

PERFECT



a self-love adventure
Suzanne Wylde





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Written and illustrated by
Suzanne Wylde



for Emilia,

*Jumping in a puddle,
making a big splash!
Down for cuddlewuddles
and laughing in a flash.*



*You can try some of the
things in this book. When
you see this star, why not
join in?*



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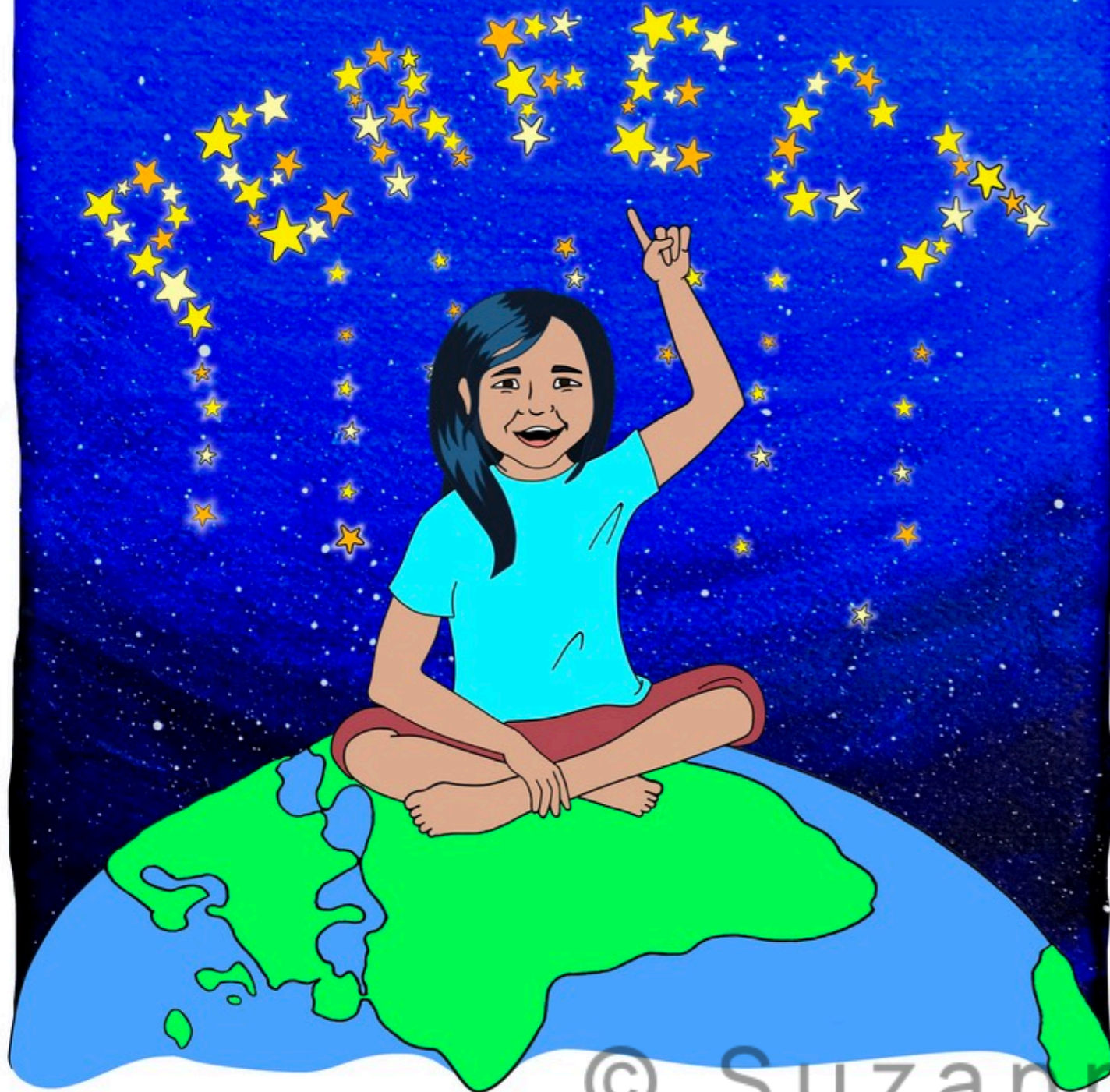
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www.suzannewylde.com



**In our great big world,
some things are always true.**

I am perfect
just the way I am
and you are perfect too.



I have a perfect body,
it can do all kinds of
things...





...like stretch

and dance...



or shwooping
on the
swings!

...superhero stance,

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Everybody's body's
different - special
in a perfect way.



