For Thea, Toby, Isaac and Summer x

SIMON & SCHUSTER
First published in Great Britain in 2017 by Simon and Schuster UK Ltd, 1st Floor, 222 Gray's Inn Road, London WC1X 8HB • A CBS Company
This edition published in 2018 • Text and illustrations copyright © 2017 Kate Jane Neal • The right of Kate Jane Neal to be identified as the author and illustrator of this work has been asserted by her in accordance with the Copyright, Designs and Patents Act, 1988 • All rights reserved, including the right of reproduction in whole or in part in any form • A CIP catalogue record for this book is available from the British Library upon request • Printed in China
ISBN: 978-1-4711-6856-7 (HB)
ISBN: 978-1-4711-6853-6 (PB)
ISBN: 978-1-4711-6854-3 (eBook) • 10 9 8 7 6 5 4 3 2 1

This book is about your heart.



The little bit inside of you that makes you, you!

Will you listen *really* carefully?



Because it's **REALLY** . . .



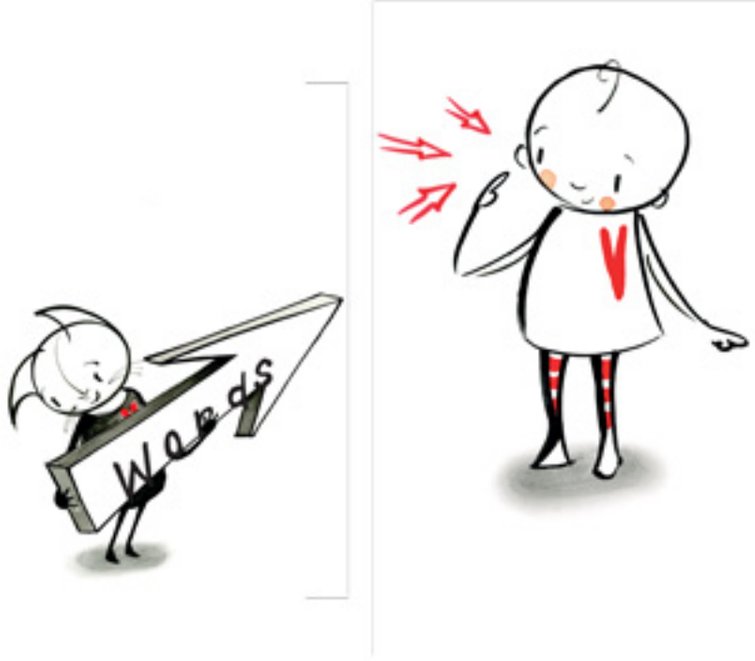


And it might help you
be a happier you,



and the people around you,
be a happier them!

You see, the **WORDS** that go into your ears . . .



. . . can actually affect your heart!



The little bit inside of you that makes you, you!

Your 

can do . . .

AMAZING
things!