

# LOST QUEEN

Concept and Story by  
Doron Almagor, MD and Brenda Miles, PhD

Illustrations by Milbeth Morillo

**Summary:** Dive into a calming and interactive book designed to help you focus and relax. Each two-page spread features one complete and one incomplete illustration, encouraging you to engage your creativity. Developed by a psychiatrist and a neuropsychologist, this book offers a therapeutic and immersive experience as you complete each scene with your unique touch. With the option to add your own colors, it's an invitation to find focus and feel flow.



Copyright © 2024 Possibilities Press  
All rights reserved.

Dear Focus Finder,

Welcome to Lost Queen, the second book in our Find & Focus© Activity Book collection. As specialists in wellness and attention, we've designed this book to be your guide on a unique adventure – one that blends focused concentration with peaceful reflection.

As you journey through Lost Queen, calmly direct your attention at a leisurely pace, exploring the delights of deep concentration. The next two pages, complete with pictures to guide you, explain how to maximize your enjoyment and gain tranquility from this experience.

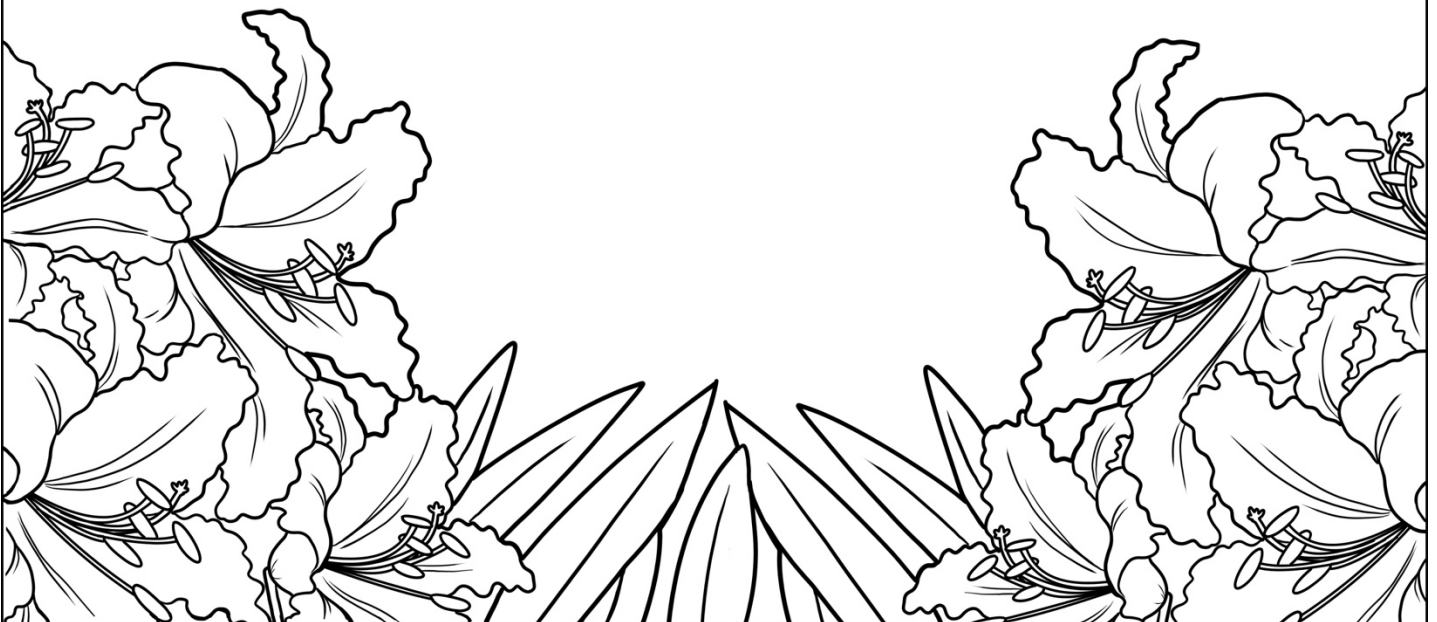
Once you start, we hope you'll feel the state of flow – a mindful, immersive experience where focus and motivation intertwine, allowing you to engage fully in the moment, with the external world fading into the background. Feeling flow is not just about engagement; it's about finding a harmonious balance between challenge and skill, where every action and thought aligns seamlessly with your purpose.

