

BE ME

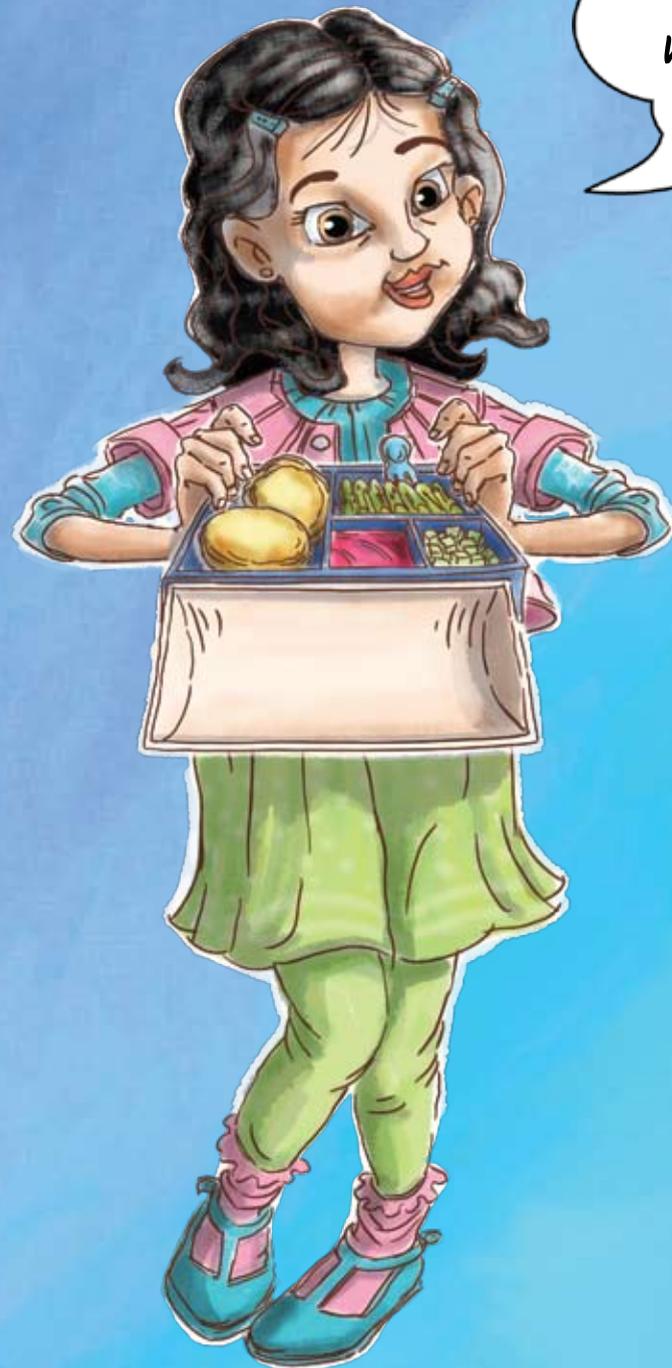
**Miriam
Laundry**

pictures by Jenniffer Julich

*"This book teaches us to celebrate
our uniqueness and diversity.
A must have for all children!"*

**DR. KEVIN
LEMAN**

New York Times Bestselling Author of
Have a New Kid by Friday
and
The Birth Order Book



