

# MIRROR FACE



## A Book on Self Love

Written by Jordan Gillman & Michael Tyler Illustrated by Lisa Fields



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Sometimes I stand in front of a mirror,



and make funny faces



or just look and stare.



But every time I look in a mirror,  
there are thoughts that I think  
that I'd like to share.

Wherever I go, whoever I see,

I wonder what people  
are thinking of me.





They see my height,  
my shape, my size.

They see my nose,  
my skin, my eyes.

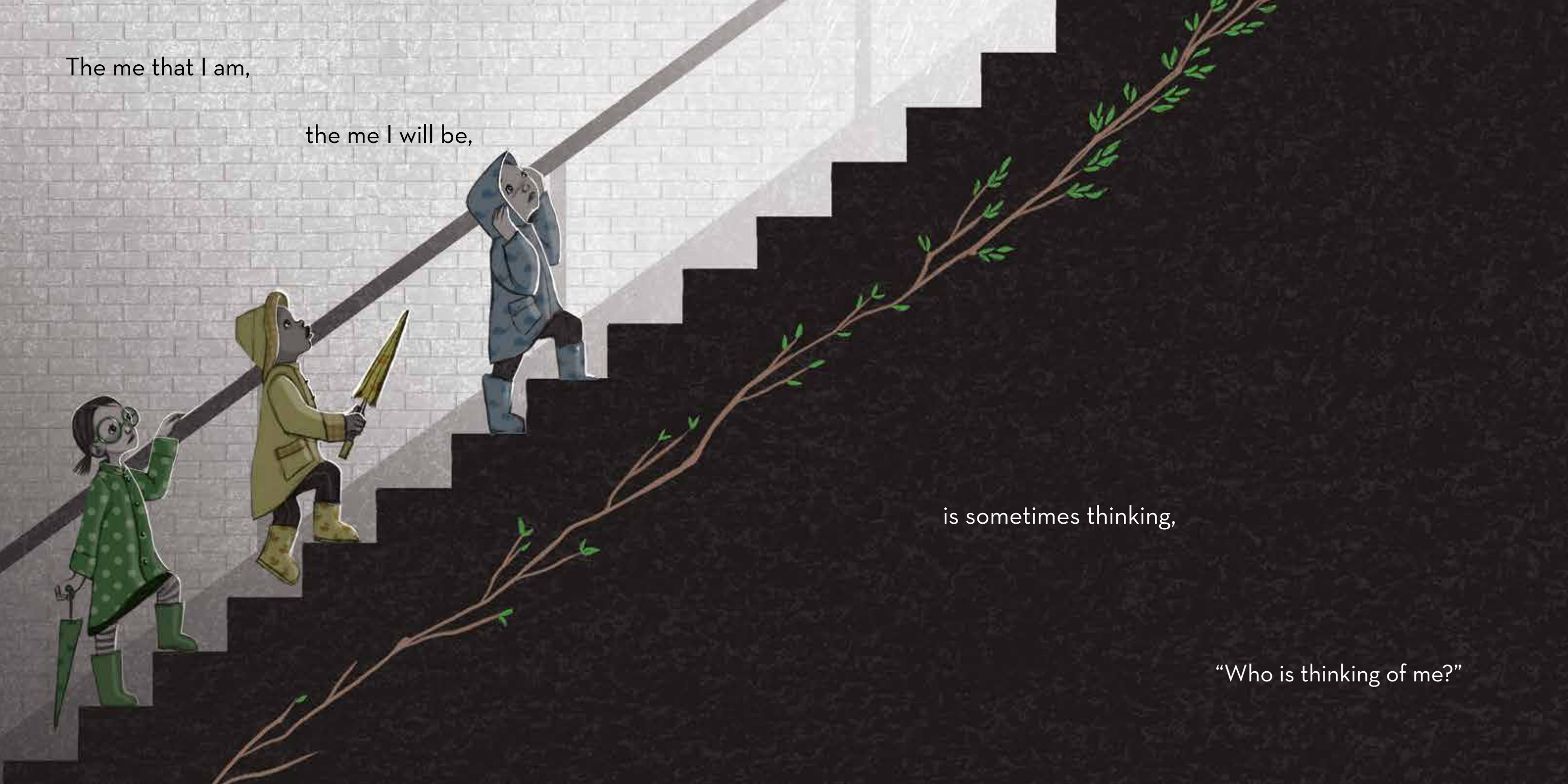
They see the color of my hair.  
They see the kind of clothes I wear.





