



## Chatham Author Launches Uplifting Children's Book That Helps Kids Embrace Who They Are

Chatham, NJ | May 6, 2025 — After 25 years in the corporate world, Leigh Lachman has found a new calling—as a holistic wellness coach, real estate agent, and now, children's book author.

Leigh is proud to announce the release of her debut picture book, *Poof's Magical Forest Adventure* — a heartwarming story about bravery, belonging, and remembering that you are already enough, just as you are.

Inspired by her own journey of self-discovery and reinvention, the book follows Poof, a little bird who feels different from the others and sets off into the forest to find what makes him special. Along the way, he discovers that the magic he was looking for was inside him all along.

"Poof's story lived quietly in my heart for nearly a decade," says Lachman. "Writing it helped me reconnect with myself — and it became a love letter to every child, and every grown-up, reminding them that they've always been enough, just as they are."

*Poof's Magical Forest Adventure* is available now at [poofsmagicalworld.com](https://poofsmagicalworld.com). Along with purchase, readers will receive free downloadable activities and bonus materials inspired by the story.

In addition to her writing and coaching work, Leigh is an active member of the Morris County, NJ community. She supports local nonprofits, mentors high school students as they navigate life's big decisions, and serves local families through her work in real estate. Leigh is available for interviews, school visits, author events, and community appearances.

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**Leigh Lachman**

[leigh@leighlachman.com](mailto:leigh@leighlachman.com)

201-305-3221

[leighlachman.com](https://leighlachman.com)