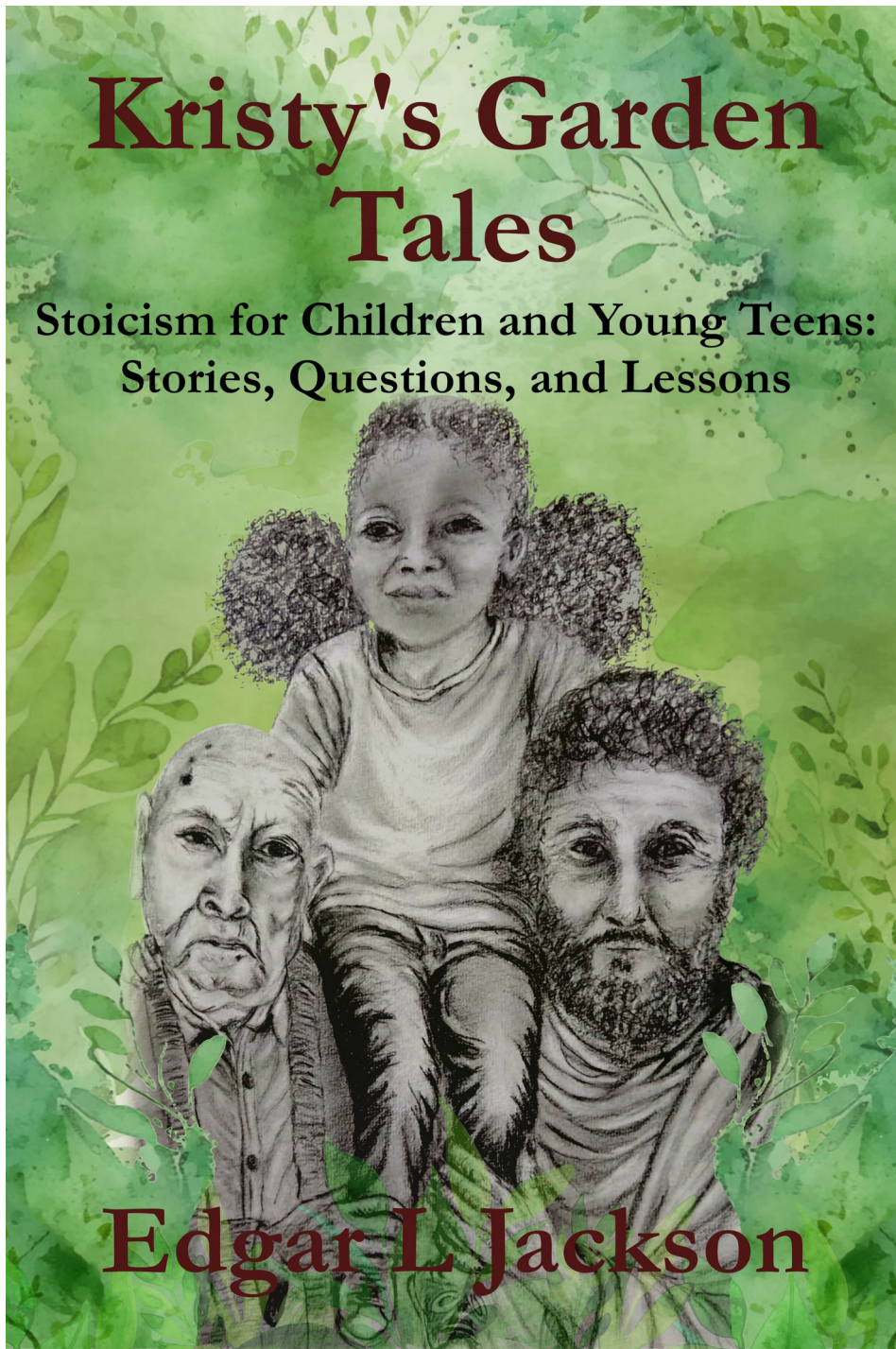


Kristy's Garden Tales – Press Pack

- **Book Title:** *Kristy's Garden Tales – Stoicism for Children and Young Teens: Stories, Questions, and Lessons*
- **Author:** Edgar L Jackson
- **Language:** English (US/UK neutral, spelling differences avoided); French/Français (translated by Chloé Joyeux)



