

# ***Ducky Love***

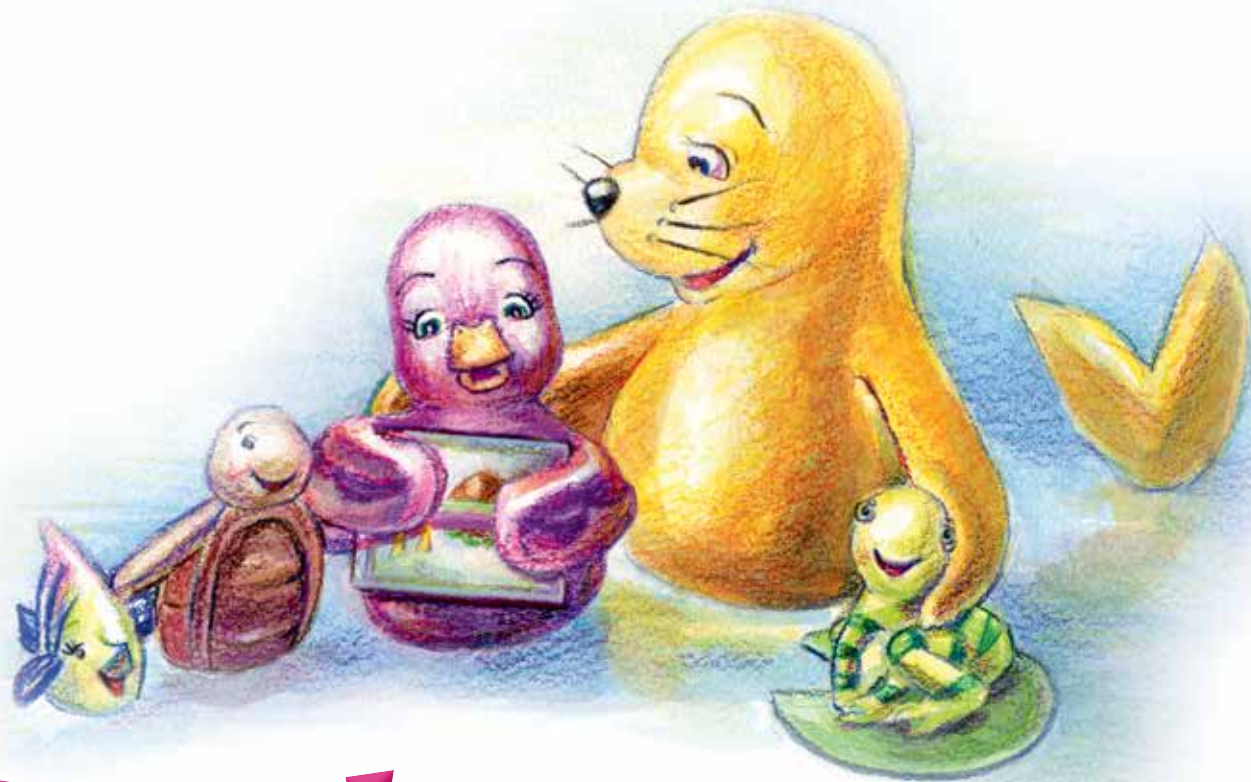
**Finding Self Love**

Written by Kelly Mather

Illustrated by Lisa Schneller







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## DUCKY LOVE

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and finds it by discovering self-love. Self-love is a key to health and  
wellness and Ducky helps children learn how to show and increase  
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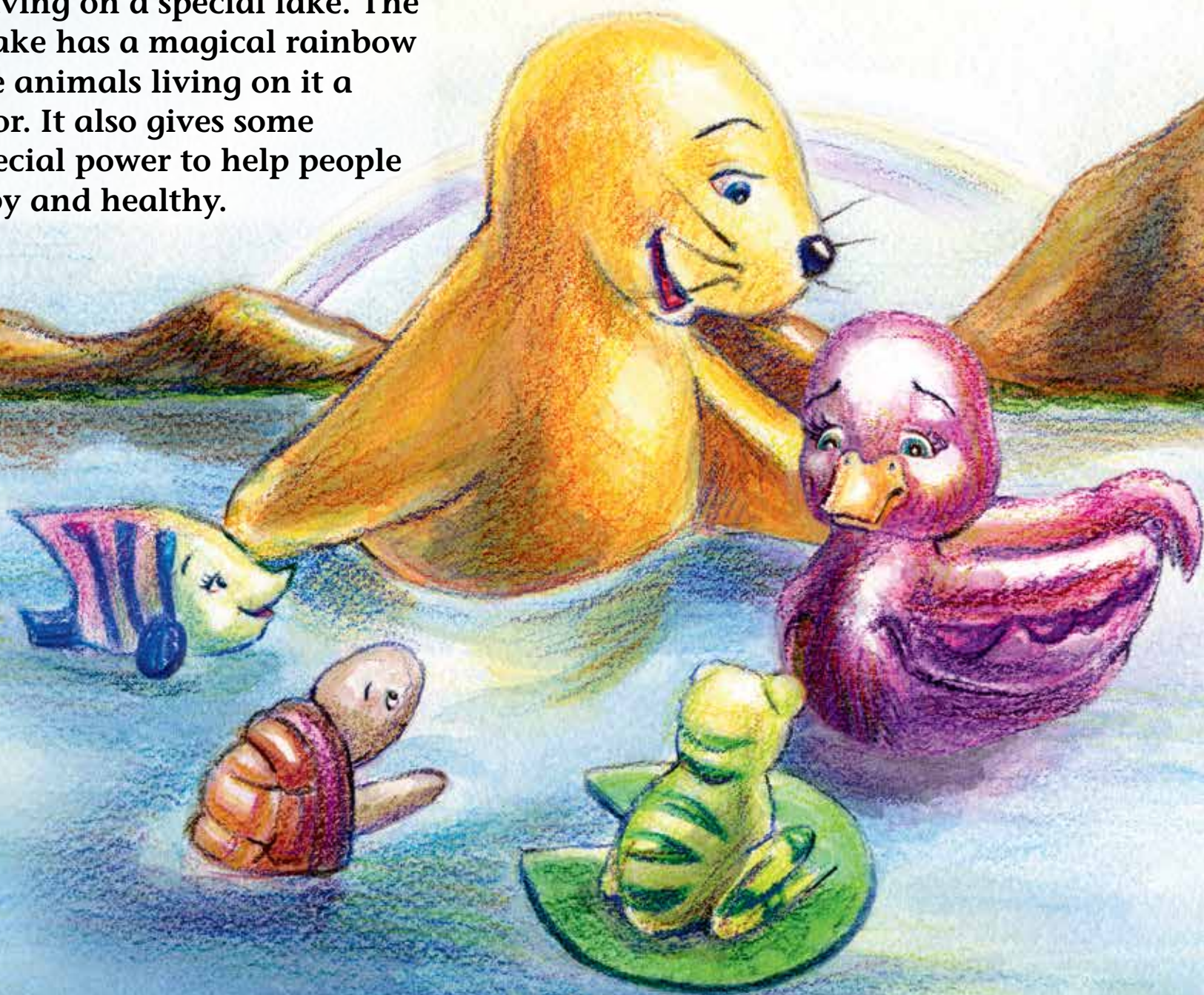
*This book is dedicated to my daughter, Kacey, who is a loving and beautiful person inside and out. Her beauty, constant search for inspiration, and childhood love of ducks inspired this story.*