“Oh, yeah!
Mom packed
me pupusas!*

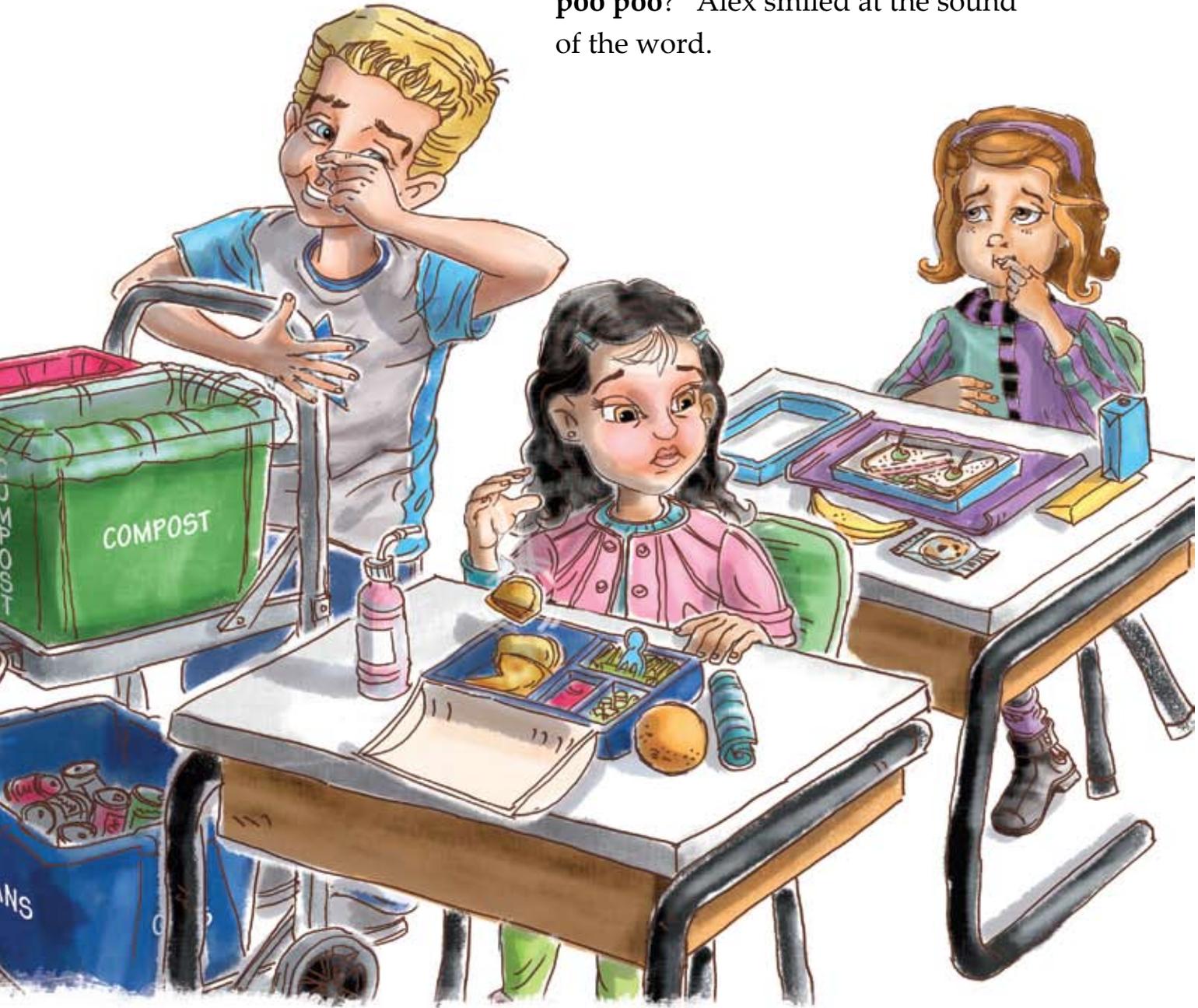
*Pupusas (pronounced poo-
POO-sa) are made of a thick,
corn tortilla filled with cheese
and meat.



“EWW, what is *that*?” asked Alex, pointing at Maria’s food.
“It’s...um...my pupusa,” answered Maria quietly.

