



# JOY & THE BUTTERFLY

THE MAGICAL GARDEN

SUSAN SMITH JONES, PHD  
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# Joy & the Butterfly

## The Magical Garden

Storyline by  
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Lee Fredrickson, PhD

I declare, after all, there is no enjoyment  
like reading! How much sooner one tires  
of anything than of a book! When I have  
a house of my own, I shall be miserable if  
I do not have an excellent library.

**~Jane Austen**

Published by  
21<sup>st</sup> Century Press

# Joy & the Butterfly

## The Magical Garden



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Published by 21st Century Press  
Springfield, MO 65807

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21st Century Press  
2131 W. Republic Rd, MB 211  
Springfield MO 65807  
[www.21stCenturyPress.com](http://www.21stCenturyPress.com)  
[lee@21stcenturypress.com](mailto:lee@21stcenturypress.com)

ISBN: TP 978-1-951774-49-3

ISBN: TH 978-1-951774-50-9

ISBN: eBook 978-1-951774-51-6

Editors: Lee Fredrickson and Carol Killman Rosenberg

Illustrations: Lee Fredrickson

Visit our website at: [www.JoyAndTheButterfly.com](http://www.JoyAndTheButterfly.com)

Printed in the United States of America

 21<sup>st</sup>CENTURY  
P R E S S  
READING YOU LOUD AND CLEAR











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No one can make you feel inferior without your consent.

~**Eleanor Roosevelt**

You can find magic wherever you look.  
Sit back and relax, all you need is a book!

~**Dr. Seuss**

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Reading is to the mind what exercise is to the body.

They both boost our self-esteem and make us  
healthier, happier, smarter, and more empowered.

~**Susan Smith Jones**

~**Lee Fredrickson**









## Introduction from Joy

**M**y name is Elizabeth Emelea Grace, but everyone calls me Joy unless my mom really wants to get my attention. They call me Joy because Angela June, my mom, and Matthew Thomas, my dad, say that's what I bring to them. Most people call my mom June and my dad Matt. I am ten years old. I have a twin brother whose name is Blaze. My parents also adopted three foster kids. Last year, my parents, five siblings, and I moved from the busy, noisy city to Eden Valley Acres, a farm in the country in a quaint town called Eden Valley. The motto here is "Where Enthusiasm, Joy & Butterflies Take Flight." I didn't have any pets in the city because we didn't have a yard for them to play in.

At first, I missed city life, but now I think it is more fun to live on a farm with lots of animals. On the farm, I have a horse named Champ—he's a pale golden color horse called a palomino and has a beautiful white mane and tail and a white heart-shaped design on his forehead. I also have two rescue puppies—a beagle puppy named Sunny, a tan Labrador Retriever puppy named Swifty, and a gray rescue kitten named Juniper, who has one blue eye and one green eye. They all love hanging out with me in my bedroom—except for Champ, who can't fit. My upstairs bedroom in our farmhouse is decorated with cutouts of butterflies, hummingbirds, cardinals, an owl, a starfish, dragonflies, and ladybugs. Sometimes, it's a little messier than Mom would like, but I'm working on that!









## CHAPTER 1

# The Magical Garden

**I**t was all about creepy crawlies! That was the day's lesson on a beautiful morning in May. Miss Emelea Grace was teaching her class about all kinds of small creatures. Each student drew a folded piece of paper from a bowl to find out which little creature they would study that week. They would present an oral report the following week.

Joy's best friend, Summer, picked a paper that read SPIDERS. Her cousin Mikey picked WORMS. Summer felt relieved she hadn't gotten that one.

Joy was last to pick and got her favorite: CATERPILLAR ~BUTTERFLY. She needed to study how a caterpillar grows, forms a chrysalis, and transforms into a butterfly.

After class, Miss Grace suggested Joy find a caterpillar on her farm and bring it to class along with its host plant for the oral report.

"This is the best assignment!" Joy told her twin brother, Blaze, as they walked home. "You know how much I love butterflies! We rarely saw butterflies in the city." Joy had always dreamed about finding the most unique, colorful butterfly, though she never shared that dream with anyone—not even her twin.

Blaze had received the word LADYBUG, another one of Joy's favorites. "I wish I had gotten SPIDER," he said, kicking at the dirt. "This stinks!"

But Joy was too excited thinking about her project to try to make Blaze feel better about his insect.

The following Saturday, Joy went out riding Champ. She had a large basket on the saddle to hold Sunny, Swifty, and Juniper. The five friends enjoyed being together.



