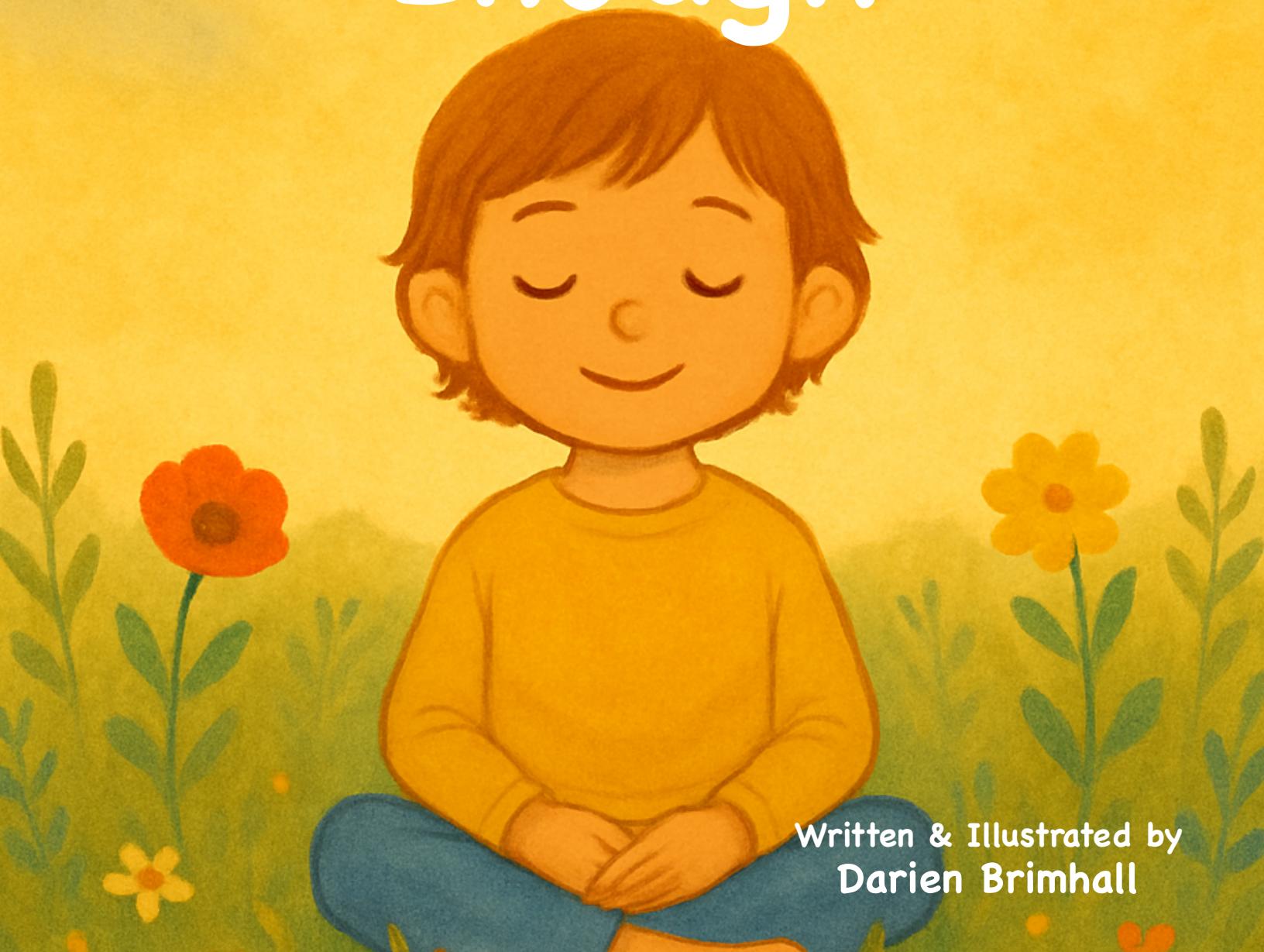
