



FIONA LOWRY

Author & Creative

Planting seeds of confidence, kindness, and magic,
for the next generation and the ones guiding them.

I grew up outside a little village in Scotland called Saline — a peaceful place that still holds my heart. The air is crisp, the views stretch across to the Wallace Monument, and I remember quiet evenings sitting on the front steps with my dad as he sipped a whiskey and we watched the bats dance through the dusk. Saline gifted me freedom, independence, and a deep love for the unspoiled beauty of the world — a kind of magic I carry with me still.

But like so many of us, I grew up and started living a life shaped more by expectations than dreams. Despite the wings my parents gave me, I lost touch with the freedom of spirit I once knew as a child. It wasn't until I had children of my own — and one in particular who struggled deeply with self-belief and confidence — that I began a journey back to myself. Reading *The Secret* was the spark. It reminded me of everything I had forgotten: that we create our world with our thoughts, and that belief — real, loving belief — changes everything.

As I changed my mindset, something beautiful happened: my children changed too. The positivity I chose for myself began to ripple into their lives, and I saw the transformation in their eyes. That moment lit a fire in me — I knew I had more to give. I wanted to share this powerful truth with children everywhere, and with the parents and educators guiding them. Through my books, stories, and soul-led resources, I now help children nurture their inner voice — the one that knows their worth, trusts their heart, and believes in the beauty of their unique path.

This work is deeply personal, but it's also bigger than me. I'm here for the parents who feel like they're doing their best but still wonder if it's enough. For the child who feels different and unsure. For the families who want more peace, more confidence, more connection — and for anyone ready to believe that change is possible when we choose to think differently.

My vision is to spark a global ripple of self-belief and resilience, weaving positivity into playgrounds, homes, and classrooms. I dream of a world where children grow up knowing they are already enough — and adults remember that they are too. My stories are more than entertainment; they are seeds of empowerment planted early, ready to grow into strength, joy, and limitless possibility.

You are enough and everything all at once. What you think about comes about — so think happy thoughts and believe in the magic within you.

For review copies

Contact: Fiona Lowry 07789 380813 | fiona@fionalowryauthor.com