

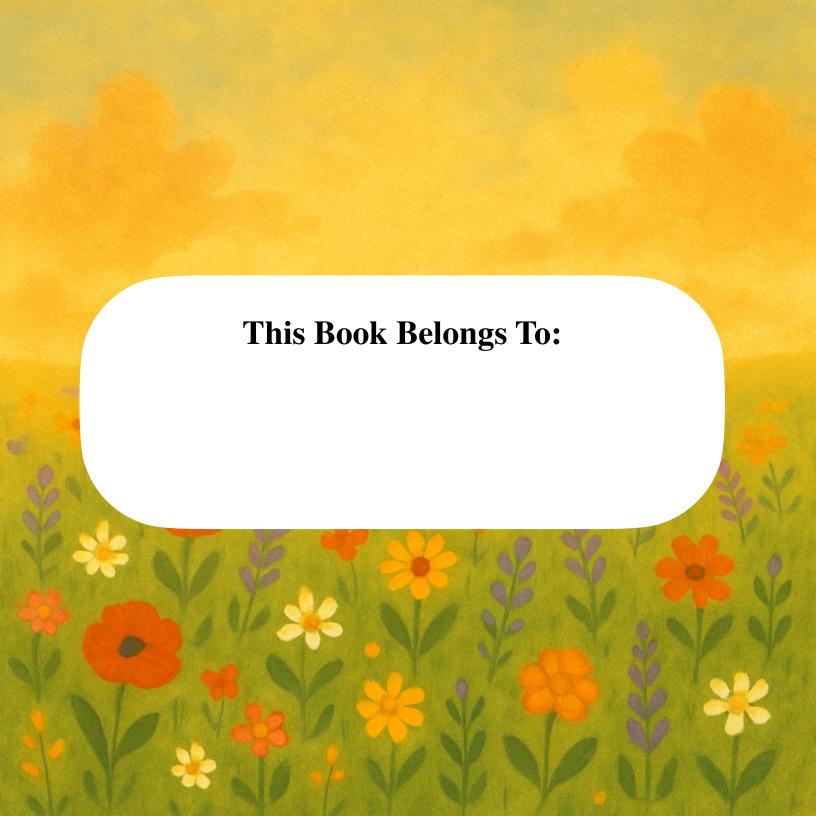
Copyright © 2025 by Darien Brimhall All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means; electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher, except in the case of brief quotations used in reviews or articles.

Published by Darien Brimhall Printed by Amazon KDP

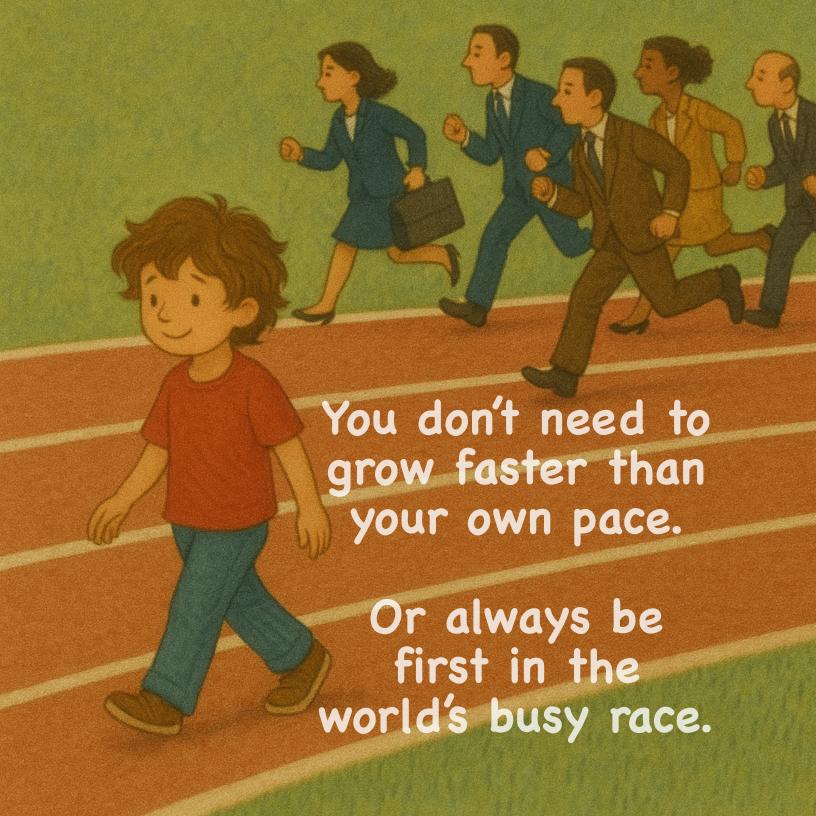
First Edition
Written in the United States of America