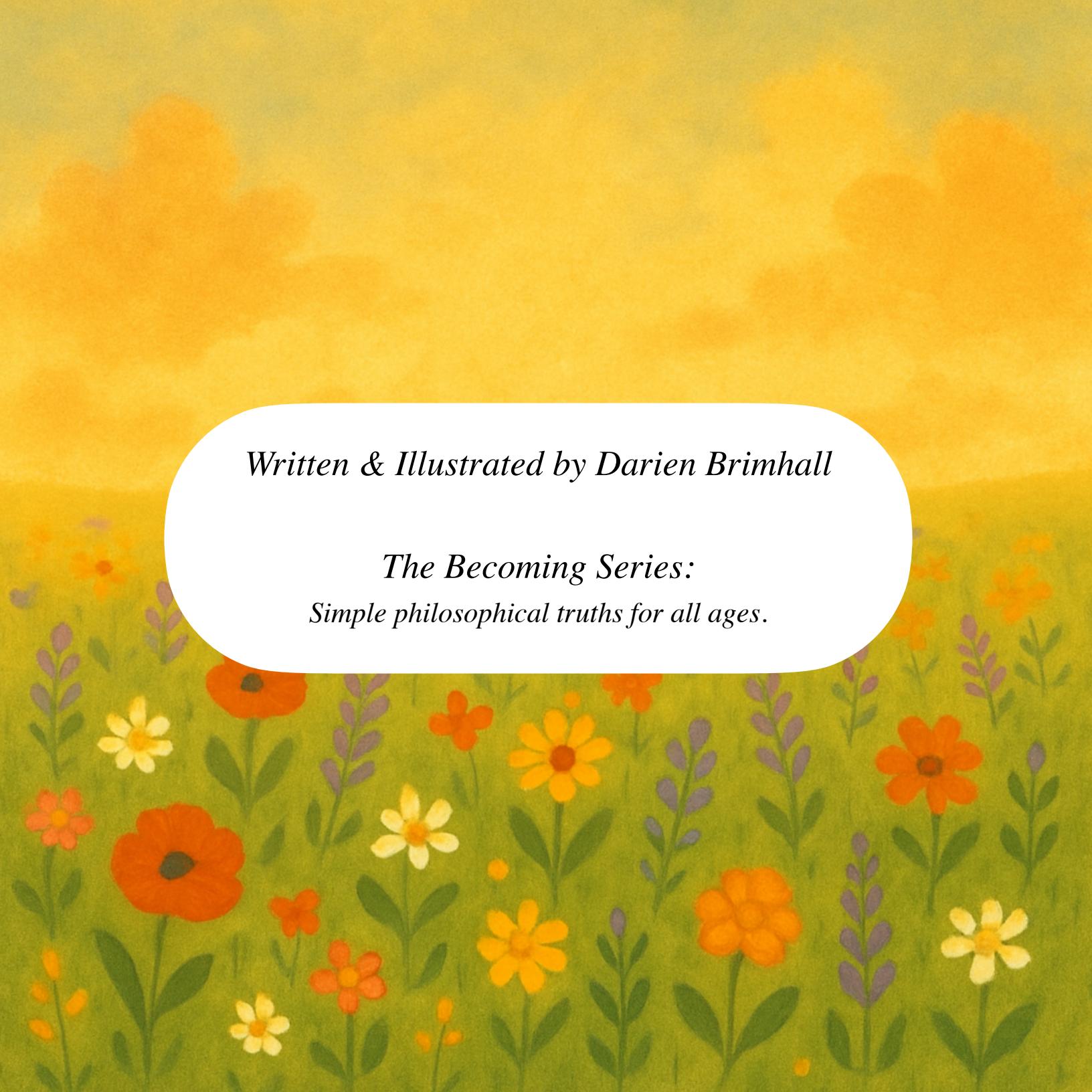


