



Dancing Mantis Press

www.DancingMantisPress.com

MEDIA CONTACT:
DancingMantisPress@gmail.com

“Noah the Narwhal” Offers Entertainment and Understanding in Debut Picture Book Released September 7th.

FOR IMMEDIATE RELEASE

Noah the Narwhal has good days when he is productive and social, and pain days, when he needs to rest. His friends and family can find it difficult to handle the unpredictability, but in the end, they realize that having Noah in their lives is absolutely worth it! For the people in our lives - young and old - whose bodies work a little differently, Noah the Narwhal is here to remind us that being valued and loved are just as constant as any chronic condition.

We are delighted to be releasing “Noah the Narwhal, A Tale of Downs and Ups,” the debut picture book by author Judith Klausner and illustrator Sarah Gould. The story of Noah the Narwhal follows the ups and downs of a week in the life of Noah -- a friendly undersea mammal who deals with chronic migraines, and the uncertainties this condition brings. We believe “Noah the Narwhal” will contribute to the landscape of available children’s literature not only with its heartwarming story and grin-inducing illustrations but by helping to ensure that children who suffer from invisible disabilities have characters that reflect their experiences.

"Noah's story of finding acceptance for chronic but invisible illness (here, migraines) goes beyond the canon of “useful books,” and lands firmly in the category of warm stories about friendship."

- Brian Lies, author and illustrator of the of the NYT Bestselling *Bats* series.

"Noah the Narwhal" offers children a gentle lesson in compassion and understanding in relationships with others."

- Mark Alan Stamaty, Author of “**Who Needs Donuts?**”



Illustration by Sarah Gould

Author Contact Information and Bio:

Judith Klausner

jgklausner@gmail.com

617-584-9751

DancingMantisPress@gmail.com

[@Noah_TheNarwhal](#)

www.facebook.com/NoahTheNarwhal



About the Author

Judith Klausner is a migrainey land mammal from Somerville, Massachusetts. She channels her experience of invisible disability (and everything else) into her creative endeavors. She often makes art using unusual materials from her surroundings, and plays with her food both recreationally and professionally. When not creating works of art, she likes to throw fancy dress tea parties. Seeing a lack of characters like herself in picture books, Judith set to work contributing to filling this void, and she hopes that Noah will help other disabled folks of all ages feel less isolated.



About the Illustrator

Sarah Gould is a designer of many things, including games, landscapes, stories, and art. She has grand ambitions to make the world a better place by creating occasionally useful things, but she mostly spends her time noodling, doodling, and trying to understand the full weirdness of human beings. When she's not at work, she can be found tending her blueberry patch at her little house (that she designed!) in a quiet corner of Seattle, WA, or doing some urban hiking on the way to ice cream.

Sample Q & A

What Inspired You to Write This Story?

Noah is actually a semi-autobiographical story (no, I am not a horned sea mammal!) I have suffered from a chronic invisible disability since I was a child, in the form of chronic migraines. I have spent the last two decades figuring out how to build my life around unpredictable debilitation: how to interact with the world and the people in my life in effective and positive ways. It has also been an ongoing process for my loved ones. In writing “Noah,” I hope that I can help others with similar conditions to feel less isolated, and provide insight those who make up their communities.

Why a Narwhal?

I was really drawn to the idea of this creature with a horn that could be inverted to evoke the feeling of a migraine. And, much like narwhals themselves, all too many people think migraines aren't a real thing!

Who Will This Book Appeal To?

Noah the Narwhal was written for both children and adults, as the issues that Noah experiences are ones experienced by people of all ages. I think the superpower of picture books as an art form is their ability to speak to young and old alike -- an ability that is becoming more recognized.