We invite you to immerse yourself in Lost Queen, and let your rhythm set the course. Enjoy feelings of mindful serenity, enchanting whimsy, and creative freedom as you find focus and feel flow.

Together in Focus,

Doron Almagor, MD  
Child, Adolescent, and Adult Psychiatrist

Brenda S Miles, PhD  
Clinical Pediatric Neuropsychologist



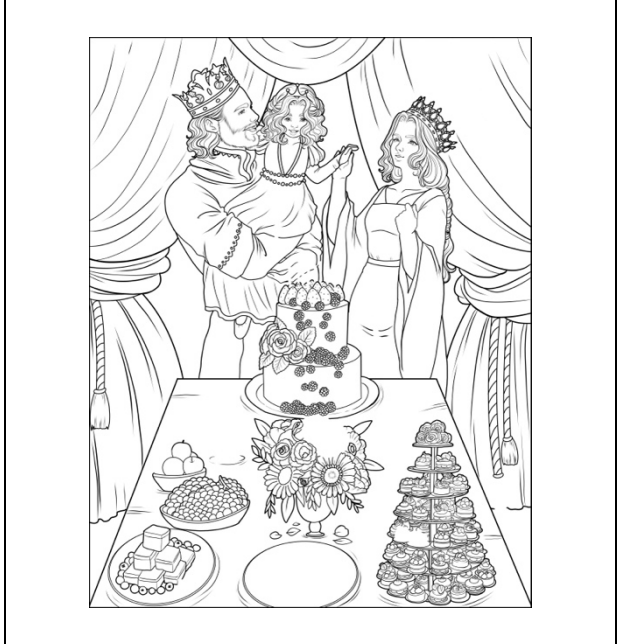
## 5 STEPS TO FIND FOCUS AND FEEL FLOW

1. **FOCUS** on each 2-page spread. The left picture has all the details.

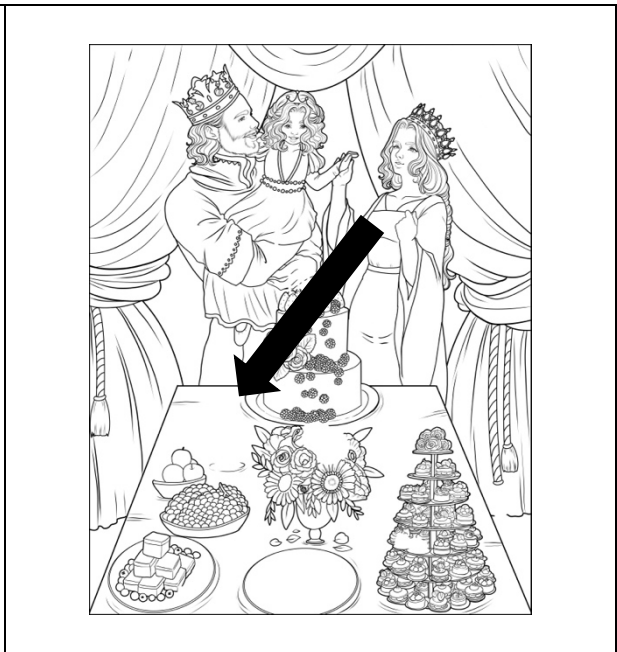
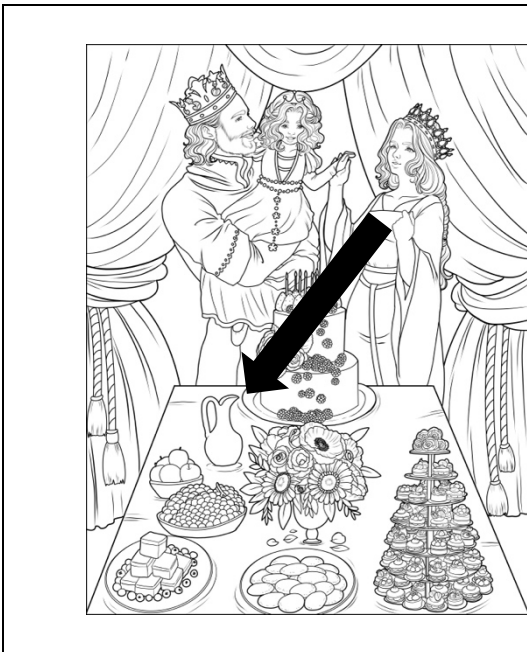
Left Picture with all details