You Are Enough



Written & Illustrated by
Darien Brimhall



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The Becoming Series:
Simple philosophical truths for all ages.

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Published by Darien Brimhall

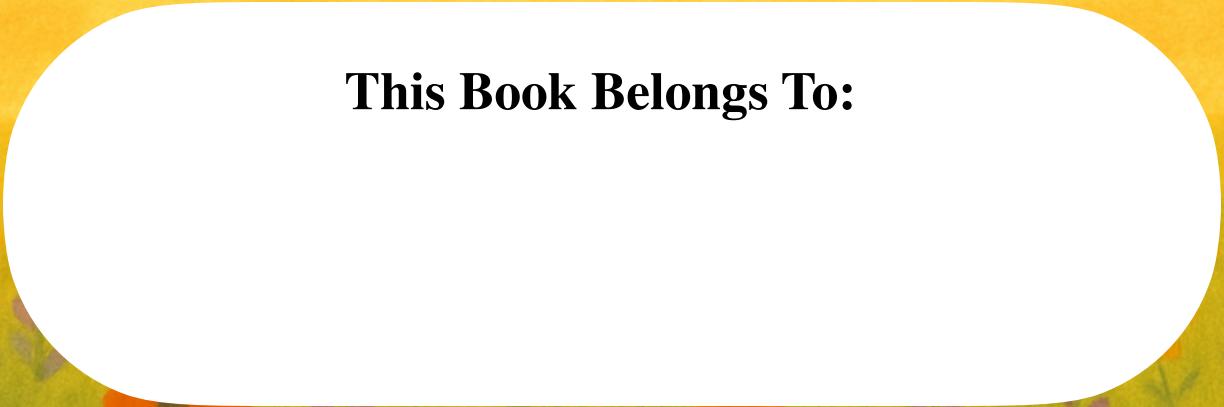
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First Edition

Written in the United States of America

For more books in *The Becoming Series*, visit:

www.darienbrimhall.com



This Book Belongs To:



In a world full of noise,
where the big people
rush,

There's a lovely little truth
that no one can hush...

A man and a boy are standing in a field. The man, wearing an orange shirt and blue pants, is looking down at the boy. The boy, wearing an orange shirt and blue pants, is looking up at the man. They are both smiling. The background is a yellow sky with green trees and bushes.

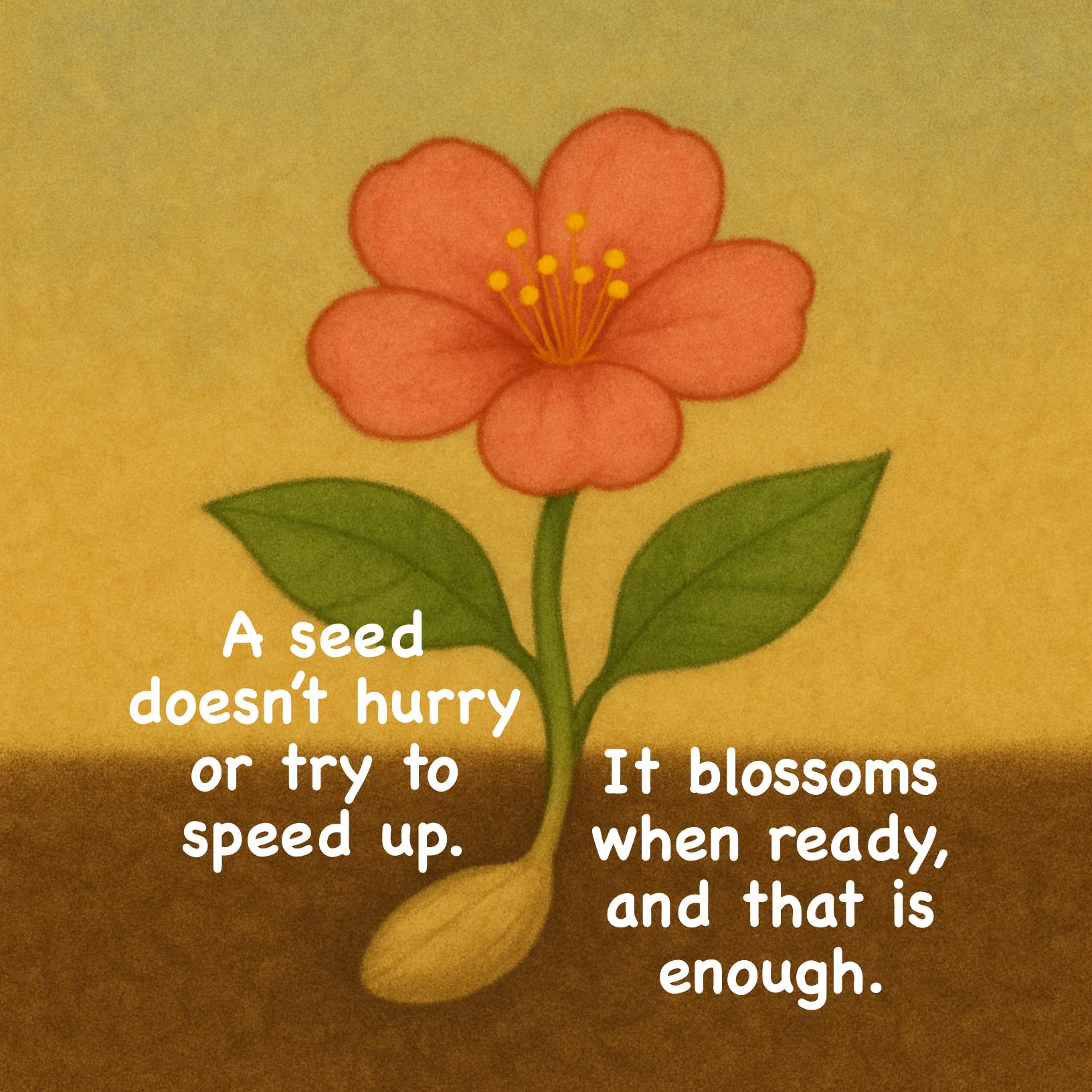
You're not here to win,
achieve, or do serious stuff.

