



Kathrin Laborda

THE SECRET PLACE OF ANIMALS

They know it. They can. They do not live it.

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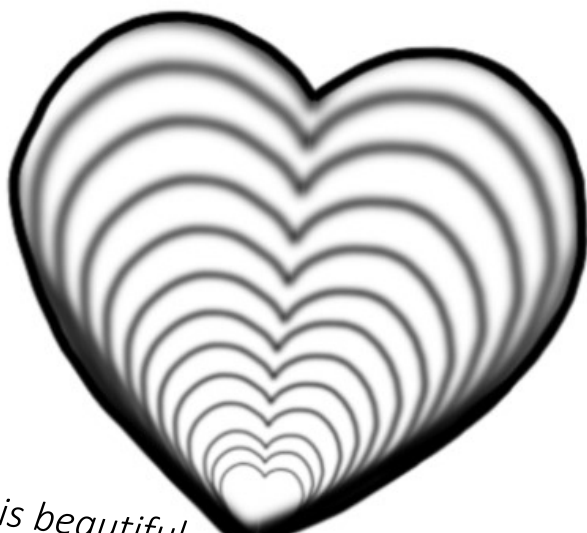
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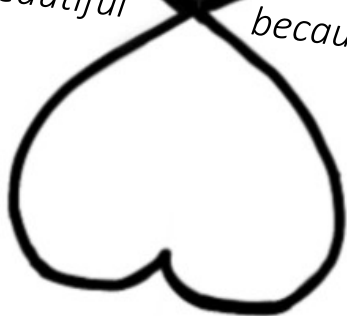
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*"The world is beautiful
because you're there."*



The author

Mother of two, 17 years Human Resources Representative & dance trainer, dancer (since 1992), and now coach (since 2017) in the areas of Consciousness raising, communication, mindfulness for families, leadership and sales.

The path with Kathrin Laborda is a mixture of creativity, time out, positive energy and implementation. She follows her heart and is a bundle of energy, full of calm & power with charm and warmth.



Giving people space for their discoveries as well as solutions, having fun, living and implementing creativity are a special signboard for the loving mother, wife and tough business-woman. As a consciousness trainer, author, coach and dancer, she is empathetic in her interactions and awakens your consciousness, giving you a basis for solutions, more downtime, fun and power in everyday life.

Everything Kathrin Laborda does is about creating space, possibilities and awareness for self-determined living, where well-being, mindfulness, communication, empathy and sustainability get space.

Through her own first-hand experience and years of accompanying people in their daily lives, she knows the challenges for both sides. With empathy and solution-oriented thinking, we work together to implement solutions successfully.

In the cooperation, she creates possibilities in which the humans themselves bring forward the solutions; thereby, an understanding develops, which makes a lasting conversion for small and large possible.

Nowadays, KNOWLEDGE alone is not enough. You can read many guidebooks, but that does not mean you will have a good relationship with your child or partner (female/male/diverse). It is becoming increasingly important to be relaxed and patient, understand, network, and stay with yourself.

Interpersonal skills and empathy come to the fore as skills for people. This is exactly what Kathrin Laborda combines. She lives what she writes here.

Kathrin Laborda is passionate about writing. She does not have to appear in public to do so. It is essential to her that people come into her power. Her words touch, reach people and affect exactly that.

Experience it yourself and make your own experiences as a reader or listener (female/male/diverse).

Kathrin Laborda appears as GHOSTWRITERIN with her words already in some published books. Probably you have already read some 😊.

She may write YOUR BOOK next or support you in writing YOUR BOOK. You can find more info here:

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THANK YOU

Sketches

Thanks to Nele, Finia and Andrea for your spontaneous effort and time.

Illustration

Imagine yourself trying to draw and your child sitting next to you and saying, "Let me try." It's wonderful when a children's book is illustrated by a child. Thanks, dear Zoé, for your time. I'm thrilled and proud of what you conjured up.

Reading before publication & translation

Special thanks go to Silvia, Mike, Francis, Cliff, and others for translation and reading the book before publication. Thank you for your time and valuable feedback.

*"A moment in gratitude hits directly our heart.
It feels like a tender touch, the mood raises."*

Kathrin Laborda

FOREWORD

This book gives strength, courage, understanding and possibly solves the everyday problems of young and old.