*This book was also inspired by the sacred lake in which my family lives. It is called Clearlake, in northern California. My first book, The Five Keys to Wellness was based on tried-and-true keys to health that were given to me during meditation while sitting by this lake. Every book since has been written with the lake in view. Its power and energy inspires me and reminds me of the gifts and healing powers of nature.*



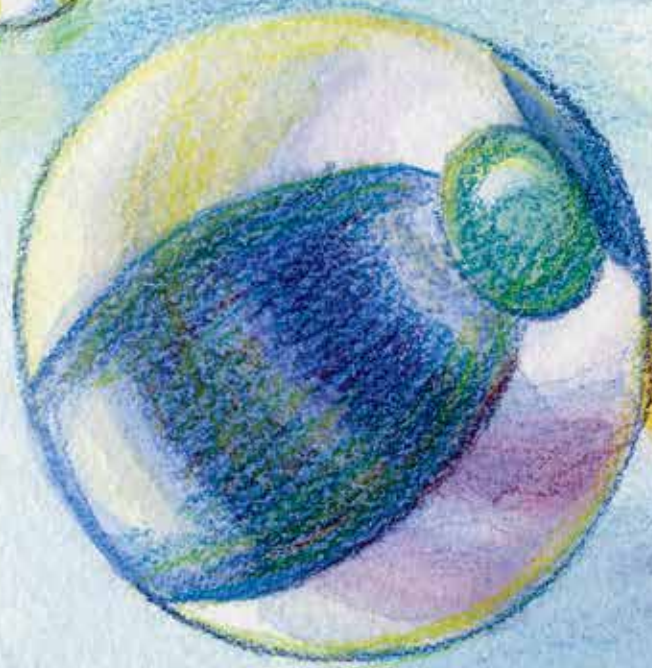


**Hi.** I'm Ducky. I'm a pink duck living on a special lake. The lake has a magical rainbow that gives the animals living on it a beautiful color. It also gives some animals a special power to help people become happy and healthy.





I know that I'm lucky to live in such a special place with great friends. I'm a beautiful, lucky ducky. But something is missing. My friends seem much happier than I do. I need to find out how to feel happier.

