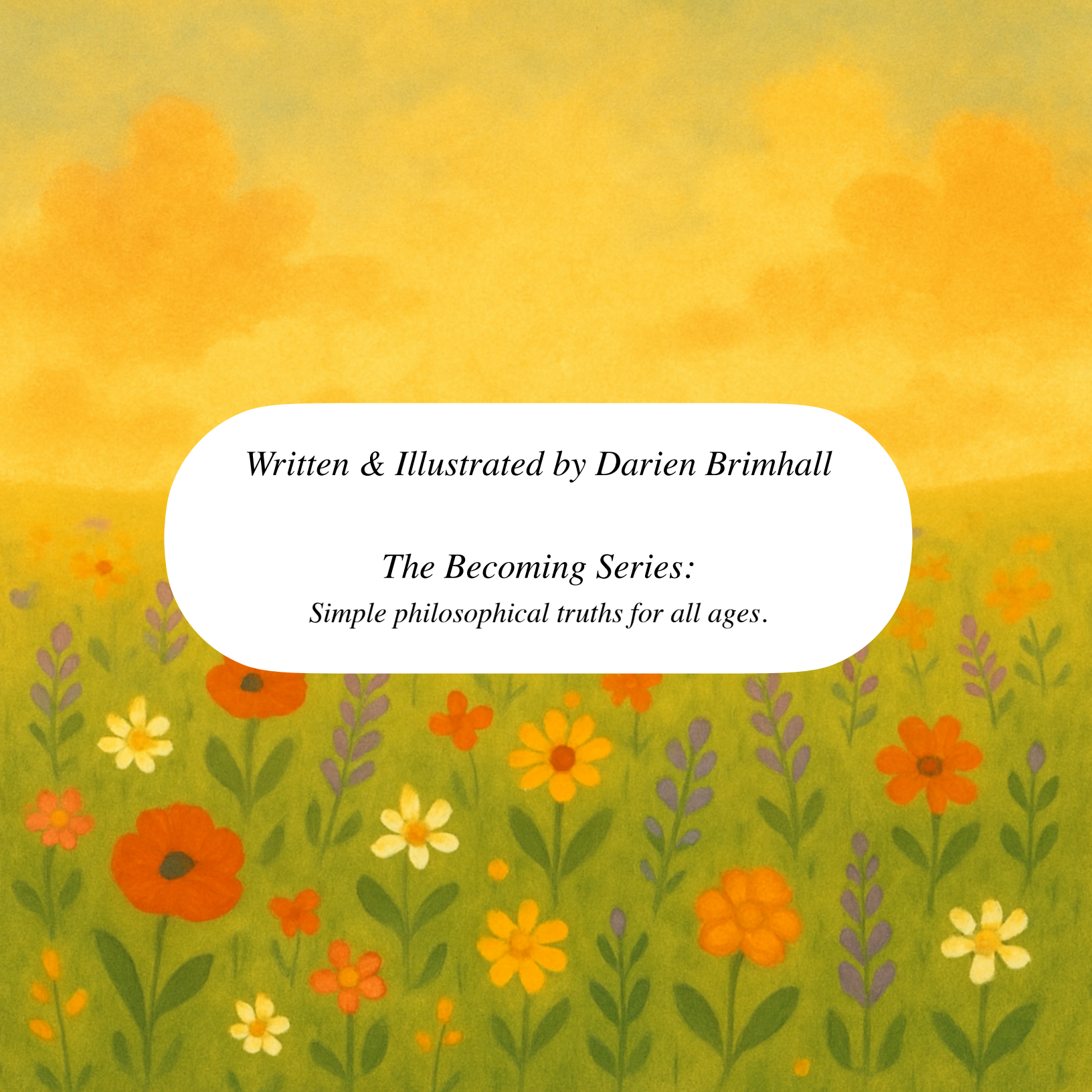


You Are Enough



Written & Illustrated by
Darien Brimhall



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The Becoming Series:
Simple philosophical truths for all ages.

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

www.darienbrimhall.com

The image shows a bookplate designed to be placed inside a book. The background is a vibrant, painterly illustration of a meadow. The upper portion is a soft, hazy yellow, suggesting a bright sky or a field of tall, pale flowers. The lower portion is a lush green field filled with various flowers. There are large, bright orange-red flowers with dark centers, smaller yellow daisies, and delicate purple flowers with small buds. The flowers are scattered across the field, creating a sense of depth and a cheerful, natural atmosphere. In the center of the image, there is a large, white, horizontally-oriented oval with rounded ends. Inside this oval, the text "This Book Belongs To:" is written in a bold, black, serif font. The text is centered both horizontally and vertically within the oval, providing a clear space for a name or title to be written. The overall style is whimsical and artistic, typical of mid-20th-century book design.

