



FOR IMMEDIATE RELEASE
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RUBY AND LONELY

by Bestselling Author Patrice Karst
with pictures by Award-Winning Illustrator Kayla Harren

Praise for *Ruby and Lonely*

“RUBY AND LONELY is a gentle reminder to young readers everywhere that they are not alone in their feelings of loneliness. Patrice Karst once again delivers a tender, thoughtful guide for children on how to cope and manage emotions that can often feel overwhelming. I would recommend it to parents everywhere for helping kids work through big feelings.”

– Dana Wyss PhD, licensed marriage and family therapist, board certified art therapist, and co-author of *The Invisible String Workbook*

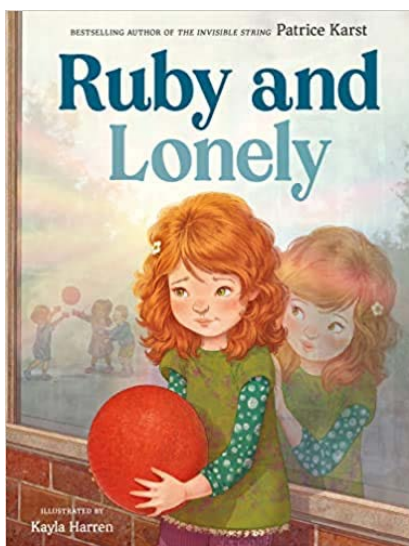
Praise for *The Invisible String*

“Moms of toddlers will really need the Kleenex with *The Invisible String*—all about the string of love that connects mama to her babies for, well, forever.”

– *Parents Magazine*

“This book is a beautiful way...to instill in children the impenetrable power of the heart.”

– NPR



From the bestselling author of *The Invisible String*, **Patrice Karst**, and illustrated by award-winning artist **Kayla Harren**, comes **RUBY AND LONELY** (on-sale September 12, 2023; Two Lions; \$17.99)—a timely and powerful story about a little girl who has a big problem with feeling lonely.

Patrice Karst burst onto the scene in the early 2000’s with her picture book phenomenon, *The Invisible String*, which was first published by a small press and has gone on to sell more than a million copies and has been translated into fifteen languages. She has since published the companion titles, *The Invisible Leash*, *The Invisible Web*, *You Are Never Alone: An Invisible String Lullaby*, and most recently, *The Invisible String Backpack*.

The Invisible String series has had a profound and lasting impact on readers everywhere, instilling the comforting message that there is an unbreakable connection between loved ones despite distance and loss. With **RUBY AND LONELY**, Karst delivers another message of equal importance to children:

that loneliness is something that *everyone* feels, and one way of managing this feeling of isolation is through connection with your inner self.



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“I wanted to write this book for children because at the very core in each of us is the ultimate reality that we are alone. Surrounded at times perhaps by others, but still, at the end of the day, alone,” Karst says. “Compassion for one’s own ‘sad and lonely bits’ means that we will also learn compassion for others. Integration and wholeness are the core of this story. To look at one’s own reflection and take care of the person looking back which is the key step in the journey of awareness and connection. Loneliness just IS. And the sooner that we can learn to love the quiet of our own company, the better.”

With charming and timeless illustrations by award-winning illustrator, **Kayla Harren** (*Calvin, Thursday*) **RUBY AND LONELY** equips young readers and caregivers with a simple approach to coping with loneliness that children can easily understand and embrace. During today’s uncertain times, especially for children emerging from a closed pandemic world, **RUBY AND LONELY** delivers a compelling message that will inspire honest and important conversations amongst loved ones about universality of loneliness.

ABOUT THE BOOK

Ruby’s got a problem. At school and at home, everyone is so busy all the time, and no one seems to notice her at all. Ruby finds herself feeling kind of...lonely. It’s a big problem! But one day, while walking home alone after school, she decides to look at her problem from a new angle. She even gives it a name—Lonely—a seemingly small but significant decision that transforms her problem, and entire life, in the most surprising and extraordinary way. Join Ruby as she discovers her inner best friend in this relatable and heartwarming story. A note from the author and discussion questions are included.

ABOUT THE CREATORS



Patrice Karst is the bestselling author of *The Invisible String*, which has sold more than a million copies and been translated into fifteen languages, and its companion titles, *The Invisible Leash*, *The Invisible Web*, *You Are Never Alone: An Invisible String Lullaby*, and most recently, *The Invisible String Backpack*. She is also the coauthor of *The Invisible String Workbook* with Dr. Dana Wyss. She also wrote *The Smile that Went Around the World*. Patrice is passionate about spreading her message of love across the planet. Born in London, England, she now lives in Southern California. Learn more at www.patricekarst.com.

Kayla Harren is an award-winning illustrator of children’s books, including *A Boy Like You*, written by Frank Murphy, and *The Boy Who Grew a Forest*, written by Sophia Gholz, among other titles. She recently illustrated *Thursday*, by Ann Bonwill, which *Midwest Book Review* called “an impressively presented picture book of healing and hope for young children.” Her work has been featured in the Society of Illustrators, American Illustration, *Communication Arts*, and *3x3 Magazine*, and she won the *Highlights for Children* Pewter Plate Award. She lives in Minnesota. Learn more at www.kaylaharren.com.



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