I love my perfect body,
I tell it every day!

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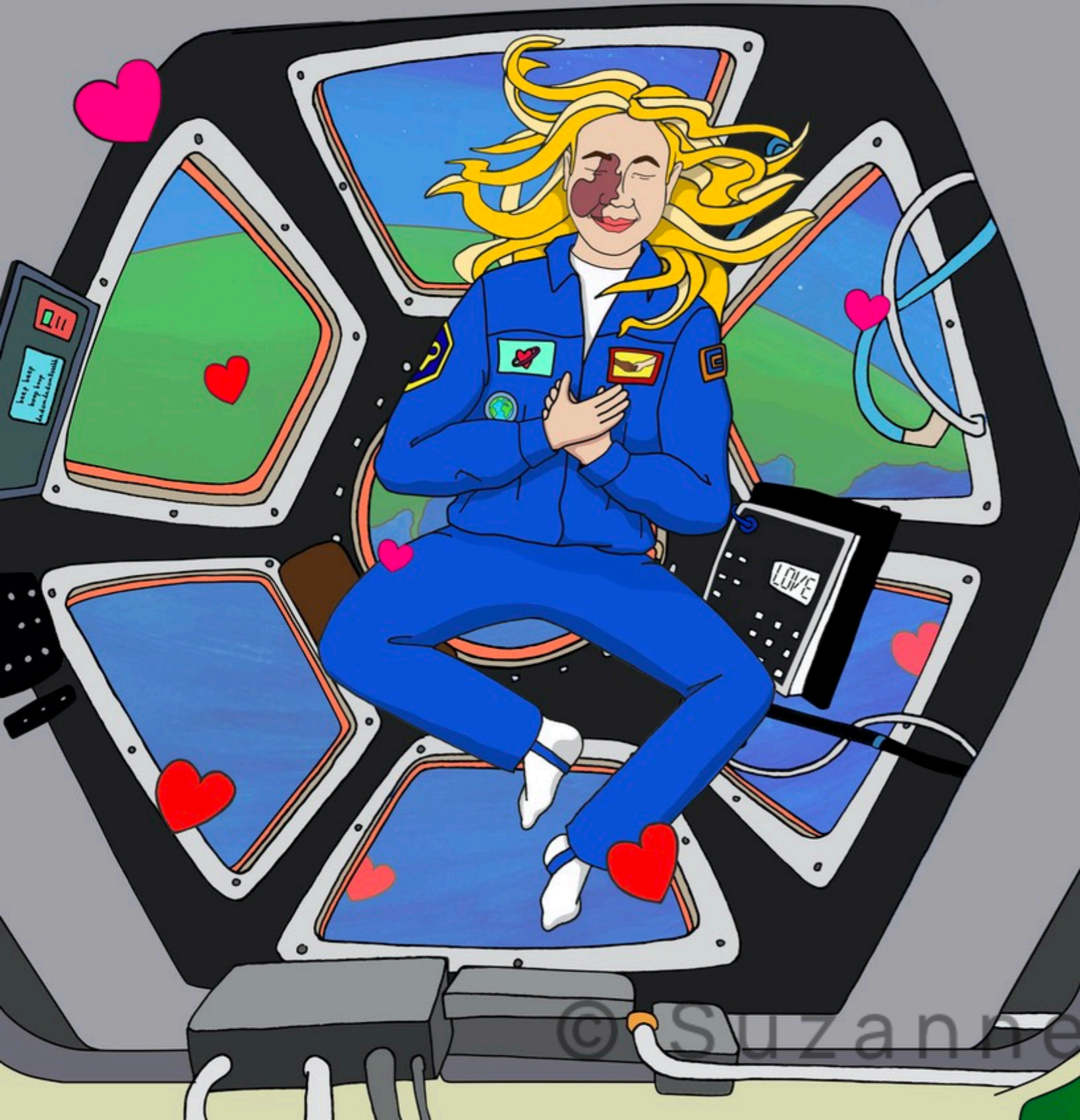


At home, in space,
in every place
and floating in between.

Love is all around us,
even if it can't be seen.

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I can breathe that love in, it makes me so calm and strong.



In every place and any space,




I'm full of love

and I belong.

Thank you for reading this preview copy of Perfect: A Self-Love Adventure. The release date is 7th July 2021.

Paperback copies will be available to buy with a retail discount from me directly (hello@suzannewylde.com) and hardback copies through IngramSpark.



"In our great big world,
some things are always true.
I am perfect just the way I am,
and you are perfect too!"

Join in as we explore self-love,
acceptance and resilience,
learning helpful exercises as
we go.