and cross-country gallops for gentle hacks along Cornish lanes, Mary spends her days with her former racehorse, Baz, his three rescued Dartmoor Pony sisters and - of course - Elly. When not peering out at the world from atop a horse, she can be found with her nose buried in a book.



### Q. What is the purpose of the story?

Quite simply, to remind readers that we live in an extraordinary, beautiful world where even the tiniest creatures - the dragonflies, the bumblebees - are carrying out acts of bravery on a daily basis. With each of these comes a lesson: as a young bear emerges alone from hibernation for the first time, for example, we are reminded that 'when we are brave, the world is full of wonder.'



### Q. How is the book linked to the Labrador Rescue Trust?

Elly, the star of the book, came to Mary from the Labrador Rescue Trust. It is a version of her story that is shared in the book, going from living inside a single room for eight years to suddenly being given her freedom. £1 from the sale of every copy of 'Secrets of Being Brave' goes to supporting the Labrador Rescue Trust. [www.labrador-rescue.org](http://www.labrador-rescue.org)



### Q. What makes the books eco-friendly?

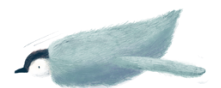
Produced as part of Books & Bicycles Press, the books are as eco-friendly as possible. They are printed in the UK on recycled paper and can only be bought either in local bookshops, at local markets or via a website; when bought from the site they are sent out in eco-friendly packaging via Royal Mail.



### Q. Is the book relevant to schools?

Absolutely. In a world where increasing numbers of children are dealing with overwhelming anxiety, it is more important than ever that they are given the tools to help cope. *Secrets of Being Brave* is exactly that - a book that can be returned to time and time again as new layers and meanings emerge. More than this, however, we believe the book is relevant to anyone at any stage in their life: it is very much a picture book for grown ups as well as the littlest readers who will enjoy the story being told by the illustrations.

With this in mind, we have created the When We Are Brave Project, encouraging donations of the book to schools and organisations dealing with vulnerable adults.



'Secrets of Being Brave'

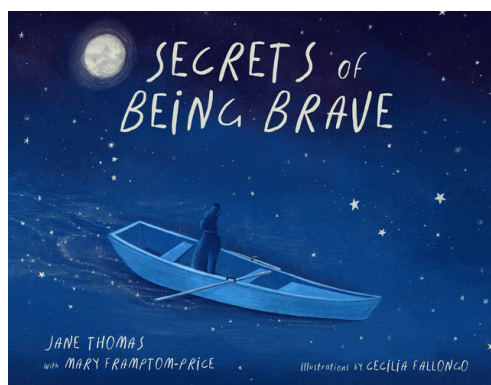
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CONTACT MARY

[kismet.mfp@gmail.com](mailto:kismet.mfp@gmail.com)

phone: +441822258934

[www.thecornishstories.co.uk](http://www.thecornishstories.co.uk)

Available for interview? Yes!