

Local Author Launches Mindfulness Storytime Tour with Free Raleigh Event on May 31

Rashmi Shah, NC-based mindfulness coach and debut author of *I Found My Piece*, kicks off multi-city tour with interactive reading and emotional wellness tools for kids and families.



Raleigh, North Carolina May 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - Local Author Rashmi Shah Brings Mindfulness Storytime to Raleigh on May 31

Free family-friendly event at Quail Ridge Books includes live reading and calming activity session for children

About the Event:

Local mindfulness coach and children's author Rashmi Shah will host an interactive storytime on May 31 at Quail Ridge Books. This event celebrates her debut children's book *I Found My Piece*, which follows Nezzo — a child navigating a big life transition — and introduces mindfulness in a relatable, empowering way.

The event is ideal for children ages 4–10, families, educators, and community members interested in emotional wellness and early resilience-building.

"This isn't just a story for kids — it's a tool for resilience... Families today are navigating a lot of change. This helps children feel seen, supported, and a little more grounded." — **Rashmi Shah**

About the Author:

Rashmi Kumar Shah is a mindfulness and leadership coach, practicing lawyer, and mother of three. Having immigrated to the U.S. from the U.K. as a child, she understands the emotional complexities of change. Rashmi now teaches families how mindfulness can be used to build inner calm and emotional resilience.

[Visit RashmiShah.com](http://VisitRashmiShah.com)

WHAT:

Free children's book event featuring a live reading of *I Found My Piece* by local author Rashmi Shah, followed by a calming mindfulness activity for children and families.

WHO:

Rashmi Kumar Shah – Mindfulness coach, debut children's author, and practicing lawyer.

WHEN:

Saturday, **May 31, 2025**

10:30 AM

WHERE:

Quail Ridge Books – North Hills

4209-100 Lassiter Mill Road

Raleigh, NC 27609

[Event Link](#)

MEDIA OPPORTUNITIES:

Photography and video are welcome throughout the event. Interviews available upon request.

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Source : I Found My Piece - Rashmi Shah

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