Joy was determined to find a caterpillar for her project. She had already spent time at the library learning about different types of butterflies and how they move and eat as caterpillars before forming their chrysalis.

After riding for fifteen minutes, they stopped by the brook to take a drink from Joy's canteen. Joy slid off Champ's back while Juniper stayed curled up in the basket. Meanwhile, Joy tossed a tennis ball—borrowed from Blaze—for Sunny and Swifty to chase.

As they played, the ball suddenly started rolling down the path toward the flowing water. Seeing it pick up speed, Joy dashed after it, hoping to grab it before it reached the brook and floated away.

As Joy ran, her sneaker almost landed on a fuzzy multicolored caterpillar! She jumped high in the air, twisting her body to avoid stepping on it. When she landed, she tripped over a log and hit her head on the ground. Her head hurt, she felt dizzy, and she passed out. A bruise started to rise on her forehead. Sunny and Swifty licked her face, and Champ stood over her to protect her from the afternoon sun.

While Joy's eyes were still closed, a gate appeared near the top of the path. A strong breeze burst out, followed by hundreds of butterflies, dragonflies, a hummingbird, a cardinal, a large owl, a unique ladybug with yellow dots, and sparkles of colors everywhere. Their flapping wings lifted her up and carried her through the gate into a magical garden. The owl instructed Champ and the others to follow them.

The winged creatures gently placed Joy onto a soft yellow quilt. The wise old owl and the bright red cardinal worked together, dipping small cloths into the sparkling clear healing seawater pond, which shimmered as if touched by magic.

Deep in the pond, a starfish stirred. With a quick flick of its tube feet, it sent gentle waves of healing water onto the cloths, filling them with its magic. As the owl and cardinal carefully cleaned the small cut on Joy's brow, the warm, enchanted water made her feel calm and safe, as if a soft light was wrapping around her.

When Joy's bruise had healed, the winged creatures beat their wings again, creating another strong breeze to gently lift Joy back outside. They set her down a few feet from where she had fallen. Her puppies and horse surrounded her again, licking her face.

Moments later, Joy opened her eyes fully, feeling much better! She smiled, remembering her amazing dream of being healed in a magical garden.

She retrieved the glass jar with holes in the lid she'd brought for a caterpillar. With Champ trotting beside her, she started down the path along the flowing brook, where she found the tennis ball wedged between two branches. She added it to the basket where Juniper lay curled up in a ball, unaware of everything that had happened.



As they walked, Joy could see their farmhouse in the distance. She could also see the small lake, which was more like a large pond, on their farmland, the animals in the pasture, and the red barn with white trim. She thought about the delicious dinner she would share with her parents and five siblings later. She always looked forward to family dinners. When they lived in the city, everyone had such busy schedules that they rarely ate together.

"We need to find a caterpillar," Joy told her furry friends. As she searched, she began singing "If You're Happy and You Know It" to her four buddies, giggling as she sang. Joy's younger siblings loved the song so much that it played constantly in her head. Besides, she *was* happy, and she *knew* it.

When Champ suddenly stopped and tapped the ground with his front hoof, Joy thought he was trying to clap to the song. But he wouldn't stop tapping. Then the dogs started barking and staring at a lush green bush with multicolored flowers and leaves. She had never seen a bush like it! On one of the leaves, to Joy's surprise, was the very same multicolored caterpillar she had almost stepped on. All her friends wagged their tails. She blew a kiss to the caterpillar, broke off the leafy twig it was resting on, and put it in the jar.





She studied the jar carefully. Although she had seen many photos of different types of caterpillars and butterflies, she had never seen one quite like this. She wondered what kind of butterfly it would become.

Joy couldn't wait to bring the caterpillar to school the next day. When she got home, her four younger siblings wrapped their arms around her waist in a group hug, and her parents gave her kisses. Blaze proudly showed her the ladybug he had found for his class project. Joy felt guilty that she hadn't paid more attention when he had complained about his insect assignment, but she was glad to see he had warmed up to it.