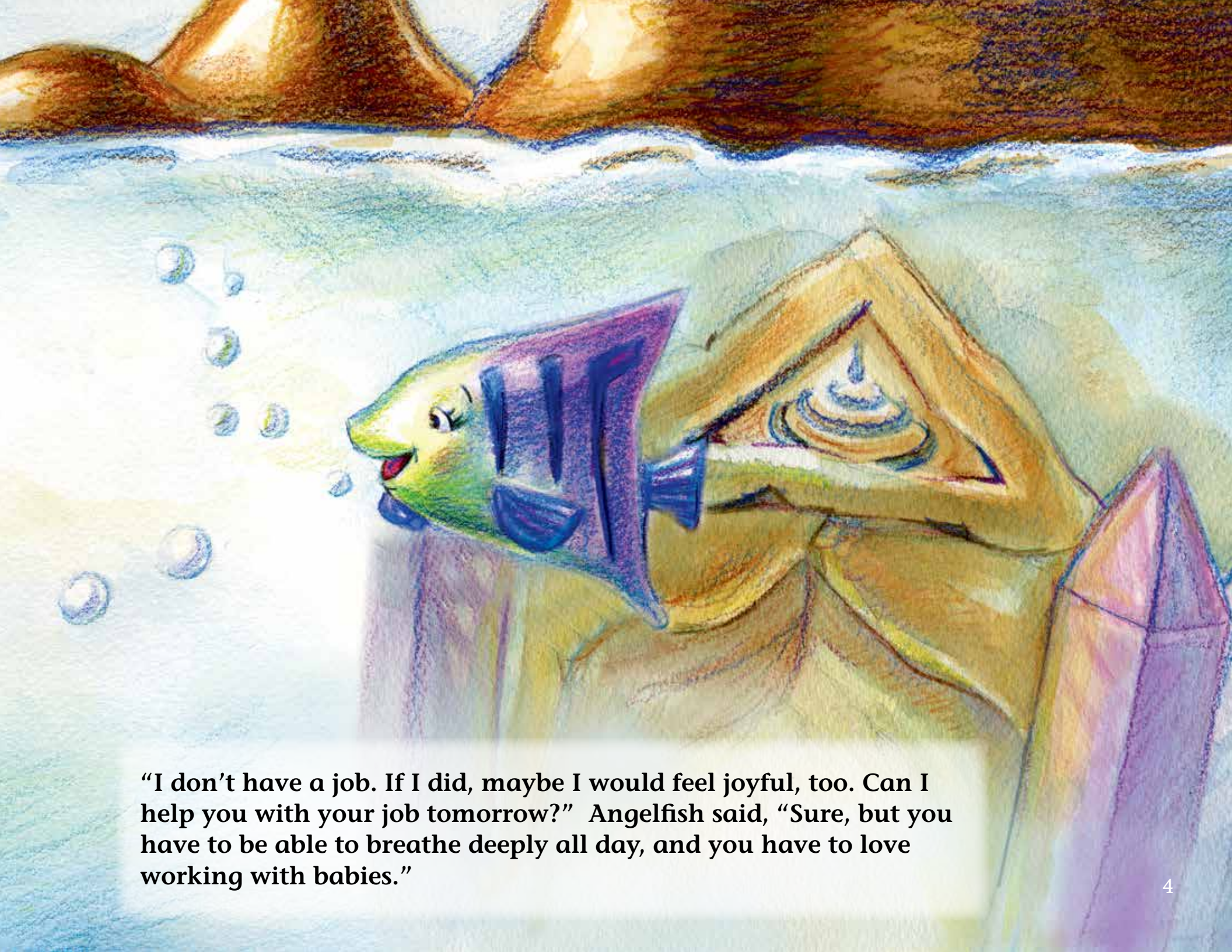






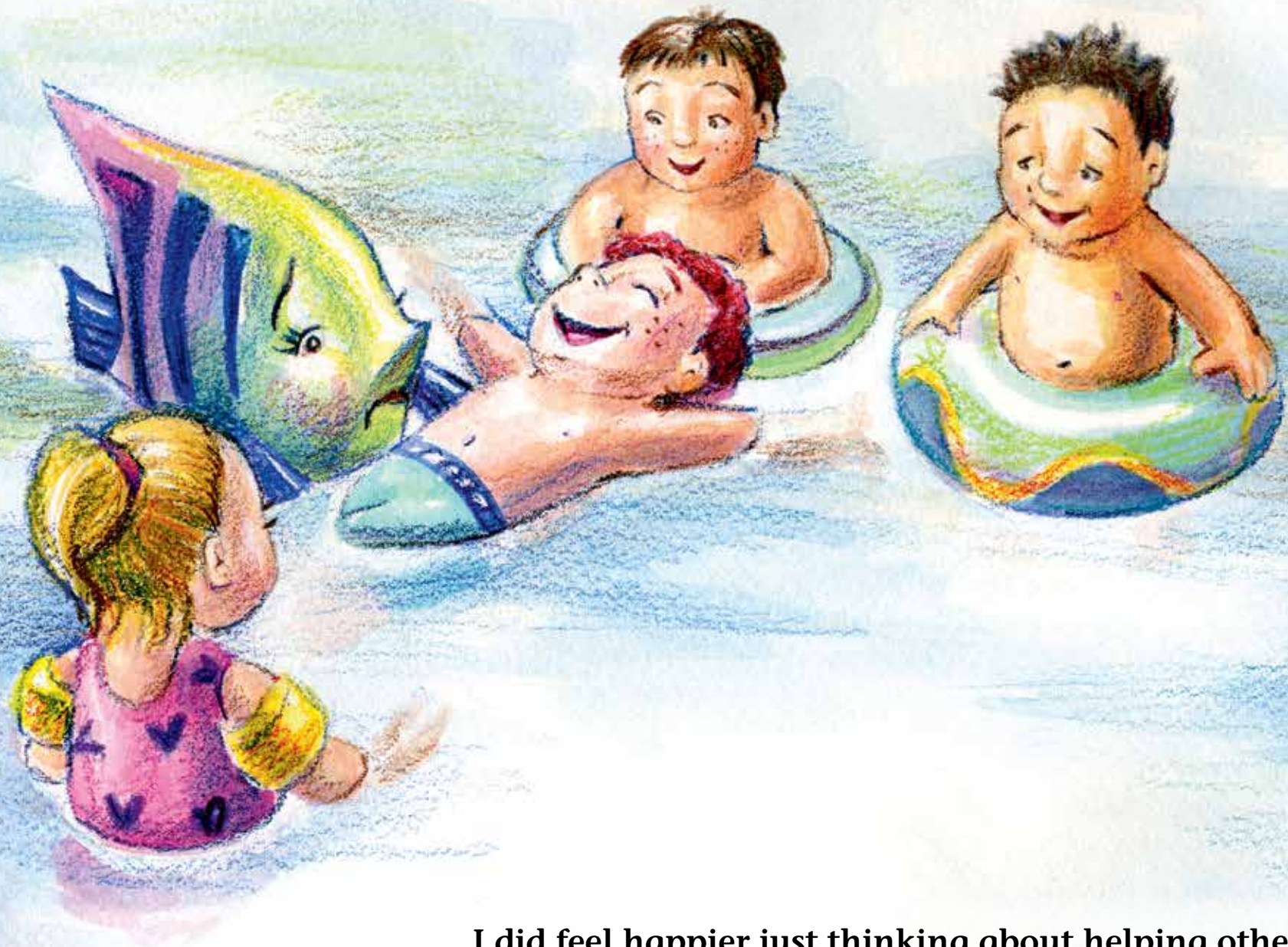
I'll visit Angelfish, who is always happy. She can help me feel happier. "Angelfish, what makes you happy?" "I'm happy because I love my job. It brings me joy when I teach babies how to breathe," said Angelfish.





“I don’t have a job. If I did, maybe I would feel joyful, too. Can I help you with your job tomorrow?” Angelfish said, “Sure, but you have to be able to breathe deeply all day, and you have to love working with babies.”





I did feel happier just thinking about helping others, thought Ducky. But this job is not for me. I'm not good with the babies.



Now I feel unhappy.



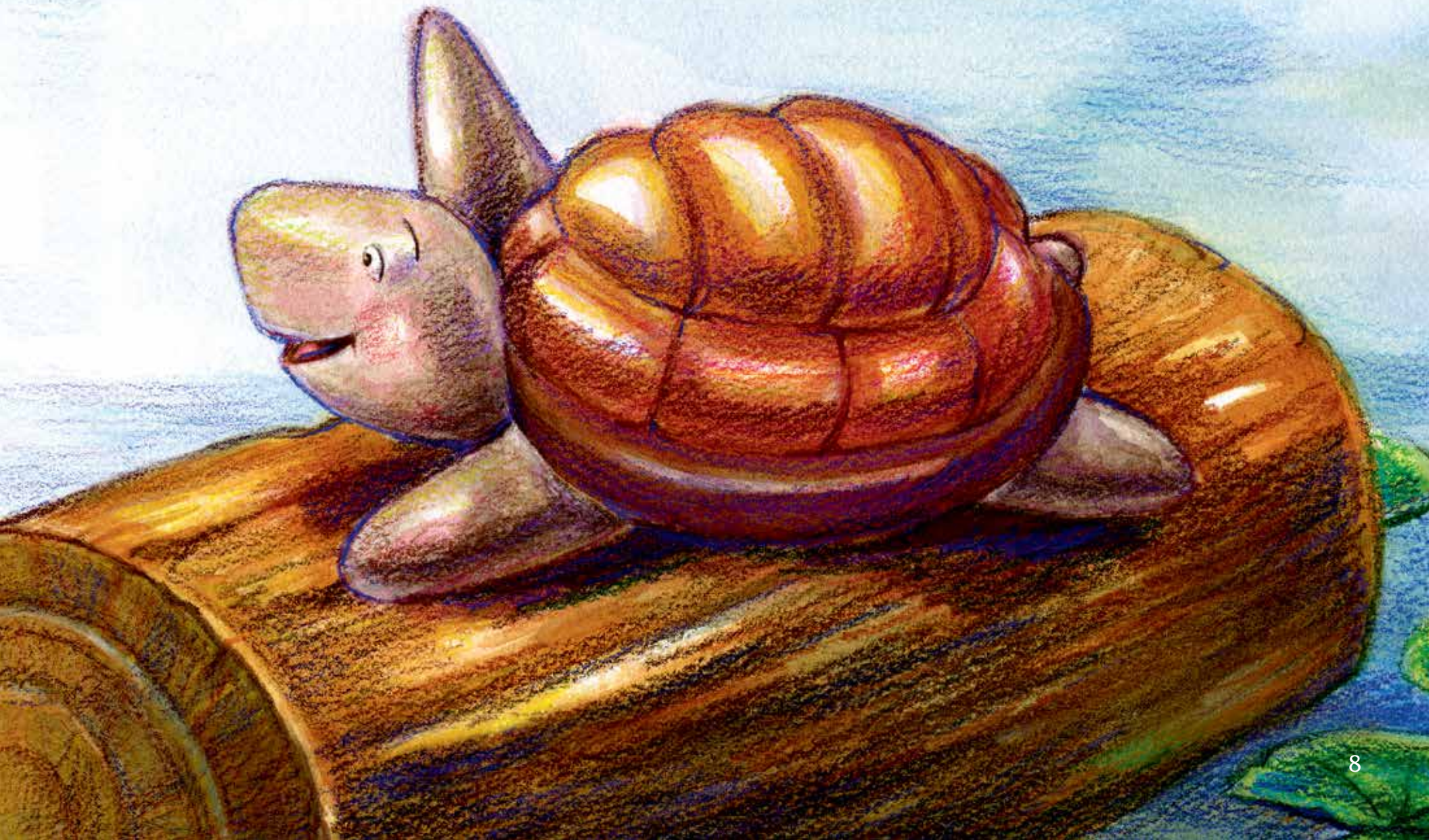


**Look, there's turtle. Maybe spending time with a friend  
will help me feel happier.**





He always seems happy.