You're here just to be...
And you are already
enough.

A colorful illustration of a young boy with brown hair and a red t-shirt walking on a brown running track. In the background, several adults in business attire are running on the same track. The background is a green field.

You don't need to
grow faster than
your own pace.

Or always be
first in the
world's busy race.



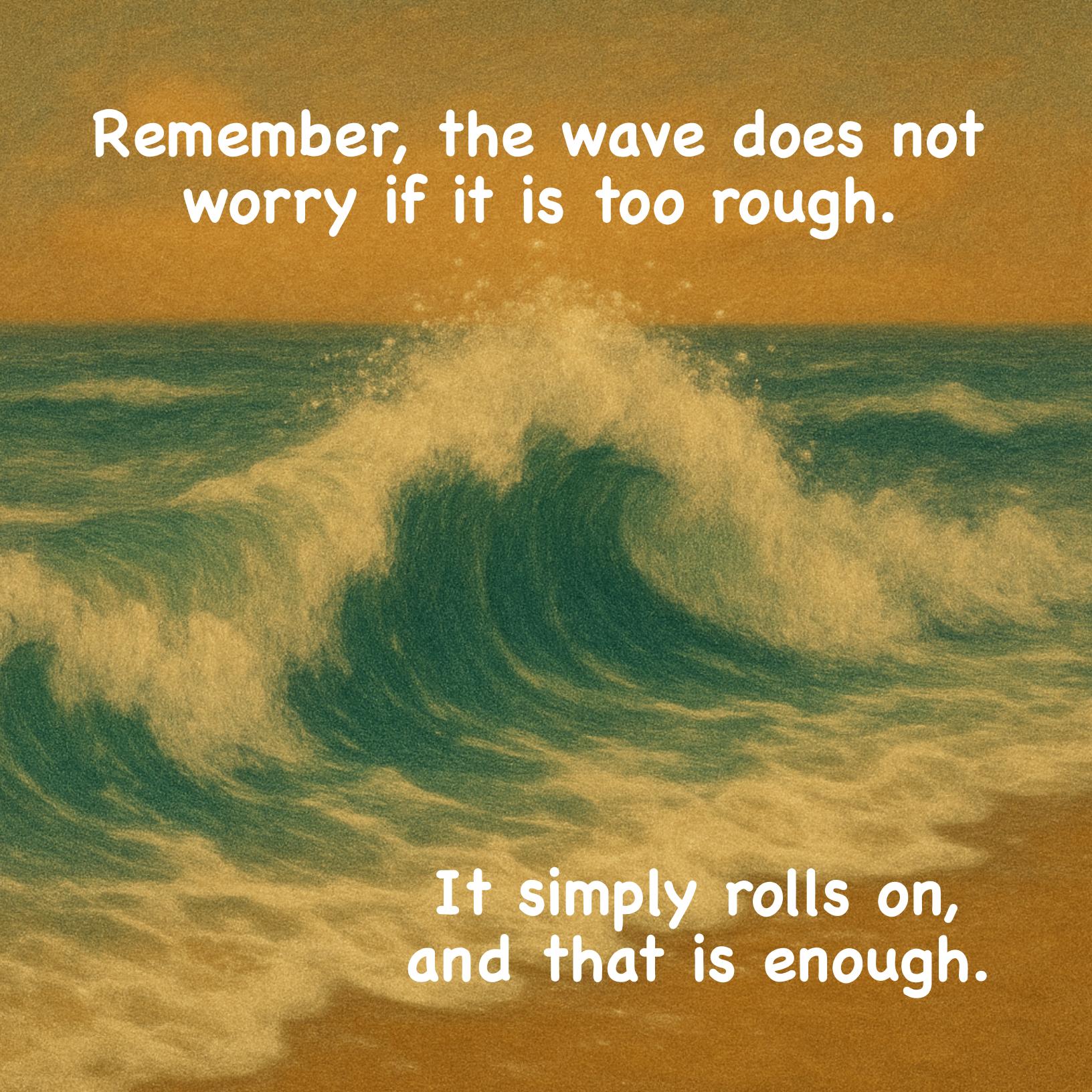
A seed
doesn't hurry
or try to
speed up.