This Book Belongs To:

A young girl with short brown hair and closed eyes stands in the center of a busy city street. She has a peaceful expression. In the background, several people are walking in different directions, some carrying briefcases. The scene is set in a city with tall buildings and a traffic light visible on the left. The overall color palette is warm, with shades of orange and yellow, suggesting a sunset or sunrise atmosphere.

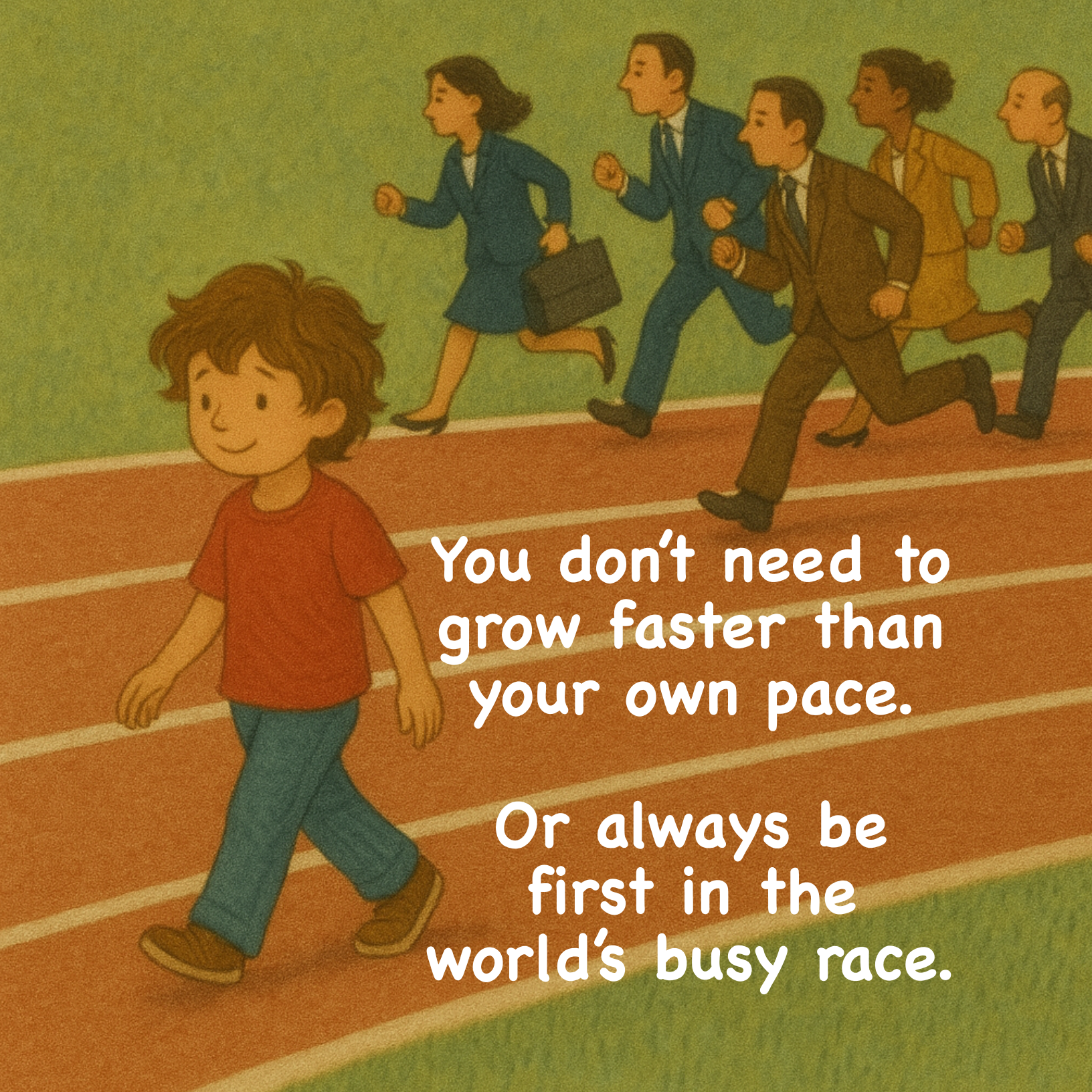
In a world full of noise,
where the big people
rush,

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

An illustration of a man with dark hair, wearing an orange long-sleeved shirt and blue jeans, kneeling on a grassy field. He is looking down at a young boy with dark hair, wearing a yellow long-sleeved shirt and blue jeans, who is standing and looking up at the man. The background features a soft-focus landscape with green hills, a tree on the left, and a warm, golden-yellow sky. The overall style is soft and painterly.

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

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



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.



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.



