

**For Immediate Release**  
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**A Touch of Nature and a Dash of Magic Make a Recipe for a  
Wonderful Children's Book**

**Dundurn, SK** – In today's fast-paced world of big city noise and instant gratification, it can be hard to remember the simpler things in life. Sometimes it takes a big change in routine or a personal tragedy to help remind us what is truly important in life.

That's what 9 year old Kiran discovers in Beate Epp's whimsical novel *The Magical Horses*. Forced from his home in the city, Kiran travels to a small town to live with his grandparents. When his father has a terrible accident his world turns upside down. When he is given a magical notebook containing a story about two loveable mice, Leo and Poldy, Kiran becomes involved in their daring adventure. Their travels help Kiran cope with the changes in his life and teach him that there is much more to the world than busy city streets and crowded skateboard parks.

With children facing so many pressures today, Epp's novel couldn't have come at a better time. The world has changed and children are being forced to grow up way too quickly, often struggling with volatile situations including bullying and struggling with social situations. *The Magical Horses* gives readers a reminder about the beauty of nature and that there is hope in this world. In an era when even friends seem to be enemies, sometimes kids need a little something extra to make it through tough times. That's where Epp's main character Kiran will connect with today's readers.

"I hope [this book] gives children confidence and wisdom, while teaching them the benefits of leading a healthy lifestyle. I believe it will help children realize that you're never too young to make a big difference," says Epp. A farmer and a Holistic Therapist, Beate has always been close to nature. She is a champion of eating healthy, natural foods, which she promotes by including recipes to some of the meals in the story into the book.

*The Magical Horses* is an inspiring novel for young and old readers alike. With sincerity and a sense of adventure it takes the reader on an uplifting journey. It tells us that sometimes fantasy is the real best medicine.

*The Magical Horses* is the first book in a trilogy that will be available across Canada and will be distributed in schools and libraries. Visit : <http://themagicalhorses.com/>

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