Joy decided not to tell anyone about her fall or the dream of being carried to and healed in the garden, especially since the

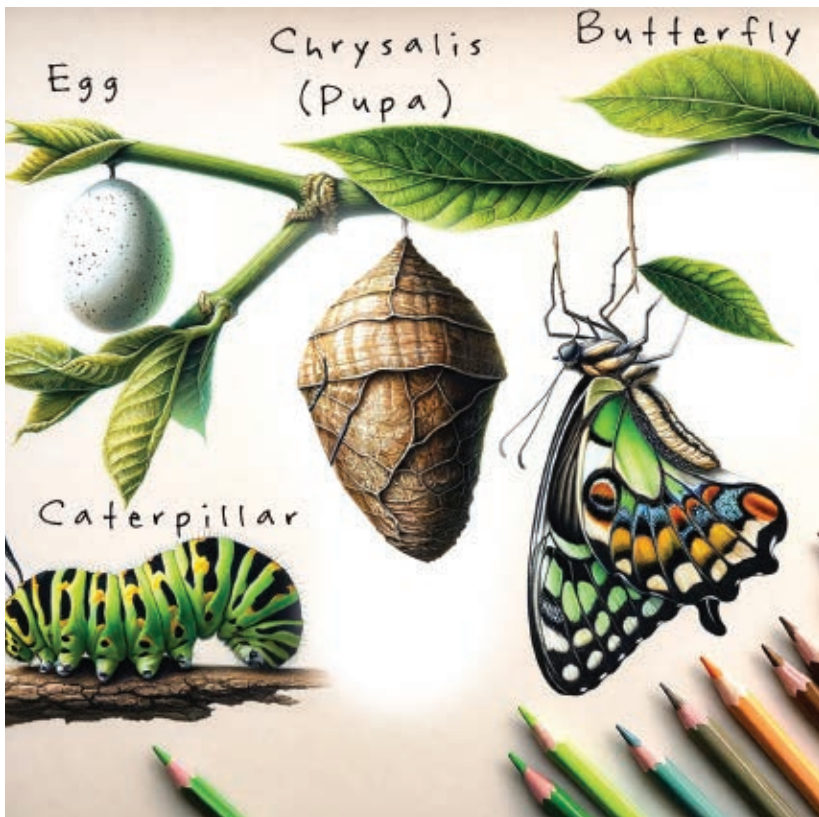
whole experience was starting to fade. She and Blaze practiced their oral reports for the family. Being artistic, Joy drew a series of pictures after supper showing the stages of a caterpillar's transformation into a butterfly for her report. The most challenging illustration showed the butterfly emerging halfway from its chrysalis, hanging from what she imagined the host plant would look like with all its leaves nibbled away.

The next morning, Joy carefully tucked her illustrations and report into her backpack and hurried off to school, cradling the caterpillar jar in her arms. She felt confident and well-prepared.

When Joy finished her presentation, her classmates applauded.

Miss Grace said, "Joy, that was an excellent lesson! You taught us so much about the unique process of a caterpillar's transformation into a butterfly."

Then Miss Grace reminded everyone to return their insects to the exact spots where they had found them. Joy knew how important it was to return the caterpillar to its host plant so it could eventually transform into a beautiful butterfly.





