

Enjoy this gift from Sarah Stup!

- E-mail it to the special people in your life who are in need of comfort, understanding and inspiration.
- Cut and frame it as you would a favorite photo.
- Use it as a gentle reminder when you climb new stairs.

*When people decide
to climb
only a few steps*

*They can sit
on a wish's tail.*

— Sarah Stup

Excerpt, *Heart and Spirit: Words to comfort, inspire and share*
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Sarah Stup, a critically acclaimed author with autism, takes us into deeper places in *Heart & Spirit*, a charming collection of writings designed to comfort, inspire and share.

Within its pages, Sarah reflects upon the heart and spirit — our very essence — encouraging us to embrace the best in life, ourselves and each other.

Her powerful imagery and profound insights truly make this book a keepsake!

To read excerpts of Sarah's other books for adults and children, visit **SarahStup.com**.

Heart and Spirit: Words to comfort, inspire and share