It blossoms
when ready,
and that is
enough.

A young boy with messy brown hair is sitting in bed, looking grumpy. He is wearing a red shirt and is leaning against a yellow pillow. The background is a soft green.

When you wake in the morning
with your hair in a mess,

Or you're grumpy or tired and
feel "less than your best."



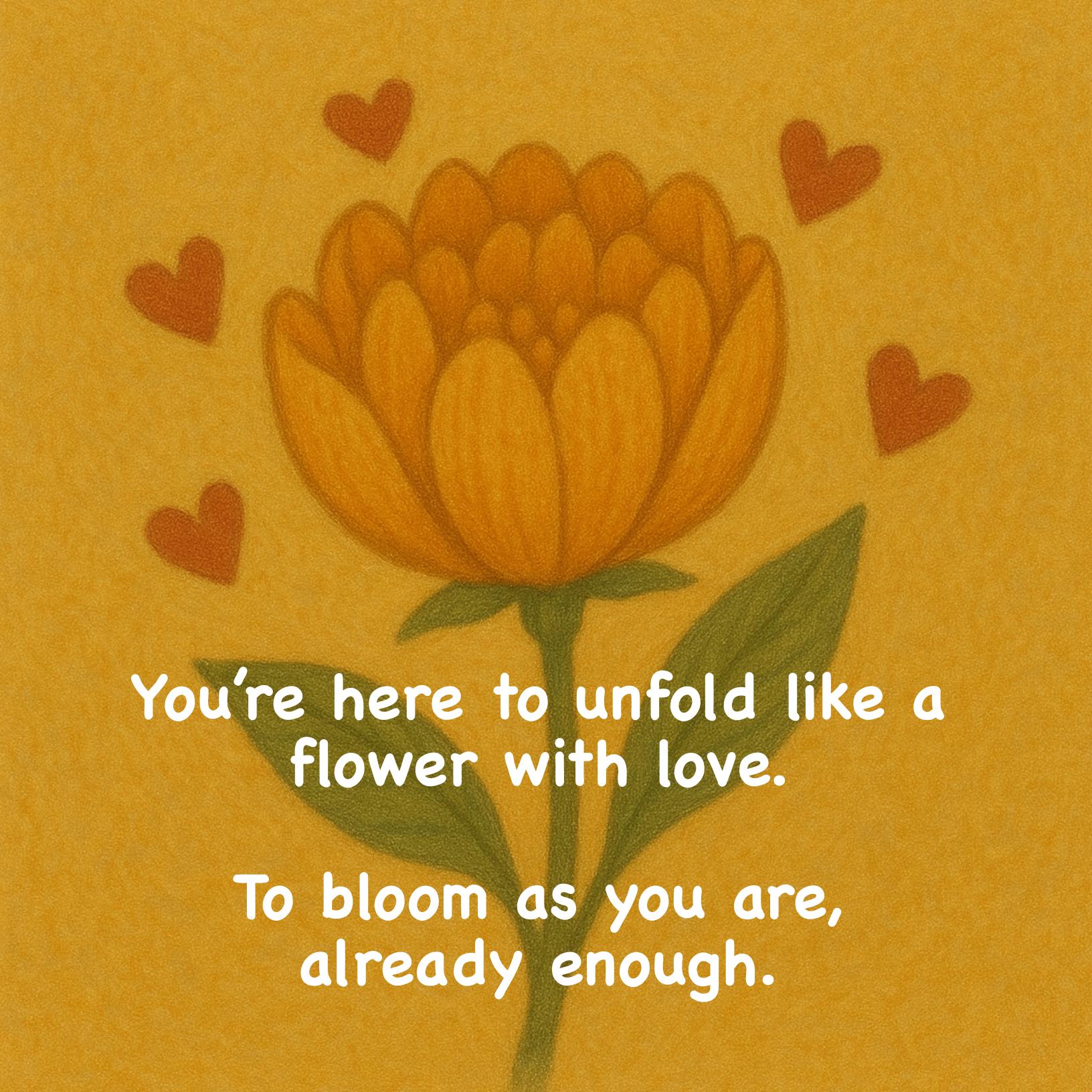
Remember, the wave does not
worry if it is too rough.

It simply rolls on,
and that is enough.



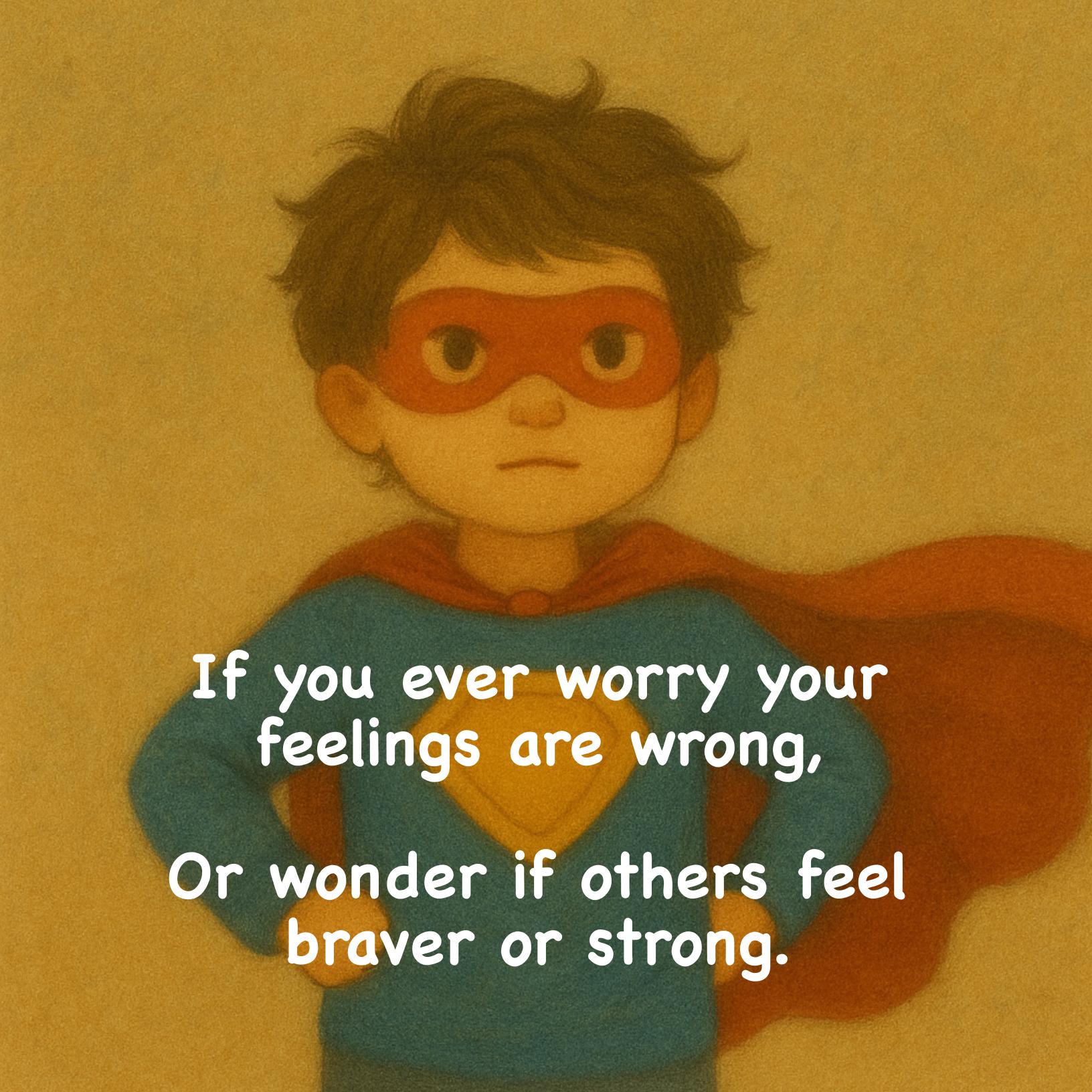
You're not here to copy or
mimic a role.