The me that I am,

the me I will be,



is sometimes thinking,

“Who is thinking of me?”



I walk about in many places,  
and look around at many faces.

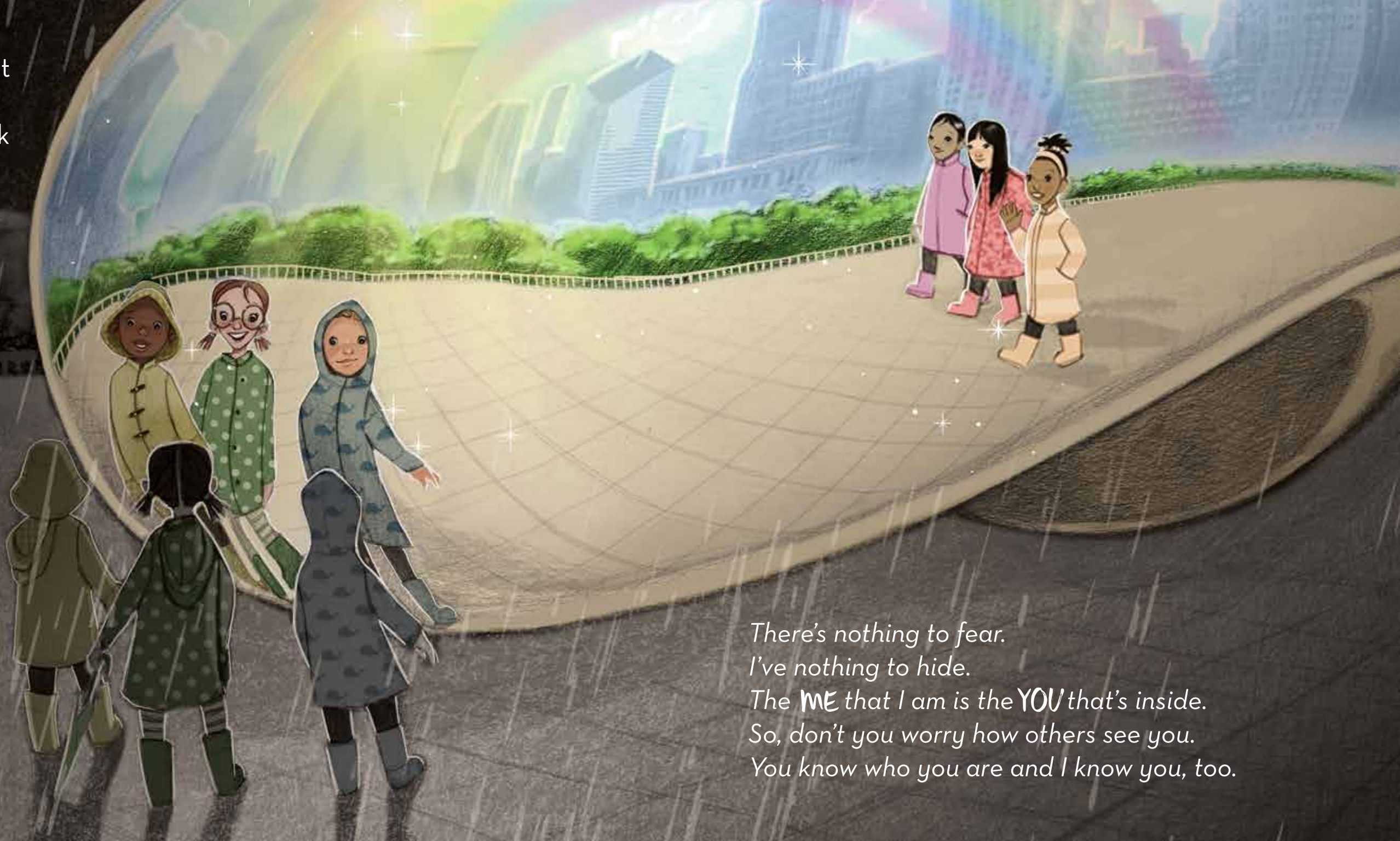


Do people think I'm smart and kind?  
And do they like the me they find?



Once I stood in front  
of the mirror, asking  
these questions I ask  
about me.