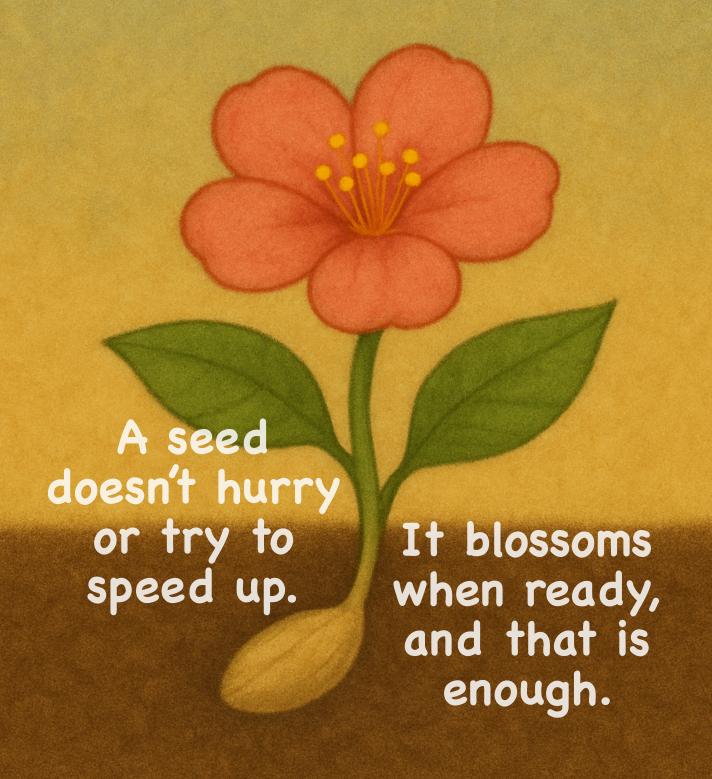
For more books in *The Becoming Series*, visit: www.darienbrimhall.com





