

As a professional who deals with the human soul, and as a clinical psychologist with a doctorate Degree ,my creed, is that in every one of us there is a divine spark . This spark lights up when we connect to our inner powers . When we light the world with love, giving, influencing, creativity, choice, desire , cooperation , good deeds , caring, thinking and positive action , our society becomes more bright and with good values, more giving and sharing, a society where we provides a more to each other.

By using our inner strengths we can express the gifts that each of us has and bring them to fruition, happiness and fulfillment

I cherish the children's book " Goldilocks and the Three Bearfish " – a part of the series of books " Elevate your Strengths" wrote by " Bella Bleicher and Lavi Sigman , a series of book that deals with stories that help children discover , identify and manage their inner powers

Asides from the pleasure of reading this book, I think that there is educational value and benefit in this book which describes the journey of Goldilocks - graceful girl Gold fished who loses her way in the deep sea and discovers her "giving" strength.

Using her powers of giving, sensitivity , compassion and forgiveness by the figures creates a change and influence among the "tough" bearfish family members, which do not show aggression, anger and irritability ,like in the original fairy tale ,because Goldilocks ate their unique seafood porridges, breaking the lotus chair or for sleeping in the sea sponge bed ,but rather- they thank her for helping them connect their inner strengths of empathy , forgiveness , gratitude and love and all this because of the change they have gone through after they got to know her .

As a clinical psychologist I recommend to convey to children by reading them such books as this one, such educational moral values as described in the book in, in a way that is highlighting the importance of developing positive inner strengths and encouraging the use of it in an enjoyable and delightful experience.

Signed with love

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