**“Turtle, why do you always seem happy?”**





Turtle answered, "Because I enjoy relaxing in the sun and letting all my cares and worries float away. Come and join me."





Spending time with Turtle was nice. But sitting there was only fun for a little while. I'm hot and bored, thought Ducky. I want to take a dip in the cool water and splash around.



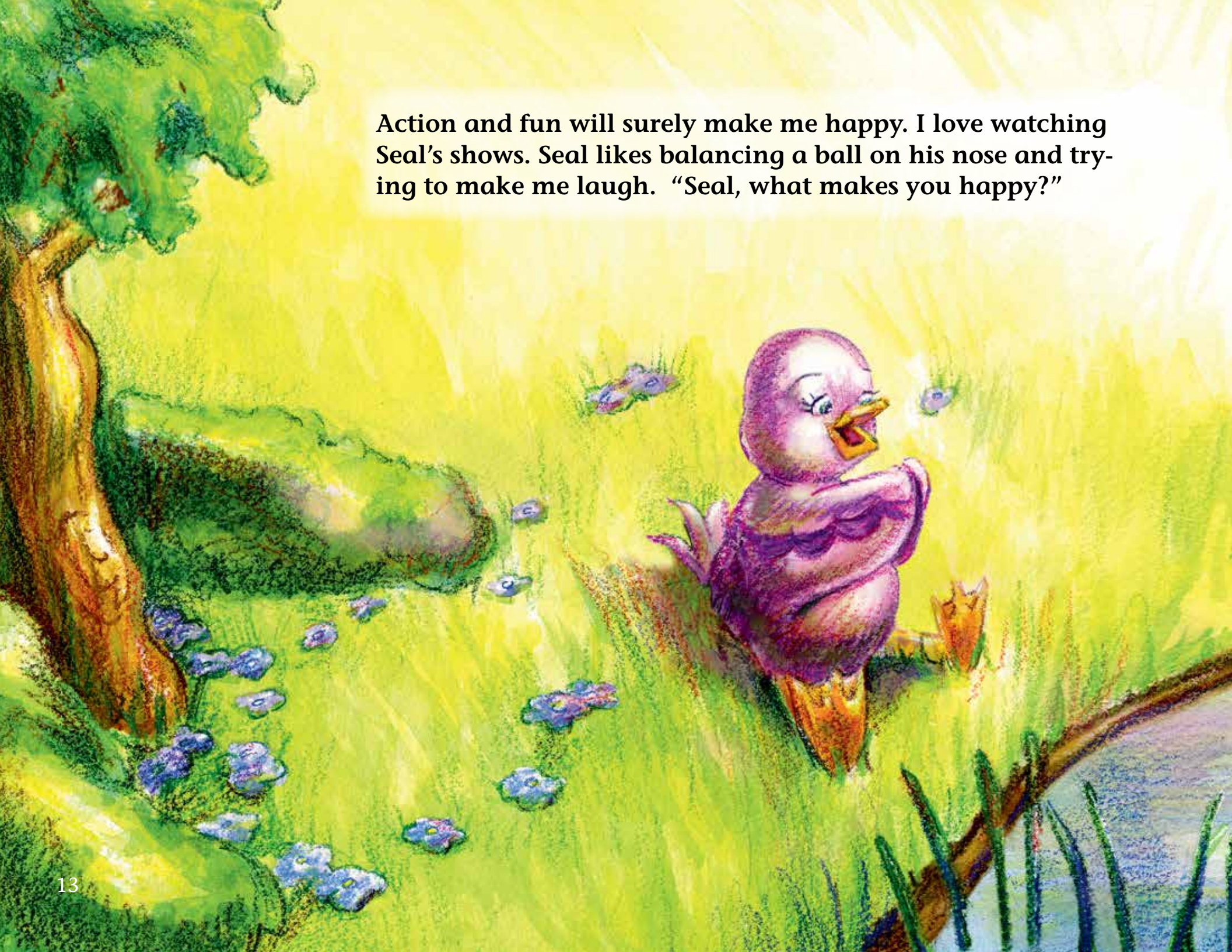


Turtle looks so peaceful and happy.  
But I'm not feeling any happier.



