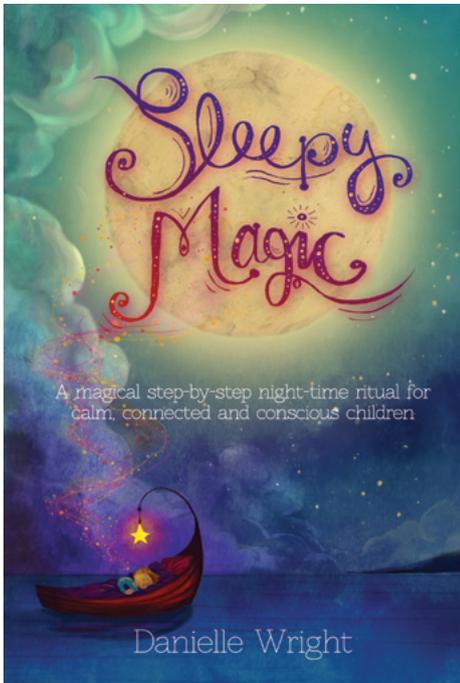


Sleepy Magic

A magical step-by-step night-time ritual for calm, connected and conscious children

Written by Danielle Wright



“Sleepy Magic is a twinkling little gem. It is a beautiful bonding night-time ritual for my daughters and me. The stories we make up together become more magical and more exciting every time we do it. But Sleepy Magic has given them much more than that; it has introduced them to their inner voice and the realisation that strength, gentleness and happiness comes from within. What an incredible gift to give to every little child.”

Mary, mother of three daughters aged 6, 7 and 9.

“To control 8 boys in one room for a sleepover with no movie or games is hard enough. To put them all to sleep at the same time is “magic”. What really impressed me was the deep sleep all the boys went into. Gold.”

Mark, father of one son, aged 9.

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Do you feel exhausted at the thought of the negotiations, the bribes, the threats and the tension all associated with trying to get your children to bed?

Do you want to become more connected with your children, strengthen your relationship and send them off to sleep calmly and peacefully?

Are you searching for a way to give your child(ren) a strong sense of well-being, confidence and self-worth?

And very importantly, do you want to reclaim your evenings?

Sleepy Magic can show you how

This beautiful hardback book is perfect for children aged between 3 and 10. *Sleepy Magic* is a simple step-by-step night-time sleep ritual that combines:

- ★ meditation,
- ★ affirmations,
- ★ imagination, and
- ★ an essential breathing technique.

It calms your child, creating a loving and safe place for connection. It teaches them that the richness of life radiates from the inside out.

Sleepy Magic will give you tools to help your kids become calm, connected and conscious children.

How did Sleepy Magic come about?

Meet Danielle Wright. Mother of 2 young boys.

In 2012 the pressure and guilt of juggling being a good mother, wife and business owner became too much. She left her hectic advertising business of 12 years because something shifted in her. She knew she wanted more, much more from her life. She realised she was the only one who could do something about it.

Through her own transformation, *Sleepy Magic* was born and her relationship with her sons began to deepen. It has become an integral part of her family life and she has joyfully witnessed the profound positive impact it has had on her children’s self-worth.

And now she wants to share her secret. It’s a kind of magic that anyone can create.



The book is available at www.daniellewright.com.au
For further information please contact Judy Jamieson-Green at
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Danielle Wright and the Room to Read Charity



"It's people like Danielle Wright who choose to support Room to Read with unique initiatives like Sleepy Magic that enable us to continue the vital work that we do - when you purchase this beautiful book you not only strengthen the relationship you have with your own children, but also strengthen the future for children throughout Asia and Africa as well."

John Wood - Founder of Room to Read

Room to Read is an incredible charity that works with underprivileged children in developing countries to give them access to quality education.

They focus on two areas where they believe they can have the greatest impact: literacy and gender equality in education. They work in collaboration with communities and local governments across Asia and Africa to develop literacy skills and a habit of reading among primary school children, and support girls to complete secondary school with the life skills they'll need to succeed in school and beyond.

This is a charity close to Danielle's heart and her dream is to raise \$37,000 to fund a new school in 2015.

How is she going to do this?

- ★ 10% of all proceeds from the book will go straight towards the school.
- ★ Danielle will be running events, workshops, fundraising drives, and a whole host of other activities, details of which will be updated on her website www.daniellewright.com.au

And she needs your help! Click [here](#) to find out how you, your kids and your community can be a part of **The Gold Light Project**, a fantastic fundraising drive to build your child's self-worth with a charitable heart.

In the meantime, if you or your children would like to get involved, you can:

- ★ Check out Room to Read at www.roomtoread.org (They've also got some super-handy resources for parents and teachers that are well worth checking out.)
- ★ Donate to the Sleepy Magic school. You can keep up to date with our progress over here at **Everyday Hero**, which is also the spot to directly donate your fundraising monies.
- ★ Run your own kickass lemonade stand! Or bake sale. Or car wash. Or anything, really! The idea is that parents, kids, schools and communities can all get involved and find a way to raise money that best suits them.

Get creative, get playful, just get involved!



Danielle and 9 year old Jess (a *Sleepy Magic* kid) at her lemonade stand at Beauty Point Public School. She raised \$334.37 for the Sleepy Magic Community School.

THE GOLD LIGHT PROJECT
embracing your true worth

"When you tap into the magic of your own true self-worth you have the power to make changes not only in yourself but also in the world around you - that's what our calm, connected and conscious kids can do too by harnessing the gift of Sleepy Magic."

Danielle Wright - Author of Sleepy Magic

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Media Images

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Please contact Judy Jamieson-Green at judy.jamiesongreen@gmail.com or 0426 989 227 for any hi-res images you require.