And the me looking  
back at me from the  
mirror, gave me  
the answers that  
helped me to see:



*There's nothing to fear.  
I've nothing to hide.  
The **ME** that I am is the **YOU** that's inside.  
So, don't you worry how others see you.  
You know who you are and I know you, too.*



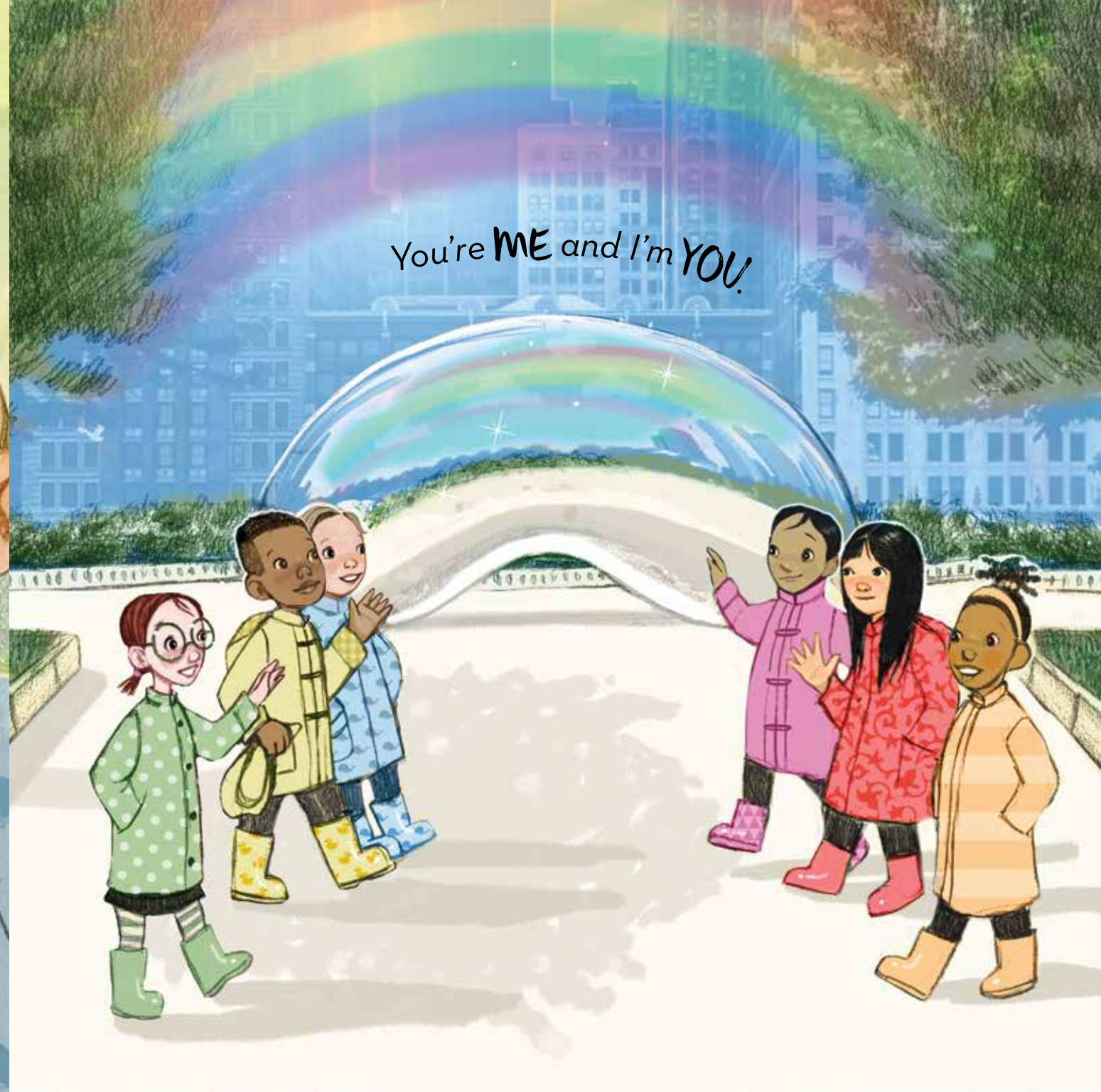
You laugh like I laugh.