Right Picture with missing details



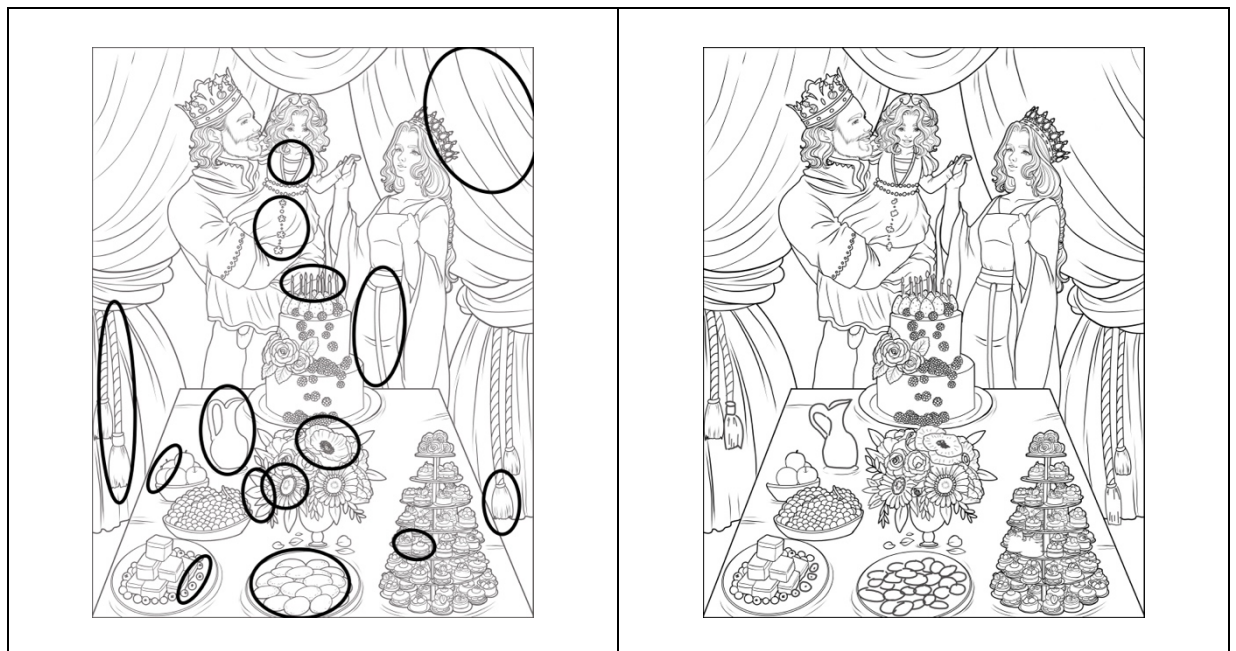
2. **FIND** what's missing in the right picture.



3. **FILL** in the missing details.



4. **FIND OUT** if you discovered them all by checking the Legend at the back of the book.



5. **FINISH** by coloring the pages for extra flow and relaxation!









# LEGEND