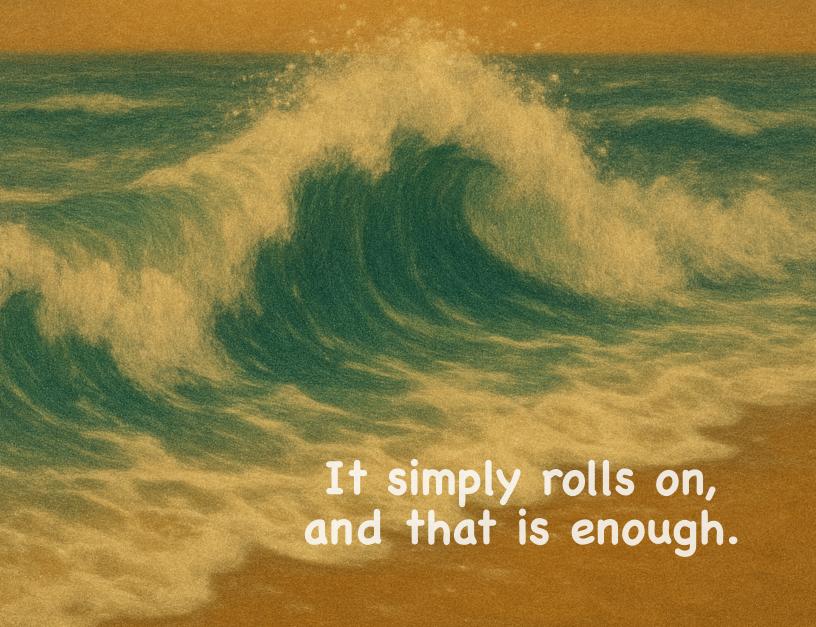






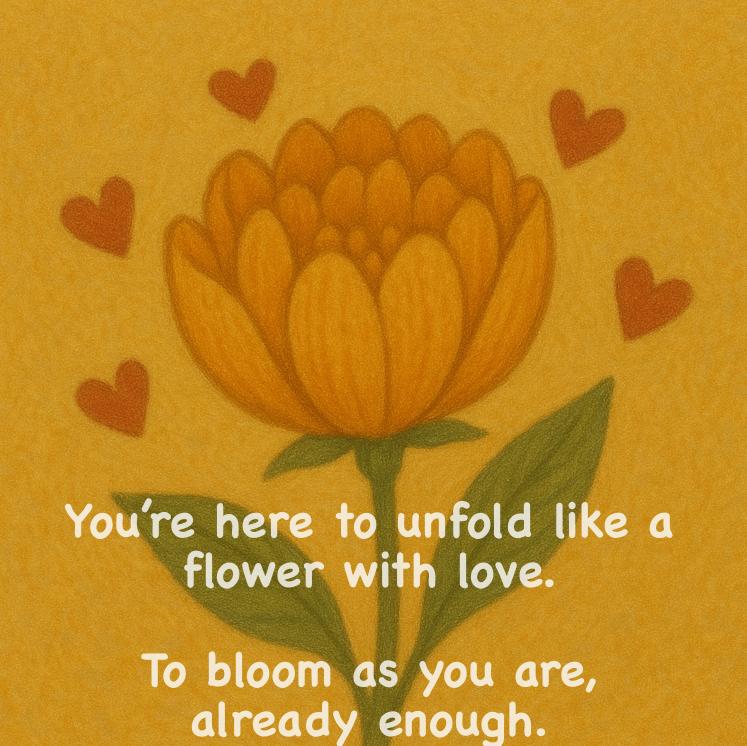
When you wake in the morning with your hair in a mess, Or you're grumpy or tired and feel "less than your best."

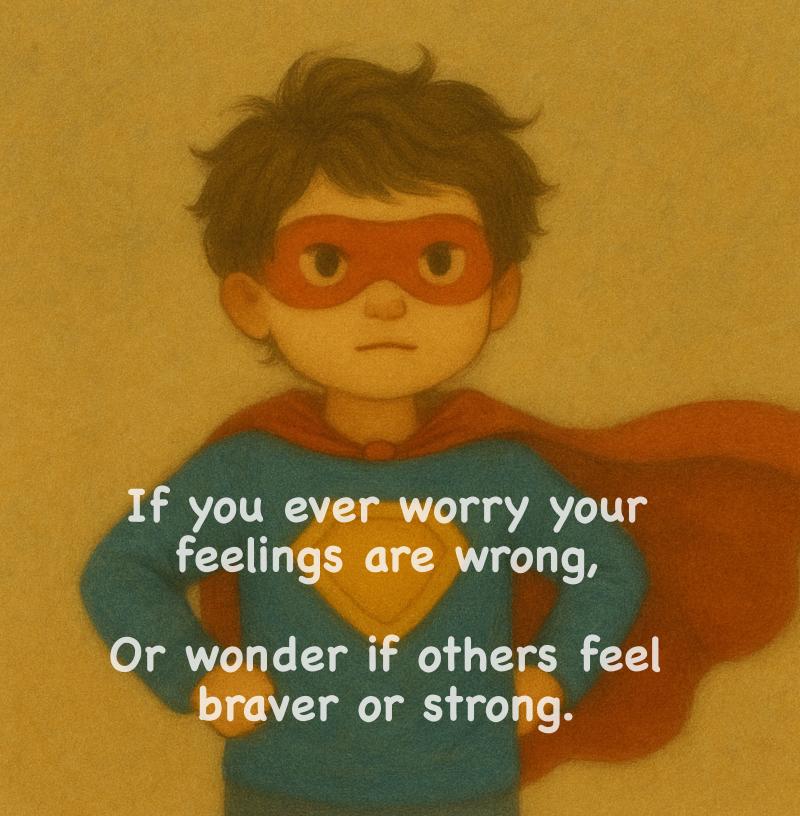
Remember, the wave does not worry if it is too rough.



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

Or to search for some pieces to make yourself whole.





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.

