

***The Four Pearls and The Four Squirrels:
A Modern Fable About Happiness and Distraction***

By Lissa Coffey

“The *Jonathan Livingston Seagull* for a new millennium. ***The Four Pearls and The Four Squirrels*** is a wondrous tale that minds us of the true route to happiness and self-fulfillment.”

*-Scott Stantis, Editorial Cartoonist, Chicago Times and USA Today,
and creator of the comic strip Prickly City*

“For those of us fortunate enough to have had mentors, we know what a difference such guidance can make in our lives. With this book, author Lissa Coffey has also taken on the role of mentor in bringing this sweet, clear, profound wisdom to her readers.”

-From the Foreword by Marilyn Schlitz, PhD

“The Four Pearls and The Four Squirrels is a charming tale! I love that the story emphasizes patience, gratitude, wisdom gained along the way, and to keeping your mind open in the changes our journey through life presents to us. Lissa Coffey takes us on a whimsical journey of discovery with humor, honesty, and a few bumps along the way!”

-Cristina Ferrare, New York Times Best Selling Author, TV Talk Show Host, Philanthropist

ARTICLE AND SEGMENT IDEAS FOR EDITORS AND PRODUCERS

- **Do You Want to Be Happy?** Pearls represent pearls of wisdom, what we need to remember when we feel unhappy in any way. Squirrels represent the distractions that often keep us from being happy. Lissa discusses the four pearls, and the four principles of happiness that we can use anytime, anywhere, to bring ourselves to that peace of mind that we crave.
- **Mentorship Changes Lives!** Lissa has been a Big Sister with the Big Brothers Big Sisters of America program. Research shows that one-on-one mentoring programs have real-life positive outcomes in children’s lives: <http://www.bbbs.org/research/> Lissa will go over some of the data, and introduce viewers to a successful Big and Little match.
- **Save the Squirrels!** When people learn about the hardships animals face each day, they are more willing to take a proactive approach toward protecting the natural environment and the habitats of our wild neighbors. Lissa gives tips for how we can co-exist with, and respect wild animals in our communities.

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