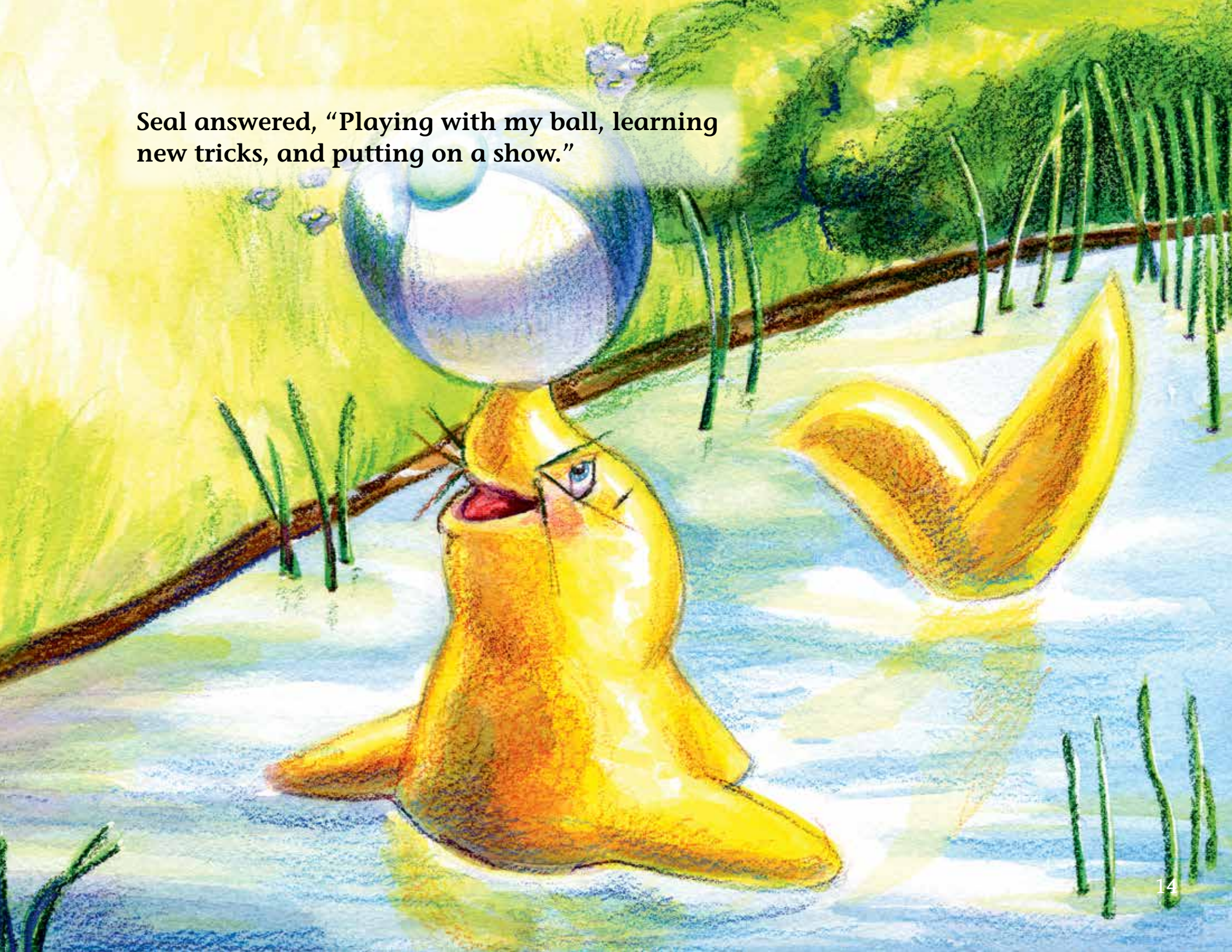


Action and fun will surely make me happy. I love watching Seal's shows. Seal likes balancing a ball on his nose and trying to make me laugh. "Seal, what makes you happy?"

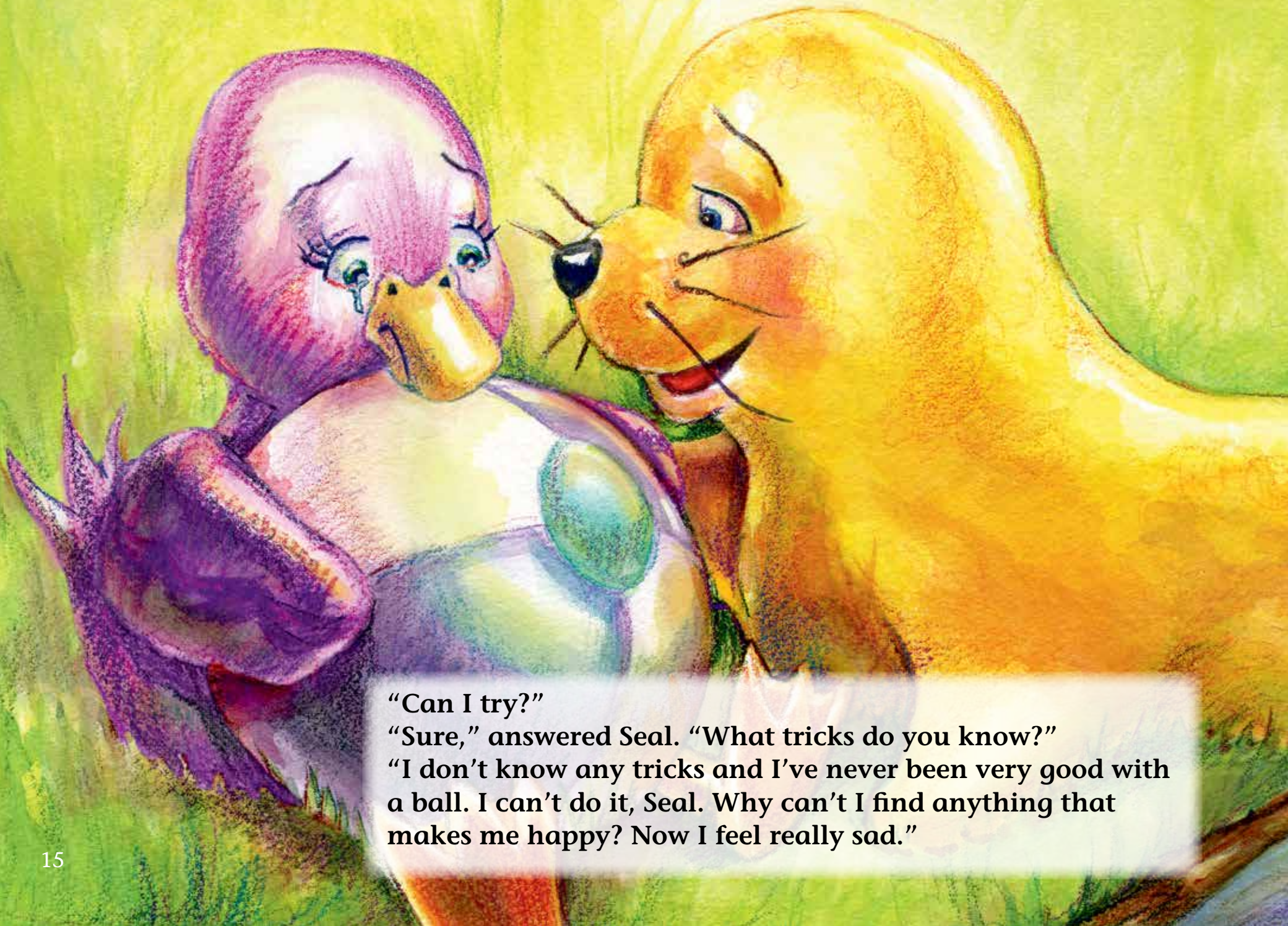




Seal answered, "Playing with my ball, learning new tricks, and putting on a show."







"Can I try?"

"Sure," answered Seal. "What tricks do you know?"

"I don't know any tricks and I've never been very good with a ball. I can't do it, Seal. Why can't I find anything that makes me happy? Now I feel really sad."



After visiting with my friends, I see that they all have something that makes them happy. I don't have anything except my beauty. My beauty doesn't make me happy. I'm missing something.





Suddenly, Froggy leaped out of the water. He was laughing and it made me smile again. "Froggy, what makes you happy?"