I smile like you do.

We think the same thoughts.



You're **ME** and I'm **YOU**!





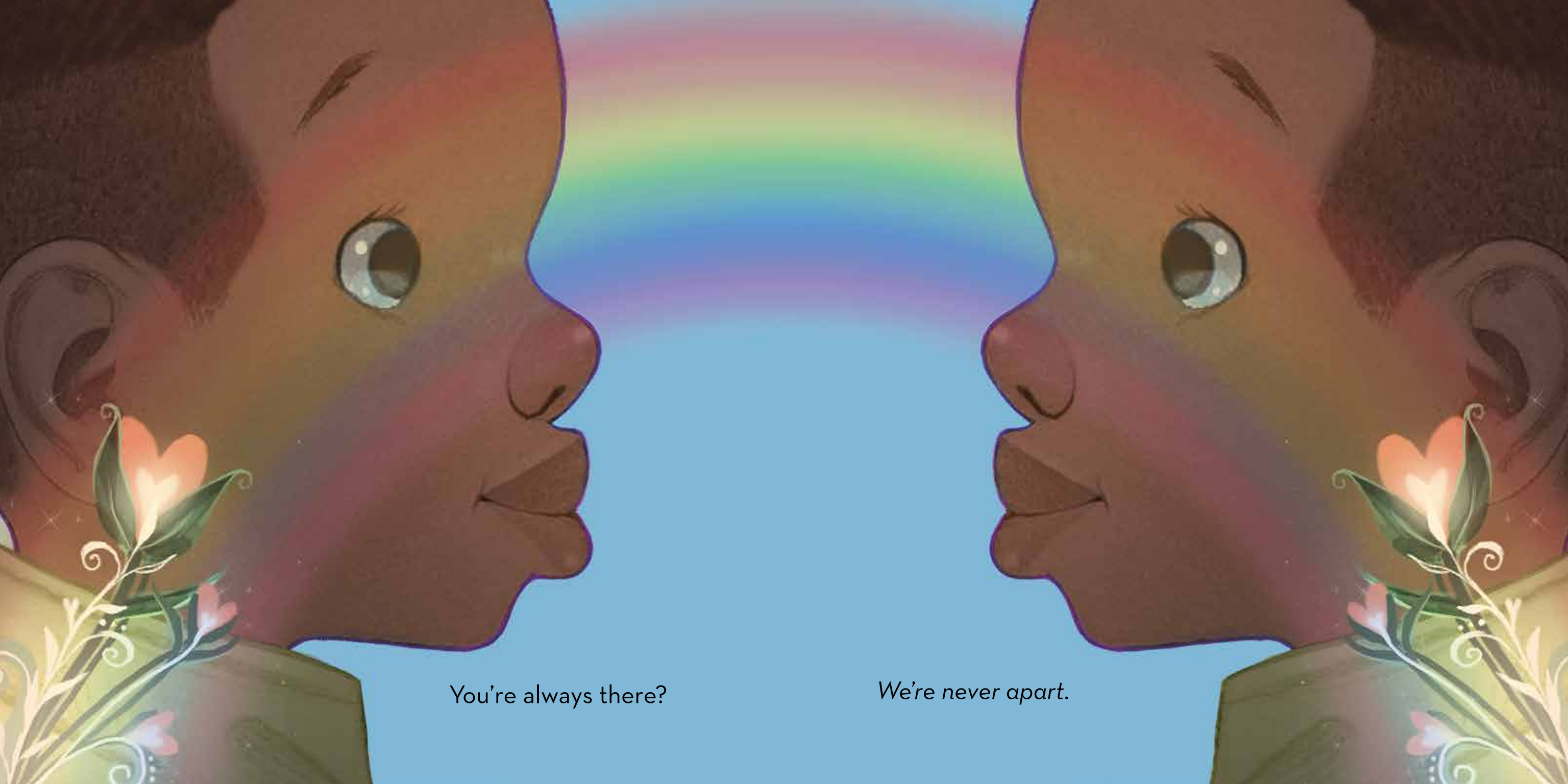


*We have the same hope.  
We see the same dream.*



*When we are together,  
you're more than you seem.*





You're always there?

*We're never apart.*



A whimsical illustration set against a dark blue night sky filled with stars and a crescent moon. On the left, a child with blonde hair lies peacefully on a large, fluffy purple cloud, eyes