Or to search for some pieces
to make yourself whole.



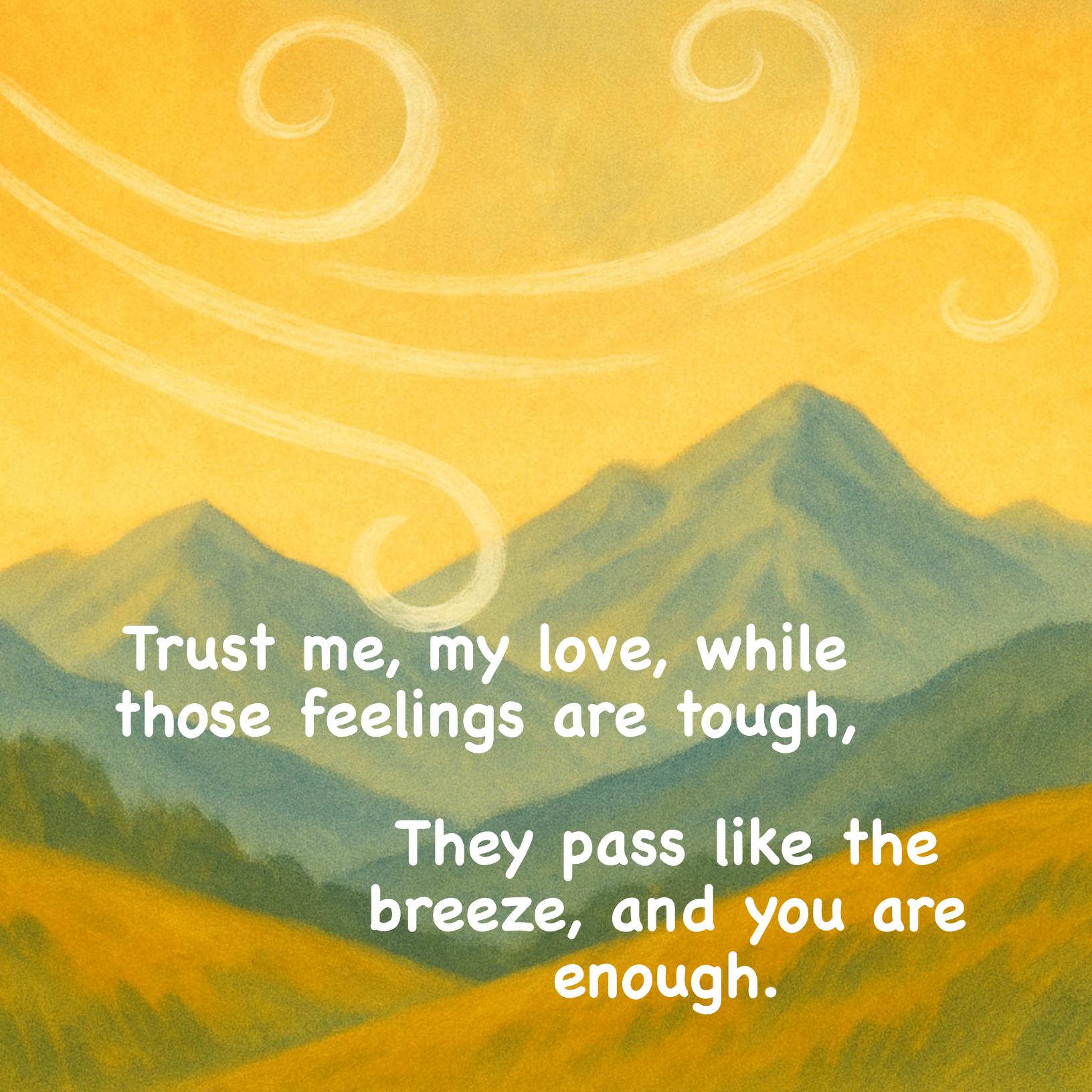
You're here to unfold like a
flower with love.