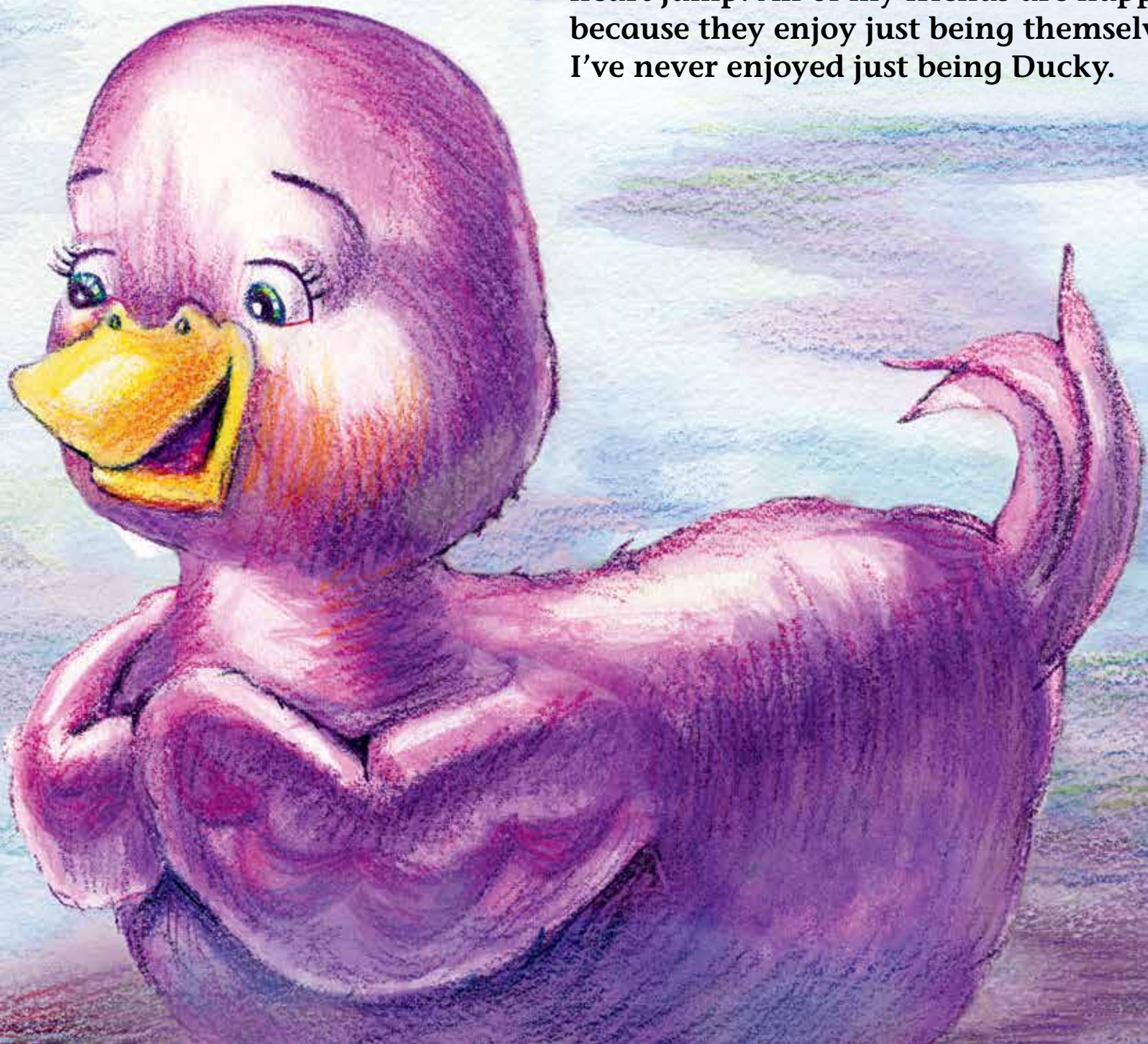


Froggy answered, "I just love being me.  
Isn't that what makes everyone happy?"





I thought about what he said and I felt my heart jump. All of my friends are happy because they enjoy just being themselves. I've never enjoyed just being Ducky.





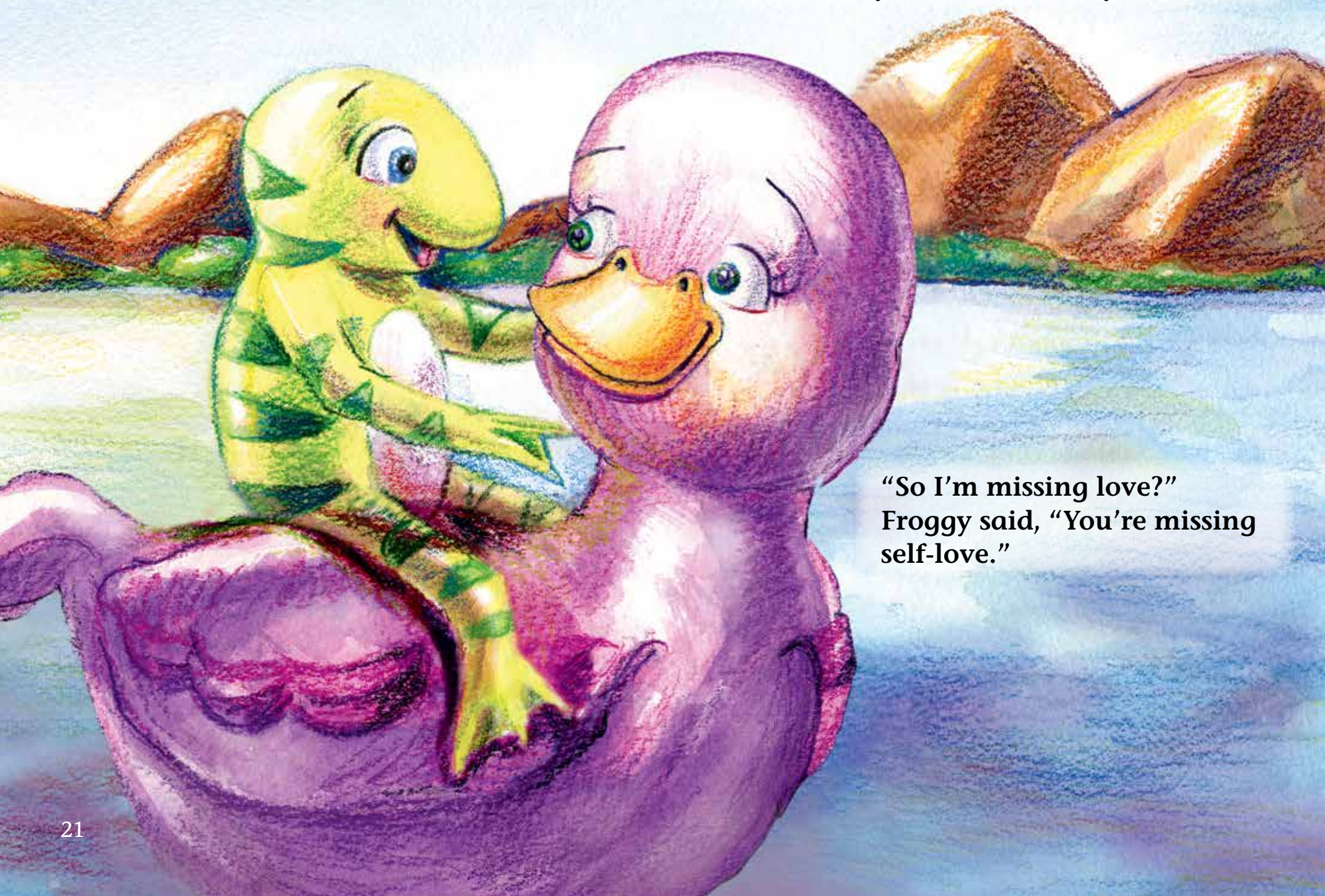
**“Froggy, thank you so much. I know what was missing. I just have to love being me. I’m not like anyone else. I’m not a teacher, or a peace expert, or a performer, I’m a – I’m a– Who am I?”**





