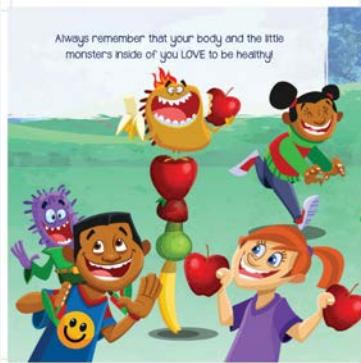
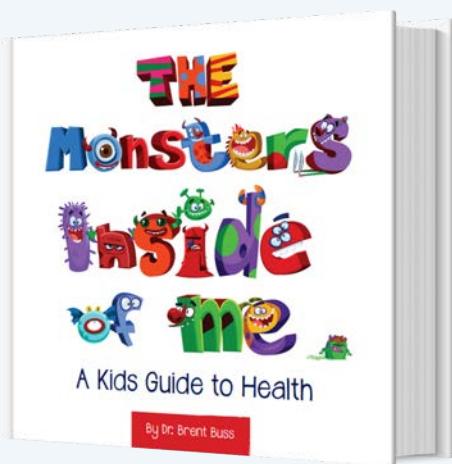


# BELOVED DOCTOR RELEASES DEBUT PICTURE BOOK

## *The Monsters Inside of Me*

By Dr. Brent Buss, illustrated by Tony Trimmer

Hardcover Picture Book | On-sale January 11, 2022 | ISBN: 9798985335705



Prepare your child for a healthy life with this fun, educational picture book by father and health professional Dr. Brent Buss.

Introduce a child in your life to the little creatures that cover your body inside and out - their own little monsters, a.k.a germs! As long as we keep them happy and healthy, then we will be happy and healthy too. They help us digest our food, keep our bodies healthy, and when bad monsters get into our body they help kick them out.

*The Monsters Inside of Me* goes through some of the best ways for us to keep our own little monsters happy with bright, bold artwork and engaging, accessible narration:

- Drink water - your good monsters drink water more than anything else!
- Eat nature food - fruit, vegetables, and anything that nature created are what our little monsters crave the most
- Sleep - getting enough sleep helps your little monsters be ready for the next day
- Movement - moving keeps us energetic and feels great!



**DR. BRENT BUSS** has made it his life mission to spread health, happiness and hope around the world. He has started and co-owned multiple chiropractic clinics, provided philanthropic services and donations to many local, national and international organizations, and continues to serve tens of thousands of patients annually. He currently resides in Appleton, Wisconsin with his family.

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

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