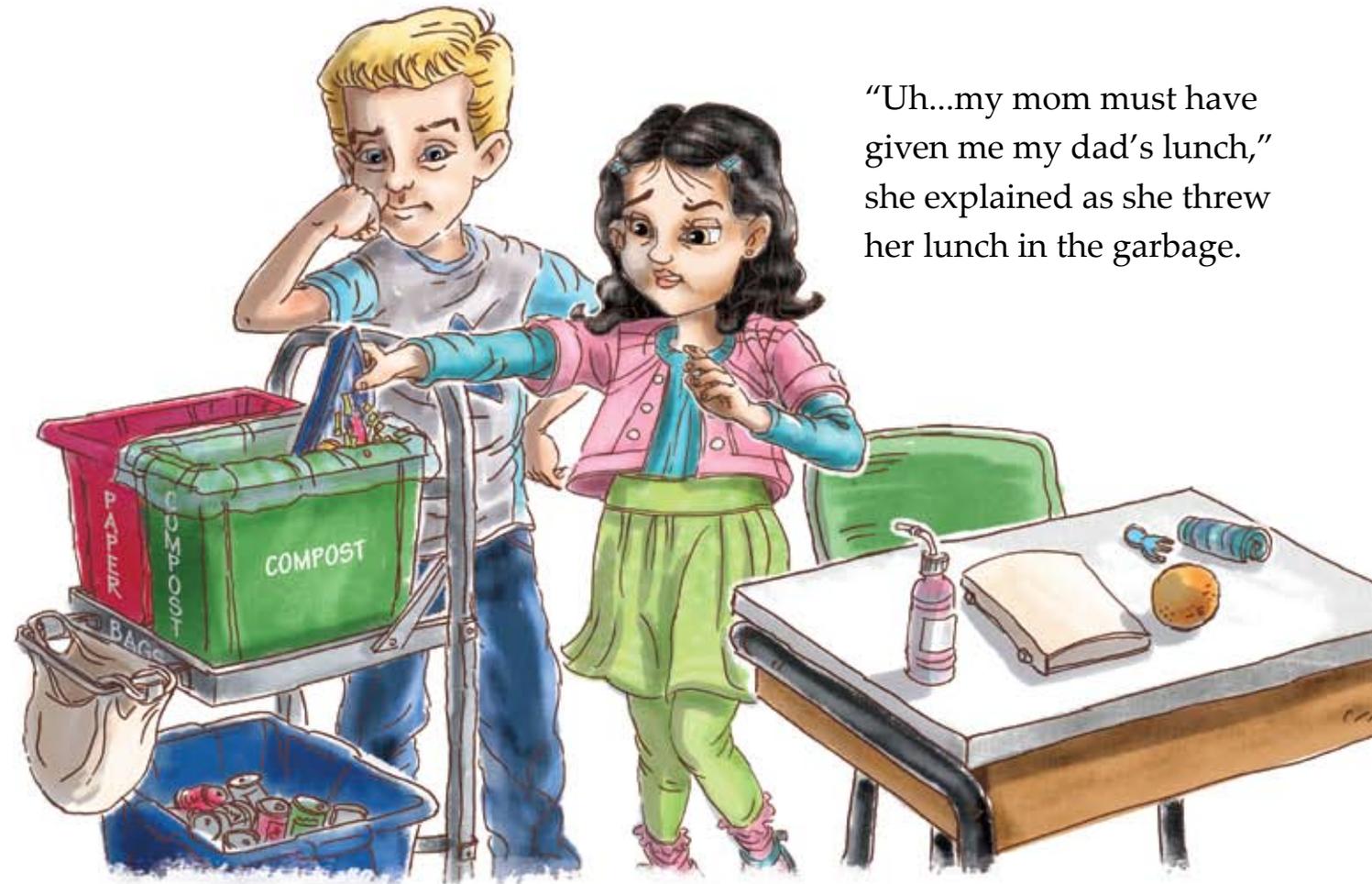
(poo-POO-sa)

“Did you say *poo poo*? You’re eating **poo poo**?” Alex smiled at the sound of the word.



“It’s pronounced *poo-POO-sa*,” said Maria, turning bright red.

“Uh...my mom must have given me my dad’s lunch,” she explained as she threw her lunch in the garbage.