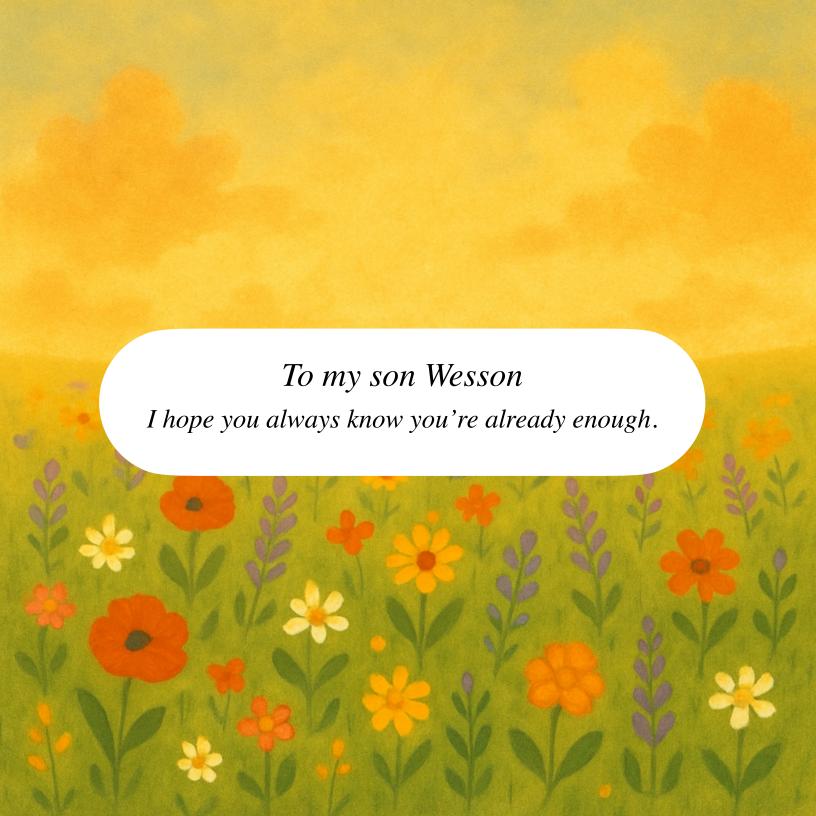
And stars in the sky never strain not to fall.

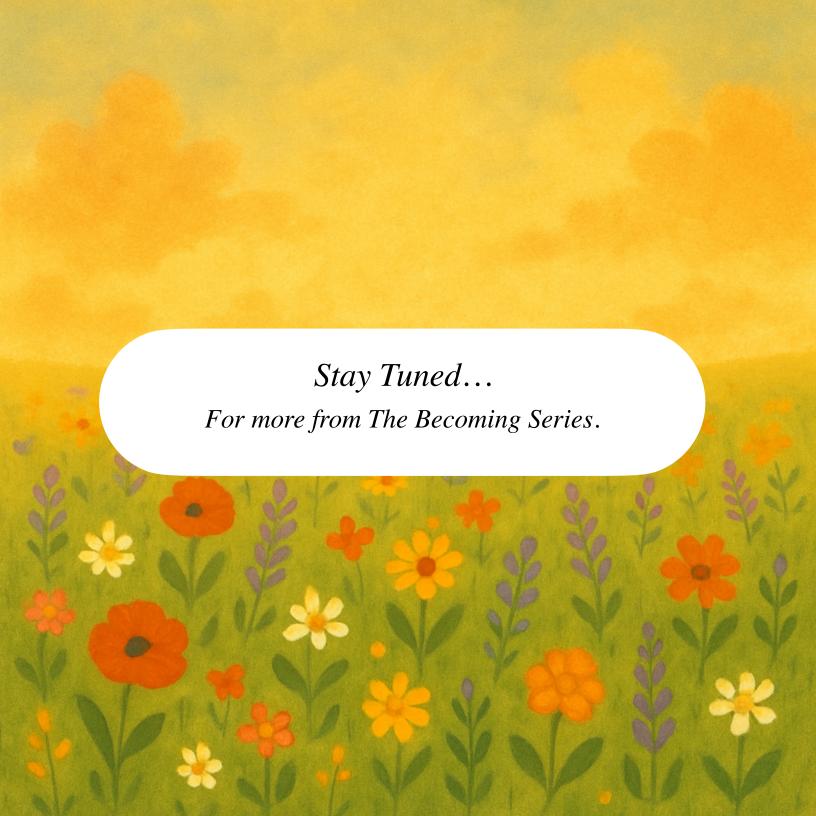
You, too, are a part of this world's magical stuff.

A natural wonder, already enough.











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.