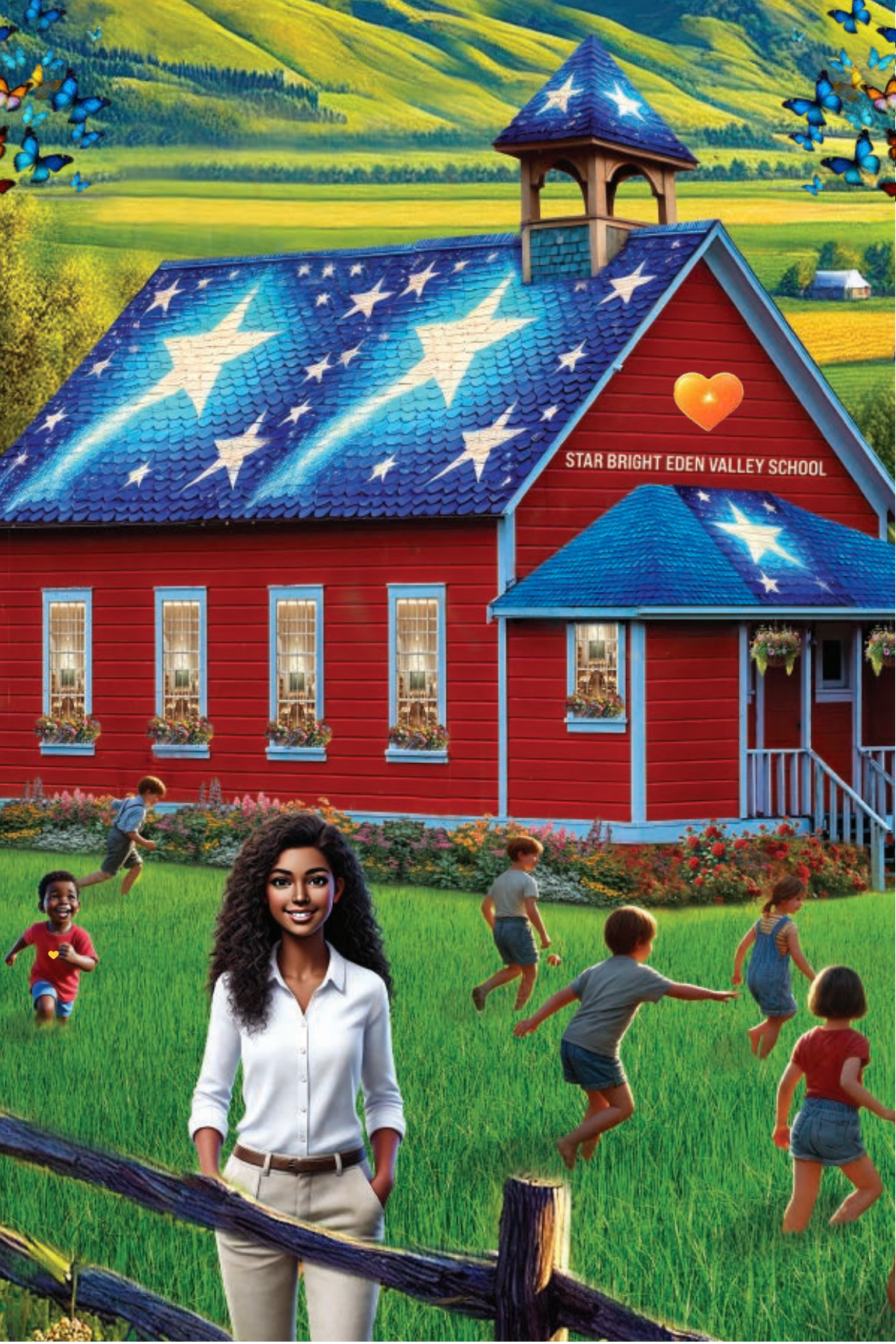
With Joy in the saddle and just Sunny running alongside (since Swifty and Juniper were napping), Champ walked around the pond so Joy could show the caterpillar her farmland. She lifted the jar so the caterpillar could see all the animals on their farm: the fruit trees, the vegetable garden, the flowers, and the flowing brook.

Then they crossed the bridge over the water to the path leading back to where she had found the caterpillar. When they reached the caterpillar's home, Joy gently placed it back on the bush, which would continue to provide its food. She knew the caterpillar would form its chrysalis before emerging as a butterfly in ten to fourteen days.

Both Joy and Sunny blew the caterpillar farewell kisses, and Joy said she hoped to see her as a magnificent butterfly soon. Then Sunny and Joy played fetch with the tennis ball before taking a break to sit by the brook, sharing the carrots, celery, and apples that Joy had brought in her basket. Champ especially enjoyed the carrots and apples.

Joy smiled, reflecting on her wonderful day. She knew that things didn't always go as planned, but when they did, what a blessing it was!





STAR BRIGHT EDEN VALLEY SCHOOL





## CHAPTER 3

### Paying It Forward

With Violet in her thoughts, Joy went to school the next day and discovered the lesson was about friendship and being grateful for friends. Miss Emelea Grace taught the class about the importance of making and keeping friends and showing appreciation for them. She taught the students how to support and encourage each other with respect and kindness. It was an inspiring lesson, and the class learned a lot.

Then, she introduced a concept Joy had never heard before. Miss Grace called it “Paying It Forward.” As she explained, “Paying it forward means doing a good deed for someone else without expecting anything in return, simply because someone else has done something nice for you.”

That makes sense, Joy thought. I always try to be nice to my family and classmates, but I don’t do it just because I want them to be nice back to me. Of course, it’s always nice when they are!

Miss Grace then gave the class an assignment due by week’s end. She asked each student to think of a gift they could make at home, either by themselves or with family help, for their classmates. There were twenty-one students in the class, including Joy, so she needed to create something that twenty people would appreciate. She considered making cookies or muffins, but she had done that before. Since Blaze was in her class, Joy thought they could work together to make something special for their classmates and Miss Grace.









## CHAPTER 4

# The Blessings of Ordinary Days

On Sundays, Joy's family went to church and then shared a delicious brunch as they sat around their table together. Before one such brunch, not long after Joy had met Violet, Joy led Swiftly, Sunny, and Juniper to the pasture to give Champ two carrots and two apples, a treat he always enjoyed.

