

Joanna Morgan  
Ascot Media Group  
Post Office Box 133032  
The Woodlands, TX 77393  
Office: (281) 333-3507  
[info@ascotnewsdesk.com](mailto:info@ascotnewsdesk.com)  
[www.ascotmedia.com](http://www.ascotmedia.com)

FOR IMMEDIATE RELEASE

## ***If I Was A Bird...What Kind Of Flock Would I Fly With?* Lessons For Living Right**

New York, NY - Teaching kids to accept others is a lesson no one can afford to ignore. *If I Was A Bird...What Kind Of Flock Would I Fly With?* (DoctorZed Publishing) by Peter Sacco offers a light touch on a serious topic.

Tragedies resulting from bullying seem to be multiplying, and intolerance of cultural and religious differences is all too common. Author, professor and therapist Peter Sacco asks teachers, parents and counselors, how will this negative phenomenon ever change?

Simple: Through kids!

In *If I Was A Bird*, Billy is taken on a journey, encountering many different birds, their habits, their lifestyles, and their own unique quirks. Eventually Billy himself is transformed into a canary and learns the skill of empathy. This experience helps Billy choose wise and sincere friends, while at the same time learning tolerance for those who are not like he is. In the end, Billy learns who you "flock" with says much about you.

Kids ages six to twelve are encouraged to think about and discuss building self-esteem, self-confidence, and develop strategies for saying "no" to bullying. *If I Was A Bird* will be printed in five different languages to benefit children's programs at the Center For Abuse Awareness, an organization highlighting the true cost of neglect and abuse, and supporting abuse-related organizations in the U.S. and Canada, including children's services, victims services, shelters and other agencies that deal with children, women and men whose lives have been affected by abuse.

Peter is the author of many popular international books and more than 700 magazine articles. He has received the Award of Excellence in Teaching and lectures at universities in both the U.S. and Canada. He currently hosts a weekly radio show, "Matters of the Mind" which features celebrities with whom he discusses mental health, relationship and addiction issues. He is also an award-winning executive producer and host of documentaries on relationships, psychological issues and children's issues. To learn more about Peter or his work, please visit: <http://www.petersacco.com>.

[www.bullyingisforthebirds.com](http://www.bullyingisforthebirds.com)

*If I Was A Bird...What Kind Of Flock Would I Fly With?*

DoctorZed Publishing

Available February 15 at Amazon.com and Barnes & Noble online

ISBN #978-0-9942084-8-4

Price \$2.99