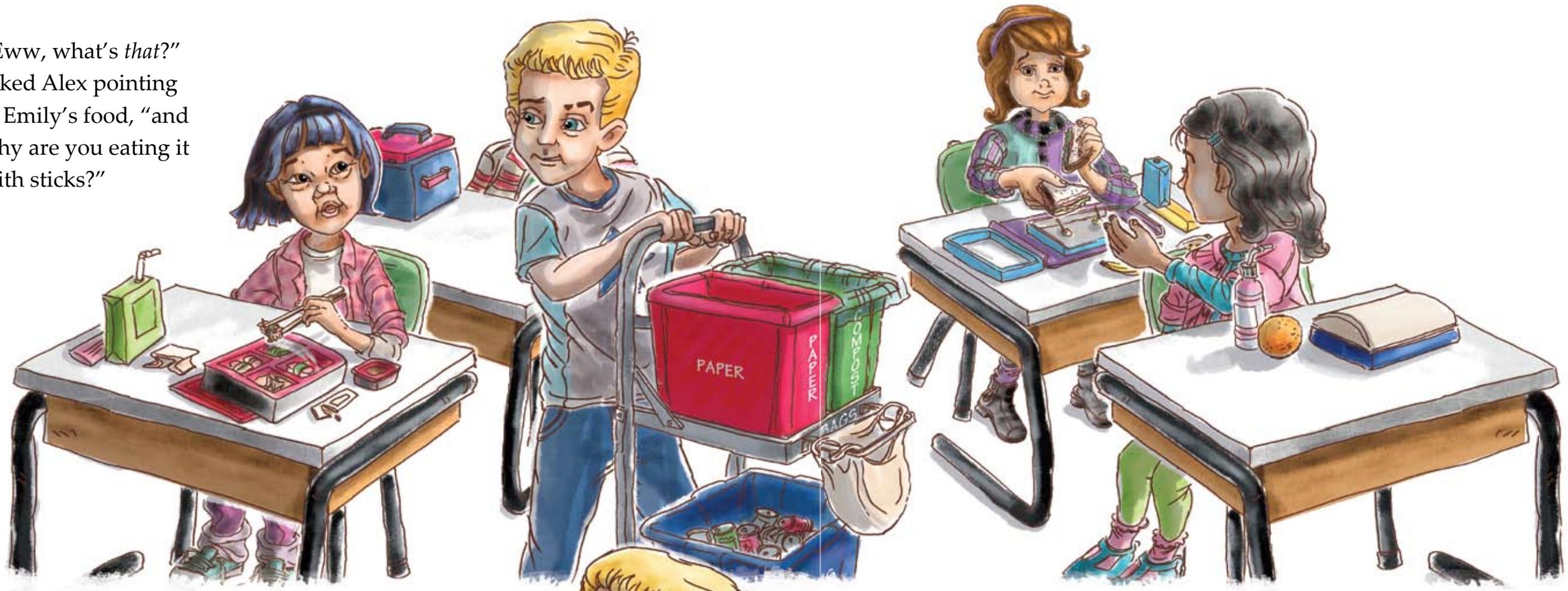


Maria listened to her stomach gurgle as she sat quietly, wishing she fit in. “Why do I have to be so different from everyone else?” she worried.

Maria heard Alex again.



“Eww, what’s *that*?” asked Alex pointing at Emily’s food, “and why are you eating it with sticks?”



“This is sushi. It’s Japanese food. It’s my favourite!” explained Emily. “And these are called chopsticks. They are fun to use. Do you want to try a piece?”

Alex nodded. He nibbled at first, then shoved the entire piece of sushi into his mouth. “Delicious!”