**“Froggy, how can I love being me  
when I don’t even know who I am?”**

**Froggy said, “Ducky, you have it back-  
wards. You have to love yourself first  
and then you’ll know who you are.”**

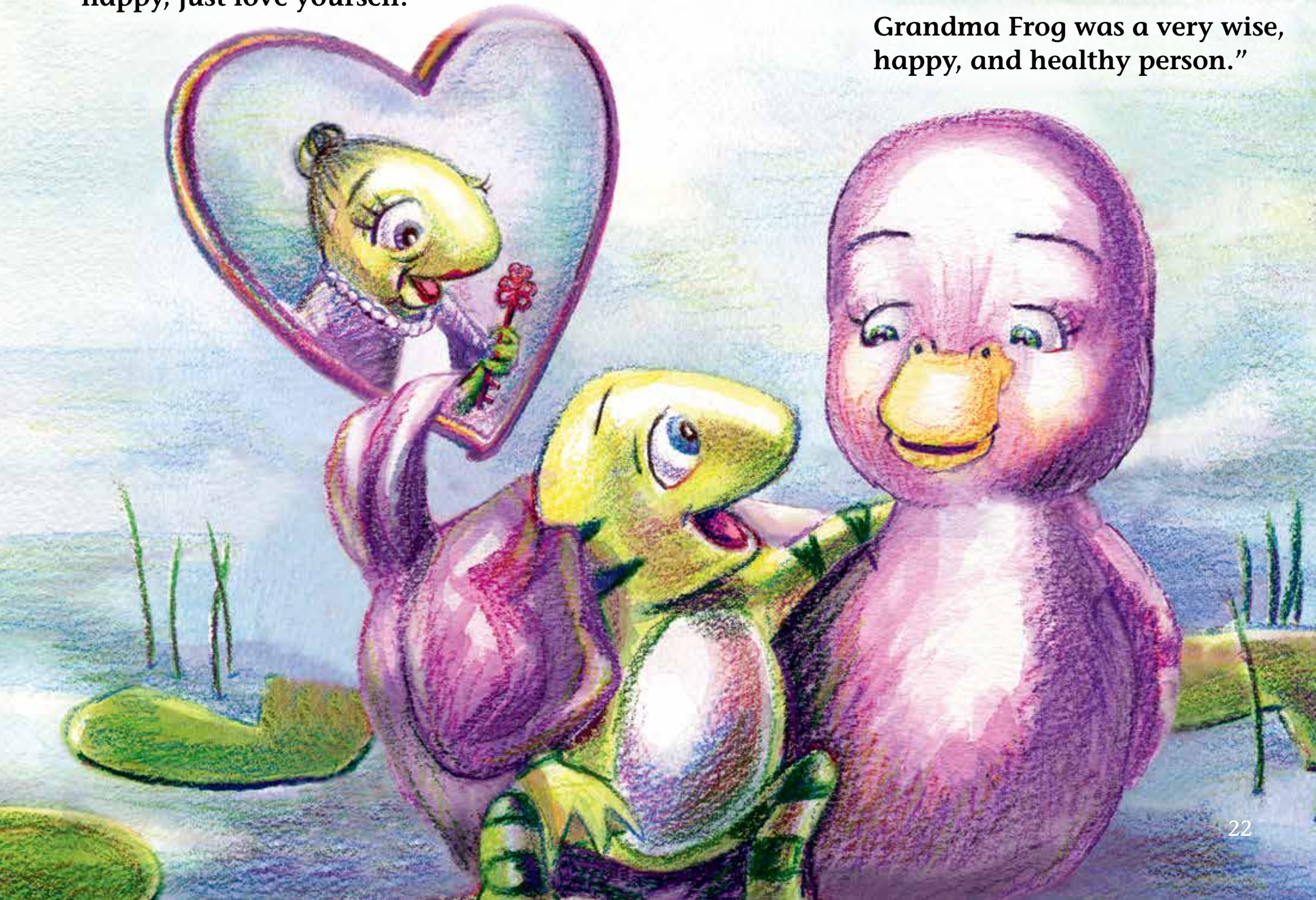


**“So I’m missing love?”  
Froggy said, “You’re missing  
self-love.”**

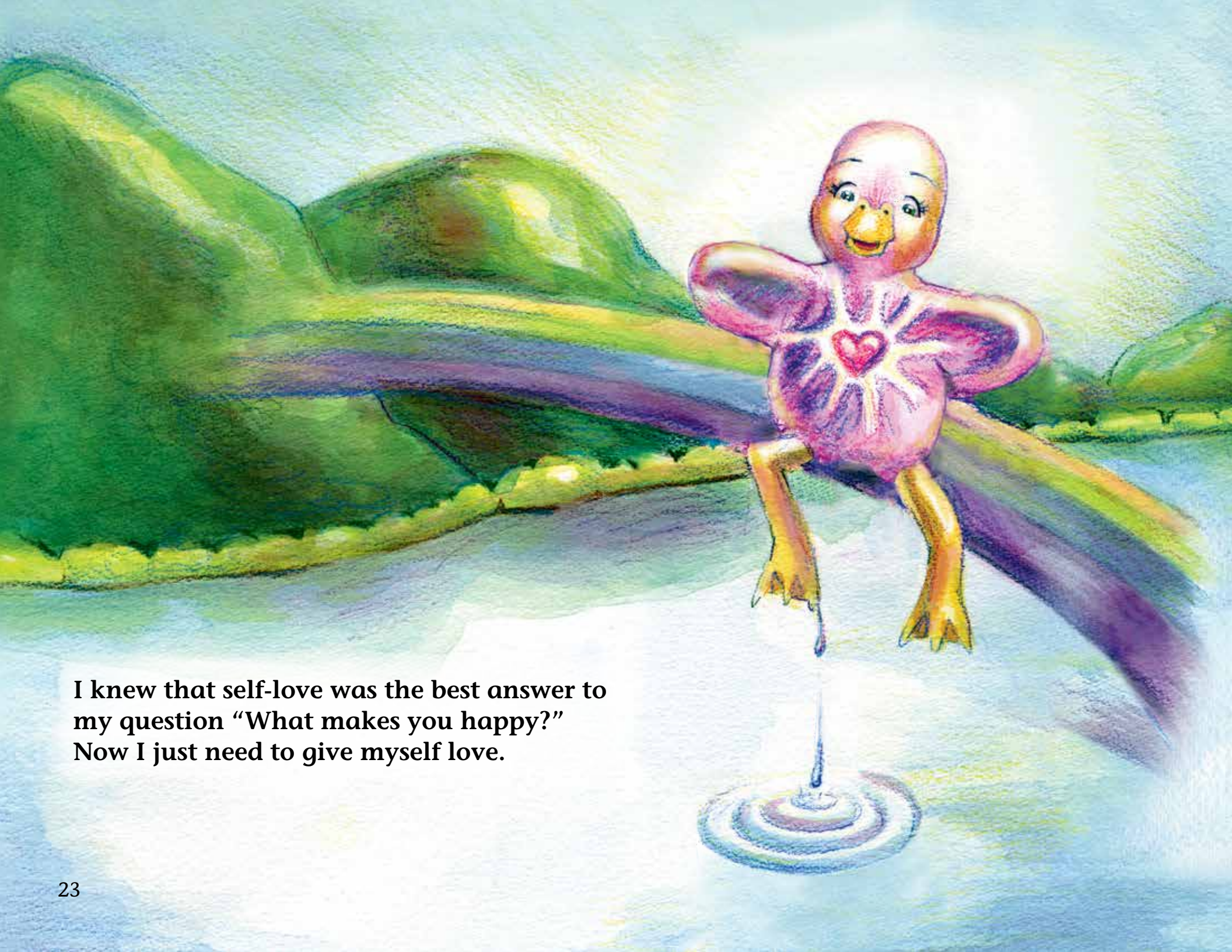


**“Grandma Frog always said the key to health and happiness is self-love. Instead of looking to others to make you feel happy, just love yourself.**

**Grandma Frog was a very wise, happy, and healthy person.”**







I knew that self-love was the best answer to  
my question "What makes you happy?"  
Now I just need to give myself love.