As Joy ran to the pasture, one of their baby goats and his rabbit bestie ran across her path, tripping her, and she fell down. She wasn't hurt, but she saw that Violet was already fluttering overhead, checking to make sure she was okay.

"I feel fine, Violet, and I'm happy to see you. It's been a few days since our last visit!"

Violet asked Joy if she wanted to visit the magical garden that afternoon. All of Violet's friends wanted to visit Joy. Joy could hardly wait to see them all again after the family brunch.

"And don't forget, Joy," Violet reminded her, "Champ, Sunny, Swiftly, and Juniper are all welcome!"



At the family brunch, Blaze sat at Joy's right side, two-year-old Emma sat on her left, and three-year-old Scout, six-year-old Sage, and eight-year-old Bella, sat across from them. Scout, Sage, and Bella had become part of their family when they'd lived in the city. It had been tough at first getting used to three more siblings in their small apartment. Joy thought maybe that was why Mom and Dad had decided to move to their big farmhouse. Joy came to love having three more siblings and all the extra hugs she got from them.







## CHAPTER 5

### Meeting New Magical Friends

As she finished the tune on the piano, Joy declared. “This is a magical miracle! “Does this mean I can hear you talk?” Joy exclaimed to her pets.

“Sweet Joy, magic and miracles are everywhere in nature. They are just waiting for you to see them and listen,” said Violet.

“And hear them!” Juniper chimed in her tiny kitten voice.

“It sure does!” Champ whinnied.

All of Violet’s garden buddies stepped forward one by one to introduce themselves. First, there was Fritz, the owl, who usually stayed up all night and slept during the day—and sometimes slept upside down. But he warned Joy not to keep his routine; following an owl’s sleep schedule would make her very grouchy, he explained.

Next, Twinkles, the hummingbird, introduced herself. “Hello, Joy and friends! I’ve visited you many times around your farm, especially the gardens and fruit trees. Sometimes I bring my other bird friends with me, but I don’t think you noticed me. Keep an eye out for me because I’ll come visit you more often. Sometimes, I’ll flutter right by your ears when you’re outside playing, and you will hear my wings fluttering. I can even hover in place and fly backward. How cool is that? Watch for me on your farm.”







## Chapter 6

### Violet's Surprise

During the week, Joy's new garden friends visited her frequently—while she was doing chores, while she stood on the bridge over the creek watching the fish and the waterbirds, in town, and also in her bedroom. They even entered her bedroom through the open window and visited with Joy's pets while she was away.

The weekend arrived, and Joy was eager to take Champ, Sunny, Swiftly, and Juniper to the magical garden to find out about Violet's surprise and to tell them how she'd inspired Blaze to keep his room tidy, too! Violet and Blossom met the crew at the garden's gate, and once inside, they all sat down on the yellow quilt.

Violet said to Joy, "How was your week? Have you been counting your blessings?"

Joy admitted that sometimes she got so busy rushing around with chores, helping her parents, doing homework, and visiting with friends that she forgot to count her blessings. She wanted Violet's advice on how to remember to do so.



Violet told Joy she'd give her a gift to help her remember counting blessings. "What do you love about going into town and walking down Main Street with your family?" she asked.

Joy had been thinking about this same question riding Champ, but then Violet had said she could hear Joy's thoughts. That morning, Joy and her family had tended their booth at the Main Street farmers market and had sold out of all their delicious and fragrant homemade goodies.

## LET'S BE BRAVE!

strong when she made up her mind to be brave.

A week later, Joy invited her classmates to her farm to paint the family's animals. They had just finished building the treehouse and were so proud of what they had built together. The students sat on the grass to sketch. The family provided snacks of fresh fruits and veggies, and then they all played together in the new treehouse. What a blast they all had. The students loved Joy's four pets and all the other farm animals, too.









## CHAPTER 17

### A New Home for the Children

**A**t bedtime, Joy thought, I'll be counting loads and loads of blessings for my happy day.



That evening, Blaze and Joy visited in his neat and tidy bedroom this time, sharing what they'd learned from their butterfly angels. Her three pets curled up around them. Blaze had seen them all flying over the farm, and he really wished he could have joined them.

As Blaze and Joy laughed and talked about how fantastic the day had been, Violet and Len flew into his open bedroom window to visit.