closed. On the right, another child with blonde hair, wearing a blue patterned robe, stands and holds a glowing white heart with both hands. The scene is framed by delicate, glowing floral and leafy branches. The overall mood is dreamy and tender.

But when I can't see you . . .

*Just look in your heart.  
I hold a mirror, inside of your chest.  
It will always show, your "YOU" at your best.*

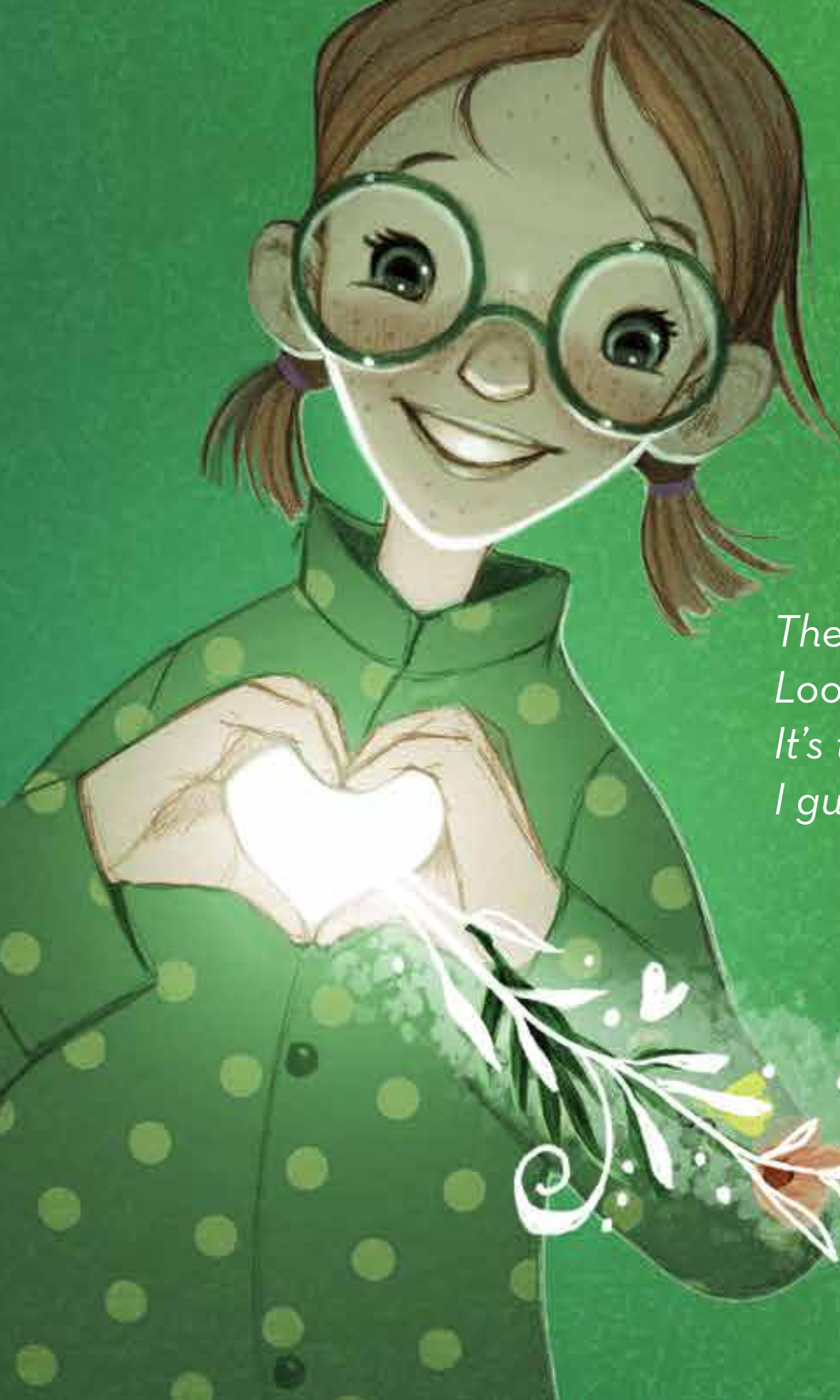
The best that I am  
is inside my heart?