FOR IMMEDIATE RELEASE

New Children's Book Brings Ancient Stoic Wisdom to Young Readers

October 2025

Kristy's Garden Tales: Stoicism for Children and Young Teens: An introduction to Stoic ideas through five short stories drawn from real-life situations. Children and young teens can enjoy a tale while discovering how to face life's challenges. The book includes lessons that consist of questions and exercises. With these they can learn to respond calmly, thoughtfully and with an awareness of others

Author Edgar L Jackson, a writer of historical fiction and a leadership team member of The Stoic Fellowship, has crafted tales that blend adventure with philosophy.

Illustrated by Sue Doodlebee. Her detailed pencil drawings capture both realism and imagination that bring Kristy's world alive.

"Stoicism is not about opinions, but about how we live and choose," says Jackson. "Children need these tools now more than ever – to pause, to reflect, and to grow in confidence and compassion."

Kristy's Garden Tales will be available in October 2025. (Paperback and hardback editions)

For review copies, interviews, or more information.

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Short Synopsis

Kristy's Garden Tales introduces Stoic philosophy to children through five fun stories. Each tale follows Kristy and her friends as they face everyday challenges. The garden tales explore many things from loss, quarrels, choices to friendship. With guidance from her Granddad's wisdom and the lessons of the garden, Kristy learns. Discovering how to pause and reflect. But most importantly how to choose well. Each story is followed by a Lesson with discussion questions and exercises designed for ages 7–14. Beautifully illustrated by Sue Doodlebee, the book is both engaging and practical. It is hoped that it will help children discover that not everything is up to them yet they can always choose how they respond.

Sample Content (Extract)

From "*The Garden That Thinks*"

(Extract for review purposes only – not for reproduction)

In a garden so vast and unlike any other, stars hung from the highest branches. Jumping between the trees, a red squirrel carried little more than a nut between its teeth. There, right in the middle of the garden, Kristy sat. Legs crossed in the grass. Her copy of *Watership Down* beside her. From its well-worn cover, Hazel and Fiver stared up at her. The book, no longer the pristine copy Granddad had given to her last spring.

With a small grasshopper bounding from the floor and landing on her knee, Kristy spoke.

"This garden is alive," she said under her breath, not expecting a reply.

The insect didn't respond, but the air still felt full of something. Not just life, but an awareness. Granddad had once told her that the garden could think. That it could plan. That this was called the Logos. The Logos, he had said, was not a god sitting above the clouds. It was the reason behind

everything. It stirred the rivers and lifted the sun. It guided the bees to flowers and told the trees when to let go of their leaves.

Note: Each story in Kristy's Garden Tales is followed by a "Lesson in a Nutshell," questions, and exercises to guide children and parents. These are not included in this extract.

Author Bio:

Edgar L Jackson now lives a life connected to the land. This was not always his path. In his mid-thirties, seeing the world as broken, he left city life and moved to rural France. With his children grown up, he enjoys gardening and caring for his animals.

Writing is his joy. It is shaped by his interest in history and Stoicism. Stoicism became his guiding influence and is often expressed in his writing. Edgar is part of the leadership team of The Stoic Fellowship, a global organization dedicated to connecting Stoics. He is also a member of Stoa Gallica in France.



The illustrator:

Sue Doodlebee is the illustrator behind the pencil drawings in *Kristy's Garden Tales*. She is inspired by countryside walks, capturing animals, buildings, and nature's details with warmth and realism. Her whimsical yet grounded style provides the perfect companion to Kristy's world.

Sue can be contacted at Sue@doodlebee.art

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Other Information:

Publication Date: October 2025

- ISBNs: Paper Back - 979-8266777729 Hard Cover - 979-8266816572
- Formats: Paper Back, Hardcover

- Retail Prices: 14.99 USD
- Where to Buy: **Amazon, author's site**
- Support page: <https://edgarljackson.com/kristy>

Additional resources:

- Stoa Gallica: <https://stoagallica.fr>
- The Stoic Fellowship: <https://www.stoicfellowship.com>
- The Stoic Mom (Meredith Alexander Kunz): <https://thestoicmom.substack.com>
- Author's other writings: <https://therationalcosmos.substack.com>