"For now, Len and I have one more idea," Violet shared. "Since you both want to learn how to trail jump with your horses and are ten years old now and expert riders, let's start your lessons. Uncle DJ can teach you both how to jump. He's a terrific instructor!"



The next day, Blaze rode Lightning, and Joy rode Champ into town. They visited Uncle DJ and asked if they could start jumping lessons. Turns out, he was just waiting for them to ask!

They started their lessons that afternoon. In the pasture, they all laid out some props to begin practicing. They had some







## Afterword from Joy

Dear Friend,

I hope you enjoyed this book about my extraordinary friendship with the enchanting Violet and all the many delightful adventures I had with this butterfly, my brothers and sisters, my parents, my extended family and pets, and all of my other magical friends, who richly blessed my life and taught me countless important life lessons.

Remember what I told you in my introduction to this book? When you tell your friends about my relationship with the butterfly, you must keep what happens to Violet near the end a secret. You can talk about it with your friends who have already read the book and know about this special secret, but for anyone who hasn't read it yet, let them uncover the truth on their own.

Stay tuned! My next book will include many more exciting experiences with my best friend Violet and me.

Have you ever met a talking sunflower or stepped into a garden where vegetables can dance, sing, and share their secrets? Well, get ready—because in *Joy & the Butterfly: The Magical Vegetable Garden*, I discover a hidden world filled with wonder, wisdom, and a little bit of spice, thanks to Peppy Pepper! There's magic in every seed, and I can't wait for you to explore it with me. Let's uncover the power of nature, kindness, a golden bean, and other veggies that hold special secrets! Are you ready for an adventure with Violet and me?"

♥ *Joy & the Butterfly: The Magical Vegetable Garden*

♥ *Joy & the Butterfly: The Magical Fruit Garden*

♥ *Joy & the Butterfly: The Magic of Exercise*

With love from my heart,

Joy

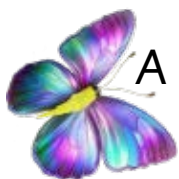


JOY & THE BUTTERFLY

I think it's the books that you read when you're  
young that live with you forever.

~J. K. Rowling





## A Note for Adults

Make it a rule to never give a child a book  
you would not read yourself.

~George Bernard Shaw

## 100+ Fun Study Questions & Inquiries for Adults & Everyone

**T**his book is a timeless, magical story about Joy and her butterfly friend who helps guide her through life's challenges and opportunities. Joy's adventures highlight the importance of healthy family interactions, sharing feelings, spending time in nature, being kind to others, focusing on gratitude, overcoming fears, and living by the Golden Rule.

The captivating storylines in this book can be as unique and meaningful to read for you as it is for the child in your life. The life of any reader who takes this journey with Joy will be forever enriched. Children should actively participate in reading to get the most out of this experience. As you read to or along with them, you can spark the child's natural eagerness to learn by asking questions about the illustrations and the adventures. This helps them increase their knowledge, develop essential skills, and achieve a series of successes, which promotes healthy self-esteem and a positive attitude about learning.

With the right questions, you can help build the child's math and reading readiness skills, ability to recognize shapes and colors, powers of observation, and vocabulary while increasing their knowledge and appreciation of nature, family, love, kindness, butterflies, vitality, and more. The illustrations provide the opportunity to formulate questions to nurture these important skills:



**Questions like**, “What do you see on this page that starts with the letter ‘S’?” facilitate reading readiness. These could be located in the text for your younger kids and in the form of objects for the older kids (for example, the sun, sunflowers, saddle, Sunny, Swifty, and smile).

**Questions like**, “How many swans do you see in the pond?” and, “How many butterflies or ladybugs do you see on the flowers?” facilitate math readiness. Questions like “What is yellow or blue on this page?” or “What color is the tractor or the puppy?” and “What do you see that is round, rectangular, or triangular?” provide practice for color and shape recognition.

**Questions should reflect the developmental level and age of each child.** The following are sample questions for many pages to help you engage children of all ages. You can print out these pages to help you in the reading process. Also, be sure to turn it around and let the child question you, too!

While reading skills vary, children ages seven and up can read independently or aloud to others, children ages five to seven can read alongside an adult, and children two to five can be read to. Those under three can look at the illustrations while the adult points out images of interest and tells snippets of the story. In other words, this book will work for the young ones who can’t read yet, for those children who are gifted at reading, and even for the young-at-heart — any adult who wants to be inspired by uplifting and very positive storylines. This book is for everyone. Enjoy!