While you may think that the words or the content are not as child-friendly as you know it, I want to give you a new perspective: our children know much more than we think and are honest. Sometimes you feel delighted and touched by their words; other times hurt and sad, as you do here in this book. This could be because we associate what we read with situations we have experienced or heard ourselves. **Everyone has their own personal story that no one else can judge.**

Now it depends on how you deal with what you feel. Carefully and sympathetically, or do you push it away and repress it?

It is a gift for a child to have this story read or to read it himself. Some children can't find the words when you ask them how they feel. They can say, like Klara, Tim, or whoever in this book, I think the same way.

Your child feels understood through this story in those moments when it seems incomprehensible to many. There may be even more understanding on several sides, which creates a bond and makes many things easier between people.

As you read the story, notice how you and your child react.

You can see every bad feeling as growth, deal with it, forgive, heal and feel good afterward. Avoid overvaluing. Is this too deep for you, or does it speak to you? Then it may be the right book.

Can you give your child space to react? Give space for things that concern you. There may be no right or wrong anymore, but only my world and your world.

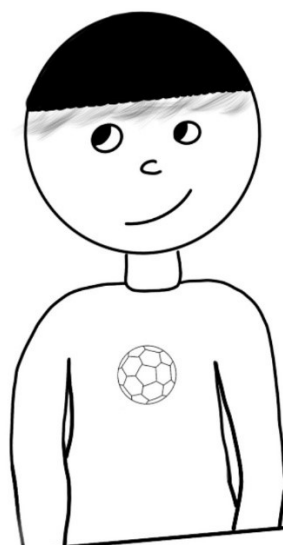
- Instead of explaining or lecturing - ASK QUESTIONS.
- Avoid your interpretations.
- Listen carefully. Question the answers, and you will act differently in the future and be more relaxed in the future.

Now it is enough with introducing words, and we now start with the experiences of Klara and Tim.

KLARA



TIM



20.

KLARA AND TIM

Two children, Klara and Tim were born precisely at the same time. Their parents are still friends today. Klara and Tim go to kindergarten, and they are looking forward to going to school soon.

In a few months, it's time to go to school, and they will learn a lot. They are already able to do a lot. They can write their names, count to ten and draw. Klara is especially good at sports, and she likes climbing and gymnastics. Tim likes to play with the ball. It is not easy for both of them right now. Their parents argue a lot.

They can't afford everything, and vacations aren't possible. They can hardly pay the house installments. "The job doesn't bring enough money. The most important is that no one loses the job", they often hear their parents say. The parents are asleep at the switch, and they never have time. They work all the time. The parents always try to keep the conversations without the child, but it doesn't work because they are so emotionally charged that they forget everything around them.

Although Klara and Tim are still young, they have many ideas about how they could earn money, so he argues finally stop, that Klara and he can go on vacation and buy the things they want. Seeing Mom and Dad happy and relaxed again is their greatest wish.

Klara and Tim walk together through the town, where a fair is taking place today. Tim's dad and Klara's mom take the children with them because no one can watch them today.

Klara and Tim look at the people presenting. "Klara? Do you see all the people as I see them?" Klara says, "How do you see them?" "They all look so sad and rushed." "Anyway, they're not having fun," Klara says. They're like our parents, both think.

Tim: "I wonder why they're like that?"

Klara: "Is it essential that we find out why they are like that? Or is it better to think about what we can do to make us all happier?" Klara and Tim listen to a conversation.

PROBLEM & SOLUTION

1

If I have a problem, I think about whether I can solve it.

2

... and if I have a solution, then I solve my problem.

3

What if I don't have a solution and can't influence it?

4

Then I let go and deal with other things.

What does being happy mean to you? Place it here.

How do you feel when you are happy? Place it here.

Tim is still lost in the adults' faces: "If this is what adulthood is like, I never want to grow up," says Tim. Klara says, "We can do it differently. Let's make a plan for what we could do differently."

Both children walk home happily. They sit on the porch of Klara's house and swing in the Hollywood swing. They look at each other and grin. "We're not going to be like that, and I know that," Tim says.