



SFK PUBLISHING PRESENTS

# L.B.

## Discovering The Inner Light

Written by Michal Berg  
Illustrated by Margarita Sada



# SFK.ORG

**Los Angeles, CA** - In a world filled with noise and uncertainty, **L.B. Discovering the Inner Light** offers children - and the adults who love them, a simple yet powerful reminder: the answers we seek are already within.

Written by **Michal Berg**, President of Spirituality for Kids International, this beautifully illustrated picture book follows the journey of L.B., a small lightning bug with big questions. Through storms, setbacks, and moments of self-doubt, L.B. learns to pause, breathe, and connect with the Light inside - a source of courage, calm, and clarity.

***“L.B. was born from my desire to help children listen inward and trust their inner wisdom,” says Michal. “When kids learn that they already have what they need inside them, it changes how they face the world.”***

Already earning praise from educators, parents, and reviewers alike, L.B. Discovering the Inner Light has been recognized by Readers' Favorite with a 5-star review, calling it “an inspiring tale that encourages children to embrace their true selves and discover their inner strength.”

More than just a story, each copy includes a special QR code unlocking bonus activities, journaling prompts, and emotional tools designed to bring the lessons off the page and into everyday life. Perfect for home, school, or therapeutic settings, L.B. aligns with key Social Emotional Learning (SEL) principles and encourages mindfulness, resilience, and self-compassion.

Available now on Amazon:  
<https://www.amazon.com/dp/B0F41J4T8C>

For interviews, review copies, or to feature L.B. in your publication, please contact:



Media Contact:  
Michal Berg  
Email: [michal.berg@sfk.org](mailto:michal.berg@sfk.org)  
Website: [www.sfk.org/books/](http://www.sfk.org/books/)