And, as always, it surely helps to be enthusiastic when reading to children from the books’ pages. Try reading with different voices reflecting the different people and magical characters. If you are enthusiastic, the kids will be, too, and enjoy the storylines even more. Ralph Waldo Emerson once said, “Nothing great was ever achieved without enthusiasm.”

Okay, here we go. Find ways to add in your own questions and inquiries and make it fun!



1. **Page 4 — The Garden & Flowing Water:** Where is the Poppy, the cardinal, and what color is he? How many honeybees can you find? What shape is the orange Gerber Daisy on the bottom left of the page? Point to the heart. Can you find our dragonfly (Periwinkle)?
2. **Page 5 — Contents:** Point to all the words beginning with the letter “S” and count how many you found. What kind of butterfly do you see on the bottom left in the picture?
3. **Page 6 — Barn, Tractor & Pastures:** How many windows do you see on the barn? Are these windows shaped like a circle, triangle, or rectangle? What are the three colors you need in the flag of America? Point to all six of the chickens. What shape are the wheels of the tractor? Point to the heart. Do you see any flowing water on this page? What is the three-word name on the barn? How many letters are in the name, and what are these letters?
4. **Page 9 — Joy with Her Three Best Friends Forever (BFF):** What color are Juniper’s eyes (the kitten)? Where is the butterfly, Violet, perched on this page? Can you find a heart in the picture? Can you find a color that matches Joy’s pants in her bedroom? Point to the teddy bear? What name would you give Joy’s stuffed teddy bear if it were given to you?
5. **Page 10 — Joy at the Garden Gates:** Can you locate the heart in the picture? How many dragonflies can you find? What kind of bird is flying over to greet Joy? Do you know this bird’s name?
6. **Page 14 — Joy & the Caterpillar:** What is inside the glass jar? What will this insect turn into in about two weeks? Does Joy look sad or happy at what she is looking at in the jar? Point to the heart.
7. **Page 15 — Caterpillar into a Butterfly:** Can you name the four stages of the butterfly that you see on this page? Which two words begin with the letter “C,” and what is the word that starts with “E”?
8. **Page 16 — Joy Watering Plants:** What is the name of Joy’s horse in the picture? What is Joy doing? Does Joy look sad, scared, or happy? How many windows do you see on the barn? Are these windows in the shape of squares, circles, or rectangles? What colors do you see in the barn? Can you find the hearts on this page?



- 47. Page 133 — Joy Walking in the Veggie Garden:** How many pumpkins do you see in this picture? What month in the year and on what occasion do families often carve out pumpkins? Point to Violet and the heart on this page. Is the shape of the sunflower face a square, or is it round like a circle? Which one of all the pumpkins looks the heaviest to you and why?
- 48. Page 134 — Happy & Healthy Veggies:** Do the veggies look happy or sad? Point to the bell pepper, radish, mushrooms, carrot, and tomatoes. Find the heart on this page. Besides red, what are other colors for sweet bell peppers? What are some of the colors of the flowers on this page? What are your favorite veggies to eat?
- 49. Page 135 — Joy & More Veggies:** What is the name of the veggie that looks like a lion? Can you find the butterfly and heart on this page? Where is the green cabbage in this picture? What are the two colors in Joy's checkered dress? Point to the mushroom and the carrots. How many tomatoes can you find?
- 50. Page 136 — Joy & Her Friends:** Can you name all of Joy's friends in this picture? Point to the hearts.

**Special Bonus: Page 138 — Joy & Her Mom Reading:** Is it daytime or nighttime in this picture? What are they doing? Point to the heart on this page. What do you see on this page that starts with the letters B, W, H, and F?

Be careful. Don't think these little children are worth nothing. I tell you that they have angels in heaven who are always with my Father in heaven.

~Matthew 18:10  
(International Children's Bible)



## About the Author



**S**usan Smith Jones, PhD, has a Teaching Credential from UCLA (along with three other UCLA degrees where she also taught health and fitness to students, staff, and faculty for thirty years) and extensive experience teaching nutrition, fitness, and healthy living to children and adults around the world. For decades, Susan has been a renowned leader in

the fields of holistic health, fitness, optimum nutrition, and balanced living. She is in high demand worldwide as a wellness consultant and frequent talk show guest and was selected as one of ten “Healthy American Fitness Leaders” by the President’s Council on Physical Fitness & Sports.

