



Eat, Sleep, Fly: A Butterfly's View of Life

Maryjo Koch

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Life is all about change and transformation--something butterflies know a thing or two about!

Inspired by the world of butterflies, *Eat, Sleep, Fly* speaks to nature lovers as well as anyone experiencing life changes. Koch captures the spirit and beauty of metamorphosis in this petite gift book brimming with gentle humor and lessons on life. The illustrations, each rendered in artist Maryjo Koch's unique style of watercolor painting, are paired with words of wisdom about embracing change, transforming with courage, and living life to the fullest--all from a butterfly's point of view.

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