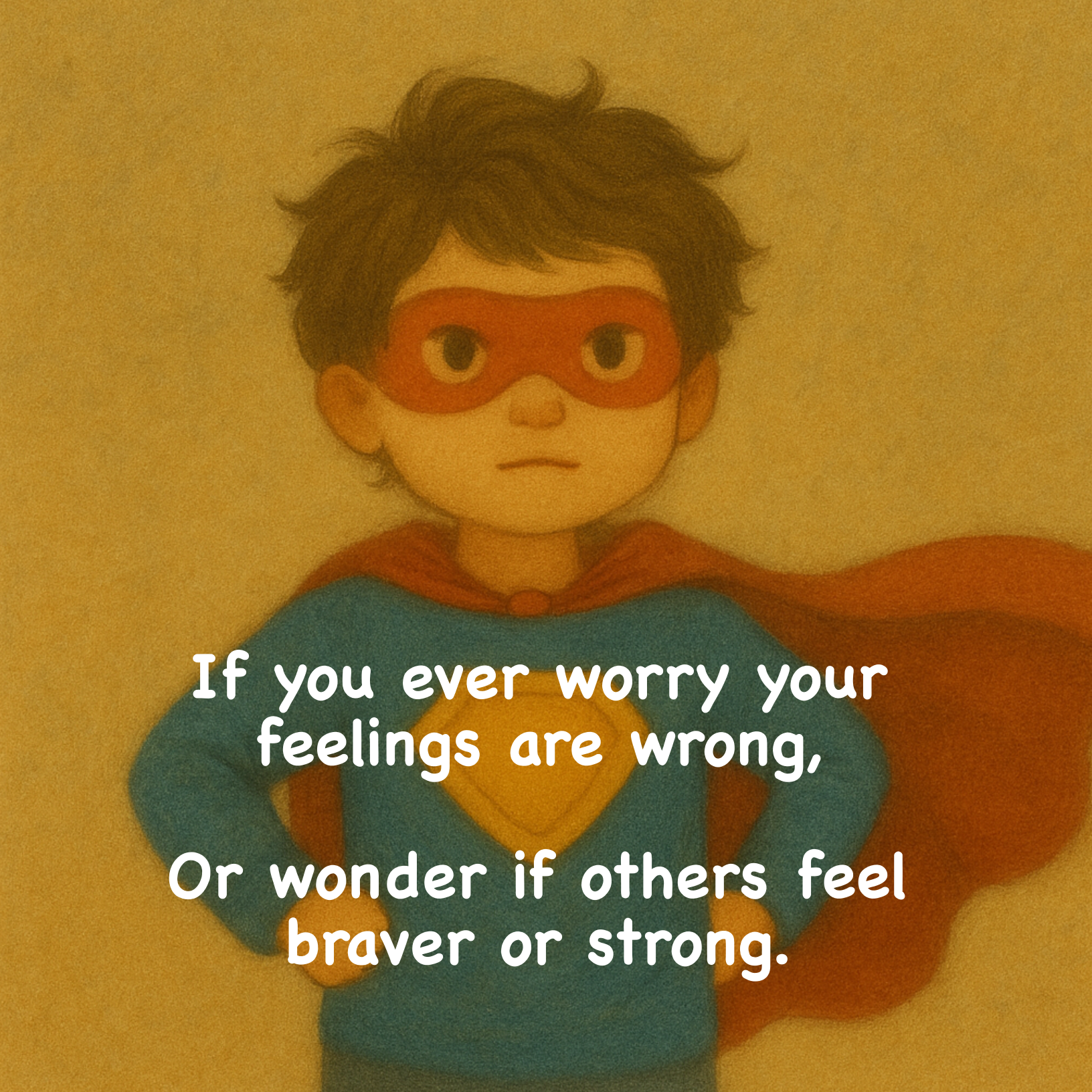
You're not here to copy or
mimic a role.

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, painterly illustration of a young boy with dark, curly hair, wearing a red superhero mask and a blue suit with a yellow diamond emblem. He has a red cape and stands with his hands on his hips, looking directly at the viewer with a neutral expression. The background is a warm, textured 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.



An illustration of a family of three hiking in a field at sunset. A man and a woman are walking together in the background, holding hands, both wearing backpacks. A young girl is walking towards the viewer in the foreground, also wearing a backpack. The background features rolling hills and a large, bright sun setting behind them, creating a warm, golden glow.

You're our little
wanderer,
curious and
kind.


A marvel of
stardust and
our love
combined.

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.

The background is a watercolor illustration of a field of flowers. The sky is a mix of yellow and light green, with soft, painterly clouds. The field below is a vibrant green, filled with various flowers: large orange-red poppies, smaller yellow daisies, and purple lavender-like plants. The overall style is soft and artistic, with visible brushstrokes and a gentle color palette.

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.



