

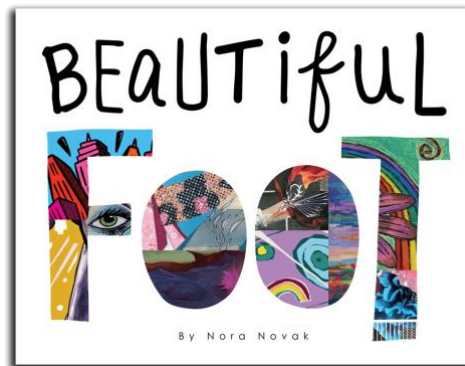
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**New Illustrated Book *Beautiful Foot* Offers Contemporary Fable
for Today's Image-Based Culture**



(Los Angeles, CA)—One day while writer, artist, and all around creative spirit Nora Novak was ending a long day of frustrating work as an administrative assistant, she pried off her heels and placed a throbbing foot up onto her coffee table. While pondering this body part, she realized its common place in our lives as a largely maligned object, overused, constantly abused, hard working yet mostly ignored. She decided to give the foot its own long overlooked star turn by transforming it into the protagonist of a book and *Beautiful Foot* was born.

Beautiful Foot, relatable to both adults and children, follows a foot from its origins as a regular ole appendage to its discovery and brief dip into celebrity; a whimsical ride doubling as cautionary tale for our social media-obsessed times.

“These days, everything seems to be about image and scratching each other’s carefully curated backs,” Novak describes. “Even stuff that is presented as truth is often done to capture ‘likes.’ But there’s an expiration date that comes with celebrity and the instant gratification that comes from being adored by an audience of strangers can ultimately become dehumanizing. Underneath all this soul crushing compulsion for attention, there remains in each of us an innocent desire to be seen and heard. *Beautiful Foot* explores this conundrum and all the joys and insecurities that come along with it.”

The unconventional picture book features original illustrations by a bevy of talented artists and is as equally great a visual story time choice for the kids as it splays beautifully on a coffee table for sparking dialogue between dinner party guests. It can be purchased online at <https://store.bookbaby.com/book/Beautiful-Foot>.

About the Author

Nora Novak (nee Nhan Hien Le) was born in Bangkok, Thailand and raised in Portland, Oregon where she and her family settled as refugees. Throughout childhood, she suffered from anxiety and depression, but she was always able to find a sense of identity and belonging in her creative pursuits. Now as a writer, filmmaker, and designer, Nora has a diverse body of work, as well as a diagnosis of Bipolar II Disorder, which she manages with cognitive-behavioral therapies and medication. While her creative projects are often playful and even irreverent, they are all made in a spirit of authenticity and self-acceptance. Nora lives in Los Angeles with her husband and a very good dog. This is her first book.

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