I started saying, "I love you" out loud to myself every day. My heart started to fill with happiness.





I stopped comparing myself to my friends. I started telling them what I like and said nice things about myself. My heart filled with more happiness.





I told Froggy about all the things  
that make me feel happy.





Froggy noticed a big change in me. He said, “You found the missing self-love.”



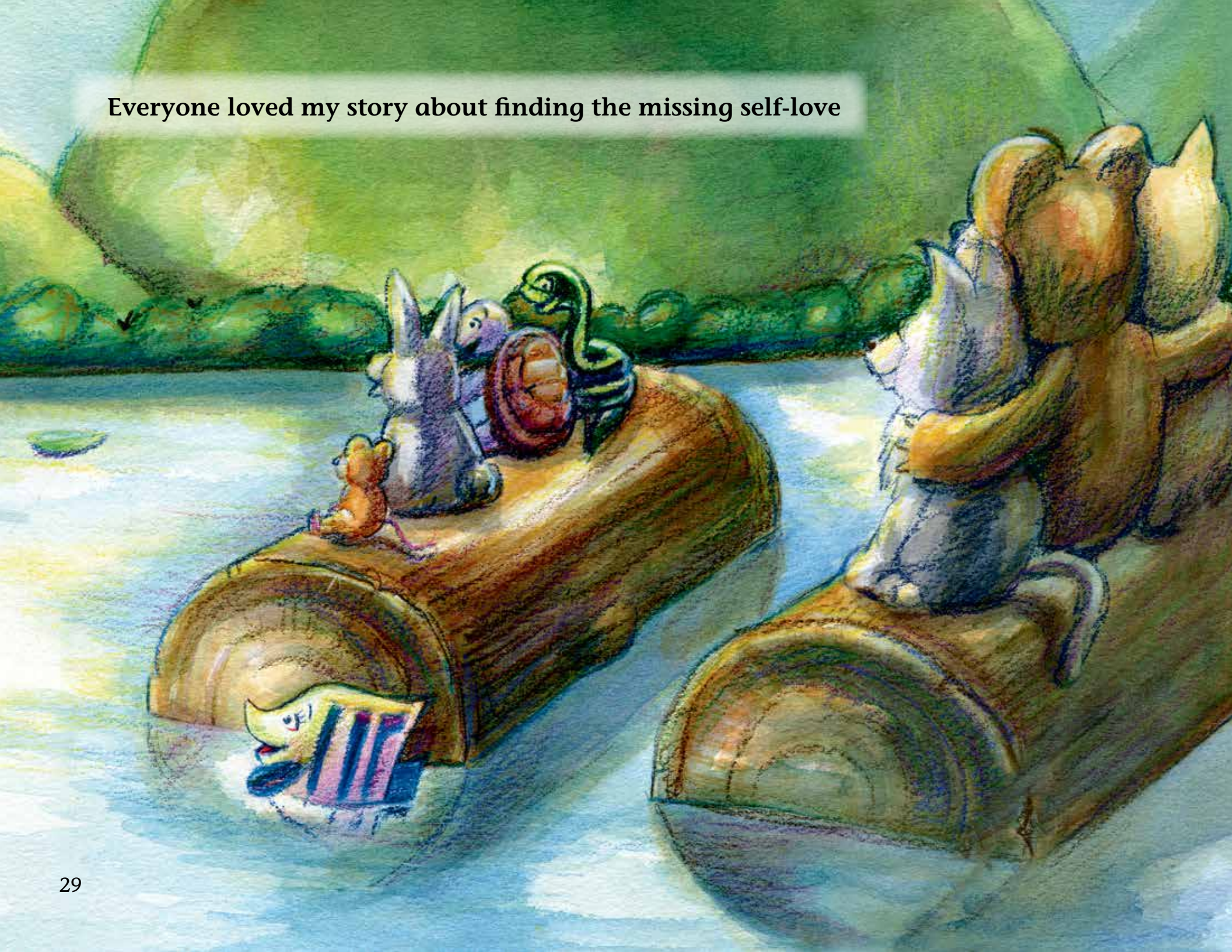




I found something else by sharing my story—I found my magical power from the lake.



Everyone loved my story about finding the missing self-love







**My magical power is in sharing my story and showing that self-love is the key to happiness.**





**GRANDMA FROG  
wants to know  
if you have self-love.**

1. Do you feel happy most of the time?
2. Do you wake up excited about your day?
3. Do you say nice things to yourself and about yourself?
4. Do you know your gifts?
5. Do you look for what you like in other people?
6. Do you say nice things to other people?
7. Do you say nice things about other people?
8. Do you worry about what others think?
9. Do you appreciate your body?
10. Do you know that you deserve love and you are lovable?



Tell yourself  
"I love you" everyday.

Don't  
compare  
yourself to  
others.

Tell each part of  
your body that  
you love it.

Look for what  
you like in  
other people,  
not what you  
don't like.

Don't ever  
say bad  
things about  
yourself.

Say nice  
things about  
other people.

Say out loud,  
"I'm loved and  
lovable."

Be nice to every-  
one, even if they  
aren't your  
favorite person.

Give your-  
self a big  
hug.







### About the Author

**KELLY MATHER** is on a mission to improve health! In 2006 she founded Harmony Healing House, which teaches hospitals, schools, health leaders, and organizations how to promote health and create a healthy community. During her fifteen years as a chief executive officer of various hospitals, she promoted a vision for the hospitals under her leadership to improve health and promote healing. She believes it is time hospitals expand their focus beyond just “illness and rescue care.” Using her master’s degree in Health Administration from Medical College of Virginia and the teachings from health promotion experts all over the world, she has created educational programs and services

that effectively heal. Kelly is also the author of *The 5 keys to Wellness*, *Fish Breath*, *The Health Playbook*, and *Create Your Health*. She is married and the mother of three children living on a beautiful sacred lake in northern California. When not passionately following her mission, she can be found doing yoga, hiking, and watching her children in all of their activities. For more information, please visit [www.HarmonyHealingHouse.com](http://www.HarmonyHealingHouse.com).



### About the Illustrator

**LISA SCHNELLER** is the illustrator of Kelly’s other books, which include *The Five Keys to Wellness* and *Fish Breath*. Lisa has wanted to illustrate children’s books since she was eleven years old, but she has been drawing ever since she could hold a crayon. Her work can be seen in *New Moon Magazine*, a magazine for young girls, as well as the bimonthly bulletin for the Society of Children’s Book Writers and Illustrators, which is distributed internationally. She currently lives in the San Francisco Bay Area. To see more of her work, please visit [www.lisaschneller.com](http://www.lisaschneller.com).





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