*To know who you are,  
that's where you must start.*

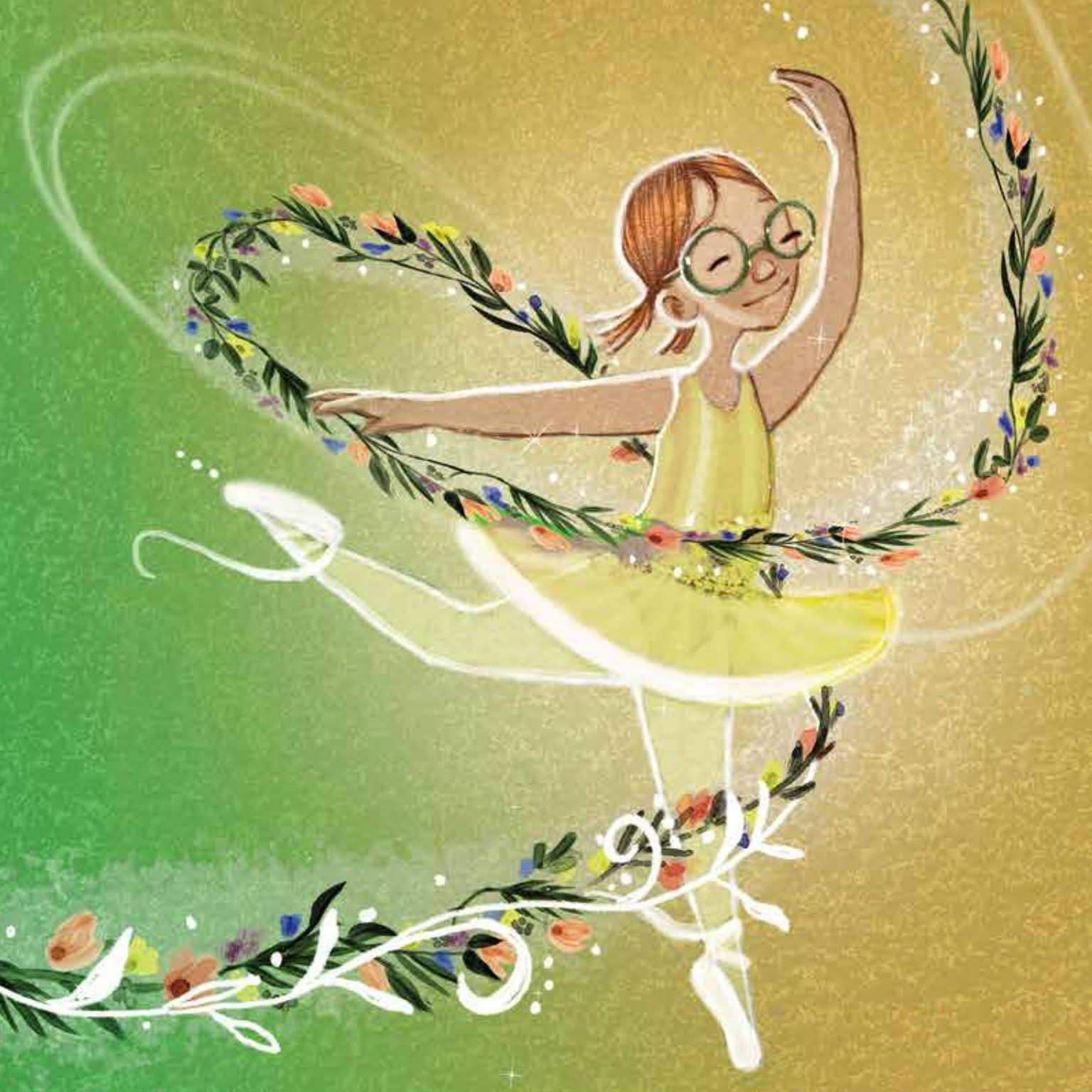
And can I become, all I dream to be?