To bloom as you are,
already enough.

A soft, textured illustration of a young boy dressed as a superhero. He has dark, curly hair and is wearing a red mask with large, expressive eyes. Over a blue t-shirt, he wears a red superhero cape. The background is a warm, solid yellow.

If you ever worry your
feelings are wrong,

Or wonder if others feel
braver or strong.



Trust me, my love, while
those feelings are tough,

They pass like the
breeze, and you are
enough.



Like trees in the
forest, don't try
to be tall.

And stars in the
sky never strain
not to fall.



You, too, are a part of this
world's magical stuff.

A natural
wonder,
already
enough.



You're our little
wanderer,
curious and
kind.

A marvel of
stardust and
our love
combined.

A young child with dark, curly hair and a warm complexion is the central figure. They are wearing a bright orange short-sleeved shirt. The child is standing in a lush green field dotted with various flowers, including a prominent red poppy on the left and a yellow daisy on the right. The background is a soft, blended yellow and green, creating a peaceful atmosphere. The child's eyes are closed, and they have a gentle, contented smile on their face.

Nothing to
fix.

Not a
thing
to
touch.

Just breathing
here now, you
are enough.



To my son Wesson
I hope you always know you're already enough.



Stay Tuned...
For more from The Becoming Series.

About The Series:

The Becoming Series was created to share simple philosophical truths in a way that children and the adults who love them can easily understand.

Whether read at bedtime, in the classroom, or during quiet moments together, the books in this series are made to support every child on their journey of becoming.

About The Author:

Darien Brimhall is a writer, creator, and lifelong explorer of ideas & philosophy.

He created The Becoming Series to bring simple, meaningful truths to readers of all ages, especially the youngest ones beginning to discover themselves and the world around them.

Darien lives in Washington with his partner, Senna, their son Wesson, and their two dogs. When he isn't writing, he can be found enjoying the outdoors, working on projects, pondering, or spending time with his family.

A Note For Caregivers:

You Are Enough was written to help little ones develop a sense of inner calm, self-worth, and acceptance. To know that they don't need to hurry, change, or prove anything to be worthy of love.

As you read this book together, you're giving your child the gift of presence, comfort, and connection.

Thank you for sharing this moment with them. Your voice, your time, and your care give these words their greatest meaning & impact.