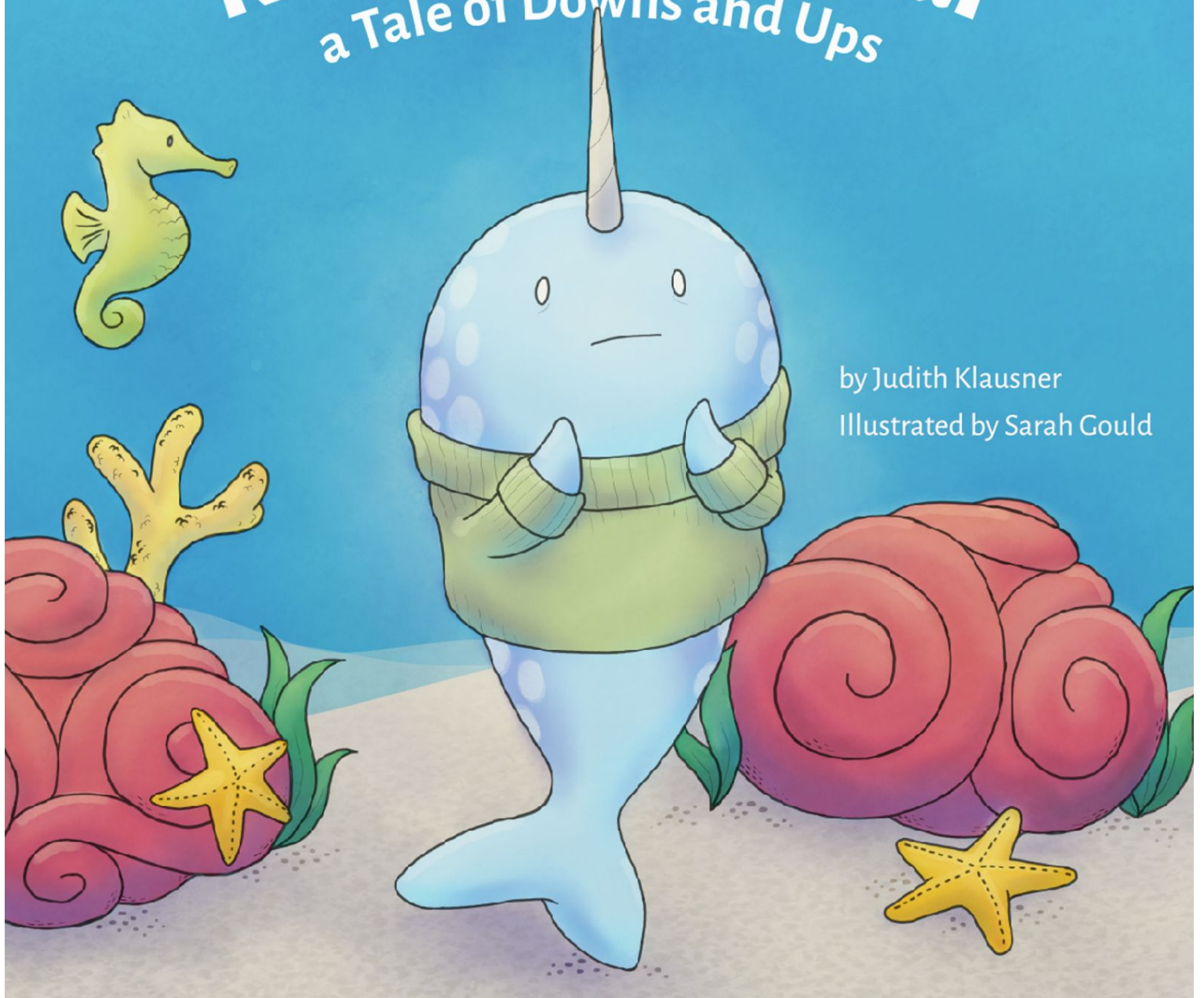
Much like any book with a disabled protagonist, this book is not just for readers with disabilities. It is important that everyone learn to understand and interact with members of their community who are different from themselves. Even if the reader (or their child) is not disabled themselves, chances are very good that they have family, friends, classmates, or workmates who are!

Do You Plan to Write More About Noah?

A sequel is actually already in the works! And I'm interested in potentially exploring the lives of some of Noah's undersea buddies with other disabilities.

Noah the Narwhal

a Tale of Downs and Ups



by Judith Klausner
Illustrated by Sarah Gould

Cover illustration by Sarah Gould

“Noah the Narwhal” In the Press

September 7 2017, The Migraine Diva, “[Noah the Narwhal: A Tale of Downs and Ups](#)”

September 6 2017, Migraine.com, “[A Migraine Creation](#)”

September 2 2017, Pain News Network, “[Noah the Narwhal: A Children’s Book About Migraines](#)”

August 27 2017, A Chronic Voice, “[The Narwhal Who Suffers from Chronic Migraines](#)”

August 15 2017, Candid Ceillie, “[Author Interview: Judith Klausner](#)”

August 17 2017, Pajama Daze: PJ’s Bookshelf, “[Noah the Narwhal: A Tale of Downs and Ups by Judith Klausner](#)”

July 20 2017, The Unbroken Smile, “[Noah the Narwhal Review | Children’s Book About Invisible Disabilities](#)”

July 19 2017, Spoonie Living, “[Noah the Narwhal, A Tale of Downs and Ups](#)”