*I know that you can.  
Trust me and you'll see.*





*The reason I'm sure?  
Look at us, you'll agree —  
It's the best of good reasons.  
I guarantee!*





*Your eyes can see what nobody knows—*



*You're more than your skin and your size and your clothes.*





For the you who is true,  
search your heart and you'll see;

that my wonderful **YOU**  
is your fantastic **ME**!



Now when I stand and look in a mirror,  
I remember the words from my Mirror Face —  
The **ME** in my heart is the **ME** at my best.  
I'll live by these words everywhere, every place.





**I LOVE YOU  
MIRROR  
FACE!**



# THE MIRROR FACE CHALLENGE

Here's something to do, something special for you, to learn and to say to yourself everyday, so that you can achieve all that you believe, and reach for the star you must learn that you are. Just stand at a mirror and look at your face, and let yourself go to your dreaming place, and say to the face that is looking at you, this little verse and you'll see something true – something perfectly, totally, marvelously, magically, wonderfully, stupendously, tremendously true, that the face in the mirror will say this to you:



Your greatest dream is to dream about You,  
Whoever you dream to be.  
And whatever you dream,  
Know this to be true:  
You can do what you'll do,  
And see what you'll see,  
And go where you'll go,  
To be who you'll be;  
You can learn what you'll learn,  
Trust me, and you'll see –  
If you believe who you are,  
You'll become who you dream.



Every child in the world, every boy, every girl, every playmate on playdates who can giggle and twirl, each morning can rise and open their eyes, or at night time instead when they go off to bed, they can look in a mirror at the “Me” that they see, and know there’s no other “Me” they can be; and recite this rhyme in its lyrical time, and incline themselves to remind themselves, to end and begin each day with a grin, and to always dream more and to never dream less; and to close their eyes with their hands on their chests, and hear their hearts tell them, *Be your best.*

And try out your faces, to see who you are, when you feel what you’re feeling, when you go to your star. Make “strong” face and “bold” face, and “best story told” face; and “sad” face and “glad” face, your “Mom” or your “Dad” face; and “fun” face and “frown” face and “being a clown” face, and when you feel silly, your “turned upside down” face! Now, when you’re all done, when you’re finished and through, say to yourself, “Hey Me, I love You!”

And go tell your family, your neighbors, your friends, tell them to try this, again and again. Do the Mirror Face Challenge, take pictures and share, and we hope that you’ll show how you look when you care.

