

Mom says, Dad says, Nat says

# Other



Series Told and Illustrated by Nathalie Ishizuka

For Immediate Release  
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## **Where Entertainment and Health Meet: A New Irresistible Series**

«The Nat Says Series provides busy adults and kids with a better understanding of optimal mental health, how to fortify it and improve it-- all while being entertained.»

-- **Len Duhl**, Professor of Public Health at Berkeley & Pioneer of WHO Healthy Cities Project in Europe

«Today's busy adults and curious kids need to be entertained. They are not going to be found pondering over health pamphlets, working through a stress management program, or reading self help books, unless they already have a life changing problem and are in real pain. By then its often too late. The divorce has happened, the kids are hanging out with the wrong crowd or addicted to drugs, and one's job has become so stressful that you don't sleep well at night,» says author and illustrator, Nathalie Ishizuka. «Psychiatrists, psychologists and social workers can all do their part in helping us pick up the pieces, but somehow we have to help ourselves before things get that bad.»

Rather, than waiting until the pieces fall apart, Ishizuka wants to entertain and educate people before problems arise. Hence the birth of an entertaining illustrated health series, Mom Says, Dad Says, Nat Says: Other that reads much like the St. Exupery's The Little Prince, but with a different message. The book is about optimal health, what we wished our Mom had told us, what our Dad may not have known, and what our own head and heart might still have difficulty grasping. Unless, like the characters in the book, your Mom has a 'savoir vivre' that is larger than life, your Dad an internationally renown Harvard trained psychiatrist on health, and you like the author Nat, has spent years trying to integrate both your Mom's heart and your Dad's head.

This heartwarming illustrated book is for busy adults and kids who have felt picked on (and who hasn't), or constrained by a label (their own or someone else's). Child psychiatrists, psychologists, social workers and teachers will also get a lift from its freshness. Through the surprising coping strategies in the book, being different, can suddenly become a formidable stepping stone to health.

Nathalie Ishizuka is a Franco-Japanese American author and illustrator of Mom Says, Dad Says, Nat Says: Other who has spent over 15 years writing about a model of health and happiness. Her innovative interdisciplinary approach integrating the psychology of individuals, organizations, and the nation state has lead her to work with people from many fields and to receive the George A. Plimpton Fellowship for the study of social, economic, and political institutions.

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**Mom Says, Dad Says, Nat Says: Other**, illustrated and written by Nathalie Ishizuka, 60 color pages soft cover, ISBN 1-59113-741-1. \$24.95 published by Booklocker 2005, visit [www.natsays.com](http://www.natsays.com)



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### **Series on Health Concepts for Children**

Based on the concept of health, Nathalie Ishizuka is writing a series for children and their parents. See <http://www.PositiveMentalHealthFoundation.com>

Mom Says, Dad Says, Nat Says  
Other by Nathalie Ishizuka

### Two Perspectives: Adult and Child

Feelings, strategies, and self-acceptance (not just feelings) are presented in this book which offers opportunities for adults and children to deal with being different from other members of a group. The penguin characters in the book make it easier for children in K-3 to talk about their own feelings. It is recommended to use this book in small segments such as one or two chapters per session. It is best to resist the temptation to hurry to the next chapter. Discussions and even role playing can enhance the experiences. The book is divided into three main sections: Chapter 1-9 for recognition of our differences; Chapters 10 - 21 for developing clever, effective strategies in relating to others; and Chapters 22-25 for the confidence which comes with self-acceptance. I recommend this book to parents as well as counselors, psychologists, and others who help children develop their potential.

Reviewed by Betsy B. Lee, Ed. S. in School Psychology

Learning Abilities Books

<http://www.learningbooks.net>

## **Synopsis: Mom Says, Dad Says, Nat Says: Other**

**Nathalie Ishizuka**

From day one, a penguin is labeled, “other.” She doesn’t belong on any one iceberg. Her mom says it is good to be an “other,” to be different and to be loved. Her dad, a psychiatrist, says that we are all others, and at the same time we are all much the same.

Singing her ABC’s, looking like a penguin from a distant land, and asking for a ‘bonbon,’ the penguin Nat realizes she doesn’t fit into any one category. Searching for a place where she can look and feel like everyone else, she travels far and begins to feel important. And although her life isn’t always perfect, she grows, heals, loves and forgives.

When Nat succeeds at laughing at herself and with others, the little things that bother her become okay. Outwitting with a big heart, she seeks brave friends, and surprises rather than accepts the status quo. Instead of coming up with answers, she asks questions. And so when a little girl asks her why her name sounds funny, she refuses to get angry. Instead, she asks why her name is Jones. And as both are clueless, they became friends.

To go beyond her feelings of being different, Nat learns how to take the first step towards those who do not understand her. She prefers to change eating tables rather than return to the same group of penguins. By floating on different icebergs and by wearing bright colored glasses, Nat avoids labels and writes the unwritten rules of belonging. She creates her future by becoming something bigger, by discovering the fun of following her heart, and by defining herself over and over again.

## Target Audience

OTHER, the first book in the mental health series, is about being different. In the field of mental health, OTHER is a vast category. With DSM listing over 370 psychiatric mental disorders, many individuals are labeled OTHER, someone outside the norm. And although labels can be sometimes useful for treatment purposes, they can also constrain, limiting who one is and can become.

OTHER is about enjoying our differences. The book appeals to anyone who has ever felt different, including those with a mental illness, the adopted, minorities, those of multi-cultural backgrounds, or ex-pats who fit into more than one category.

## Book: Mom Says, Dad Says, Nat Says: Other



A Book for Children and their Parents Based on Health, Happiness

Other is for young children (and their parents) and falls into categories on health for happiness, optimism, learning strategies, character building (bullying), social skills and parenting.

OTHER is an illustrated health book which reads much like St. Exupery's The Little Prince, but with a different message. Other is about the art of being different, what we wished our Mom had told us, what our Dad may not have known, and what our own head and heart might still have difficulty grasping.

## What People Are Saying

“Adults and kids who have the communication skills to overcome the ‘us’ vs. ‘them’ mentality will go far in life. Public diplomacy starts at home. This book is a delightful must.” –Bruce Sherman, Director of Strategic Planning, U.S. Broadcasting Board of Governors

“In a world where identity and nationality are both a great source of human belonging and suffering, Other helps us look beyond individual differences to bring new hope.” –James Sutterlin, former Director of the Executive Office of the U.N. Secretary General

“A wise and charming book for international, intercultural families that shows how to use wit, warmth, and humor as a means to hurdle the pitfalls of being an ‘other’ in a mono-cultural environment.” –Dugan Romano, author of Intercultural Marriage: Promises & Pitfalls

## BASED ON A THEORY OF HEALTH AND HAPPINESS

<http://www.PositiveMentalHealthFoundation.com>