Susan’s desire to encourage awareness of and appreciation for healthy living and fitness is expressed in a delightfully entertaining way in the *Joy & the Butterfly* series. Along with this *Joy & the Butterfly* book, you will be equally captivated by the additional trilogy series of children’s books entitled:

♥ *Joy & the Butterfly: The Magical Vegetable Garden*

♥ *Joy & the Butterfly: The Magical Fruit Garden*

♥ *Joy & the Butterfly: The Magic of Exercise*

When children get to know Joy and fall in love with her adventurous lifestyle in the *Joy & the Butterfly* series, they will also be eager to learn about what Joy likes to eat and her favorite ways to exercise because they will want to copy the things she likes to eat and do. What a special way to inspire and motivate all children worldwide to be healthy and fit.



As a prolific writer, Susan is also the author of many other health-related books, including the two celebrated companion books — *UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality* and *A HUG IN A MUG: Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras*, and faith-based *WIRED FOR HIGH-LEVEL WELLNESS*.

To learn more about Susan's inspiring, motivating, and empowering work, please visit: **www.SusanSmithJones.com**, and sign up for Susan's free, monthly Healthy Living Newsletters on her website and enjoy her salubrious tips by following her on X @SusanSmithJones.

Please also visit: **www.JoyAndTheButterfly.com** to learn more about all of the family and magical characters in this book. You'll be able to see photos of everyone and learn some more about their unique personalities, even things you haven't read about in these books. Additionally, you will be able to purchase a variety of items very special to Joy and Violet, including ...

- ♥ Blessing Bracelets
- ♥ Joy's Butterfly Blessing Necklaces
- ♥ And More!

All my life through, the new sights of  
nature made me rejoice like a child.

~Marie Curie

Study nature, love nature, stay close to  
nature. It will never fail you.

~Frank Lloyd Wright

The best remedy for those who are afraid,  
lonely, or unhappy is to go outside, somewhere  
where they can be quiet, along with the heavens,  
nature, and God. Because only then does one feel  
that all is as it should be.

~Anne Frank

## About the Illustrator



Lee Fredrickson, PhD, has been at the helm of his publishing house, 21st Century Press, for nearly 30 years. Over the last three decades, Lee has collaborated with hundreds of authors in his niche market, guiding them to excel in their craft and providing them with opportunities to publish their work—an invaluable advantage in an industry notoriously difficult to

break into. His lifelong passion is to help authors succeed in all aspects of their careers. Please visit: [www.21stcenturypress.com](http://www.21stcenturypress.com).

With extensive experience in publishing and design, Lee not only edits manuscripts but also brings them to life with his talent as a designer and skilled illustrator. His dynamic illustrations add depth and vibrancy to the works he helps shape.

Beyond publishing, Lee has a deep-rooted background in holistic health. His personal health journey began at the age of 17, and 53 years later, he continues his work as a wellness consultant. Nearly two decades ago, he first met with Susan Smith Jones, and recently, she approached him with a vision: To create a children's book series introducing young readers to a world where fantasy meets wisdom and to foster wellness.

The result is *Joy & the Butterfly*, the first book in a four-part series, where a special butterfly, acting as Joy's guardian angel, embarks on adventures that teach valuable life lessons. Through the magic of talking animals and insects, young readers will be introduced to a world filled with nature's wisdom, the joy of helping others, and the importance of personal growth.



# Joy & THE BUTTERFLY

## Discover the Magic of Ordinary Days

While exploring her family's farmland with her horse, Champ, ten-year-old Joy—who recently moved to the countryside to escape the hustle and bustle of city life—rescues a caterpillar from harm. Her small act of kindness leads to an extraordinary bond with a dazzling, multicolored butterfly that later emerges from its chrysalis.

Joy embarks on countless delightful adventures alongside the butterfly, her siblings, parents, beloved pets, her schoolteacher, and friends, all while discovering valuable life lessons along the way:

- ♥ Simple ways to bolster confidence and courage
- ♥ The power of gratitude and kindness
- ♥ The joys of living a simple life
- ♥ How to be serene and positive
- ♥ Appreciation for nature and all living beings
- ♥ The art of building hope and faith

Most importantly, Joy learns that each day presents us with a blessed opportunity to learn, grow, live more fully, and optimize our well-being and happiness—when we pay more attention to the whispers of our hearts. You will discover, along with Joy, that each day comes bearing precious gifts from God to us. We just need to untie the ribbons!

Near the end of the book, Joy discovers something gloriously wonderful, and she asks you to keep it a secret and not tell anyone who hasn't read the book yet. Hint: It will knock your socks off!

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ISBN 978-1-951774-49-3

US \$ 15.99

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