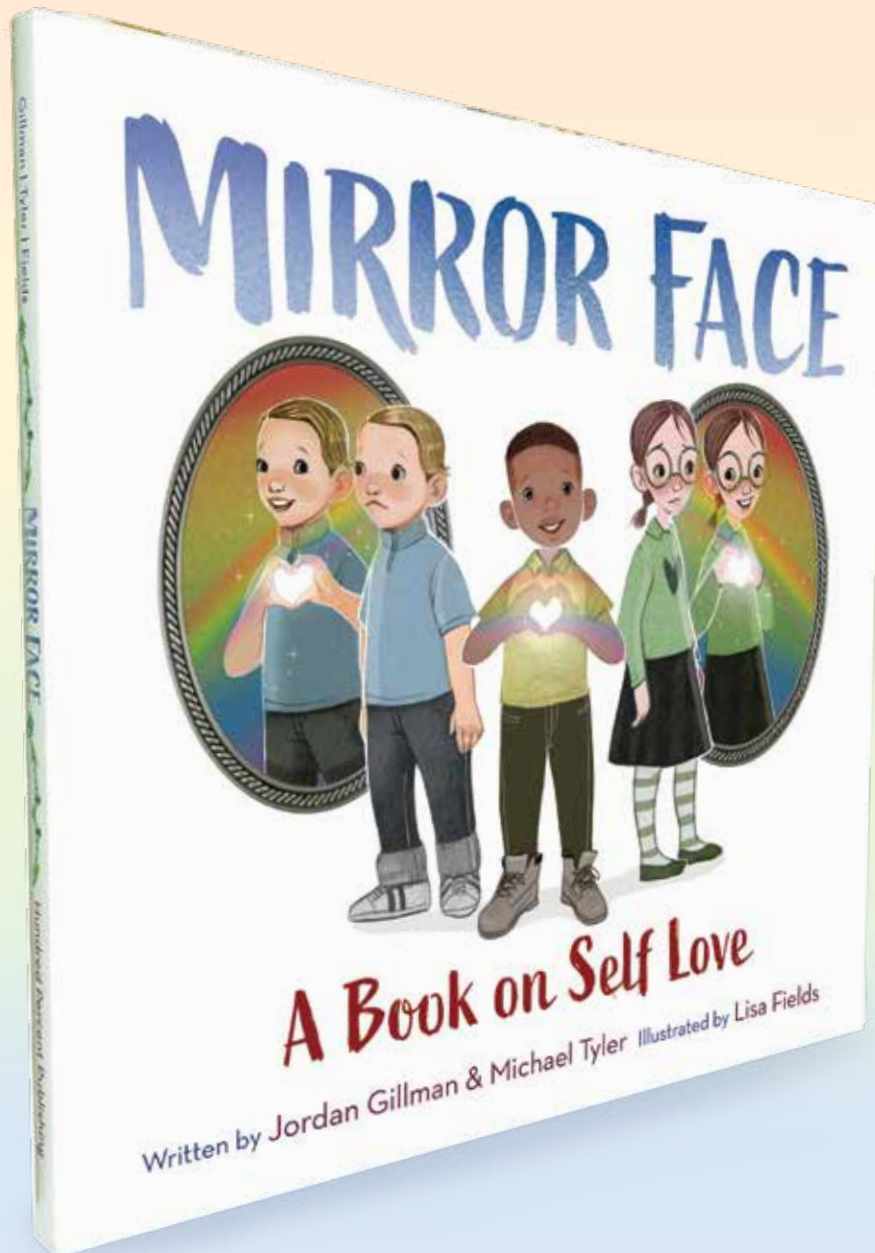
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For my Mom and Dad.

—LF

To anyone who's ever looked into a mirror and said . . .  
To anyone who's ever looked into a mirror and asked . . .

—MT

To my parents, I love you.  
And to my inner ME, I love you Mirror Face.

—JG

A special thanks to Jackie Shiff,  
for being the mirror of possibility.

—JG & MT

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