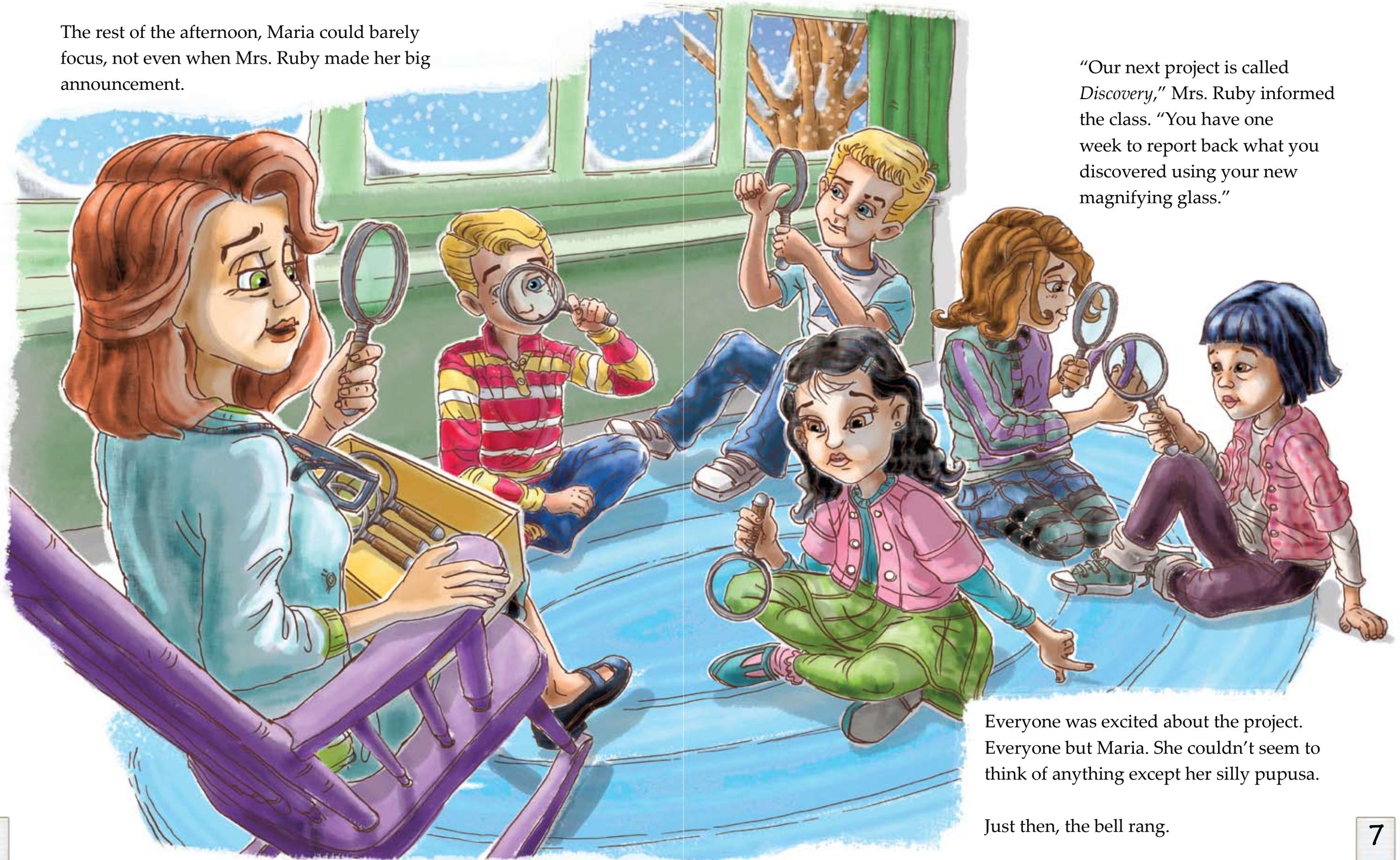


Maria couldn’t help but notice. “*Emily is different too. Her family is from Japan and she also eats different food.*”

Maria wondered why Alex’s comments didn’t seem to bother Emily.



The rest of the afternoon, Maria could barely focus, not even when Mrs. Ruby made her big announcement.



“Our next project is called *Discovery*,” Mrs. Ruby informed the class. “You have one week to report back what you discovered using your new magnifying glass.”

Everyone was excited about the project. Everyone but Maria. She couldn't seem to think of anything except her silly pupusa.

Just then, the bell rang.



Molly noticed Maria walking all alone.
“Hey Maria,” called Molly. “I made something for you today.”



Maria looked confused.
“What does that mean?”

“It’s easy – always **BE YOU**,” explained Molly before dashing off for home.”

Maria thought about the **BE YOU** card a lot that evening.



She thought about it during dance lessons...

...at dinner...



...until she fell asleep.

Thanks for reading the sneak peek!
Get the full version: www.laundrybooks.com/store

Maria just wants to be the same as everyone else. But, no! Coming from a different country, she looks different and eats different foods with different names, like “pupusa” (which Alex has fun procouncing: “Poo-POO-sa”). Embarrassed, Maria withdraws from her friends and struggles to even focus on her big assignment which is due in one week! All she can focus on is how different she is from everyone else. Yet, as the story unfolds, Maria discovers that she and all her classmates ARE the same in one surprising way: They are all uniquely different!

“I CAN Be Me” is a book that empowers children to be themselves regardless of what others think. It’s a book that shows us that we are all unique and that is what makes us perfect!



“I absolutely loved getting lost in this book. It took me right back to when I was a kid thinking of all of the feelings, emotions and stories that we begin to create at a young age. I wish I could have had Miriam’s books to let me know that happiness is found when we are able to be who we are...and be proud of it.”

Lori Harder

Fitness Expert, Lifestyle Entrepreneur and Motivational Speaker

“A wonderful story that helps promote multiculturalism, inclusion, and understanding that words can hurt one’s feelings. Loved the illustrations. This is a great book for all to read.”

Maria Quiban Whitesell

Co-Founder, QooL Media Studios and MommyLovesTech.com
Anchor/Meteorologist for Good Day LA & The FOX11 Morning News

“In a world where there is so much diversity, it is important for children to celebrate the qualities that make them different and unique. Not only does the book teach us about our differences, but characters learn about the power of our words. The lessons in this new book are valuable.”

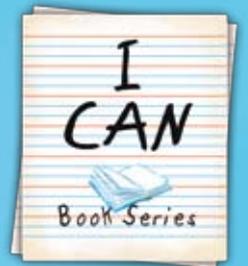
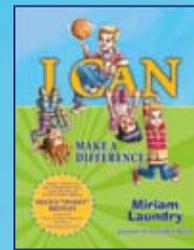
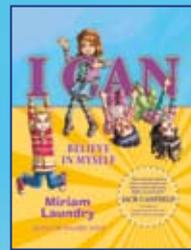
Maria Dismundy
Award-winning Author



Miriam Laundry is an Award-Winning, Bestselling Author, Speaker and Guinness World Record™ title holder. She writes books that empower children to make choices that promote confidence, happiness and responsibility.

Miriam’s books engage, educate and inspire children. She delivers powerful messages in a fun, creative way.

Miriam lives in St. Catharines, Ontario with her husband and four children.



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a fresh approach to life

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