



Penguin Bloom

Daniel Martinez

Academy Award® Nominee

NAOMI WATTS

ANDREW LINCOLN

Academy Award® Nominee

JACKI WEAVER

THE TRUE STORY OF AN UNLIKELY HERO

PENGUIN BLOOM

IN CINEMAS JANUARY 21





Sam Bloom

- Had an accident in 2013 on a family trip to Thailand.
- Severed her spine and became a quadriplegic.





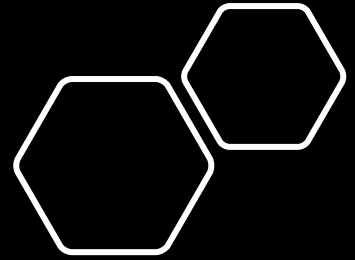


Balcony



Rotted Wood







sa del M
Hua Hin















Penguin the Magpie

The Odd Little Bird Who Saved a Family



Cameron Bloom
& Bradley Trevor Greive
author of *The Blue Day Book*

NOW A MAJOR FEATURE FILM STARRING NAOMI WATTS

'Glorious'
Telegraph

'A gorgeous book'
Good Housekeeping

'A delight'
Daily Express

PENGUIN BLOOM

The odd little bird who saved a family

Cameron Bloom
& Bradley Trevor Greive



The Number One International Bestseller

An iceberg floating in a clear blue ocean under a bright blue sky with scattered white clouds. The visible tip of the iceberg is jagged and white, while the much larger submerged portion is dark blue and textured, illustrating the concept of hidden depths. The text 'EMOTIONALLY HEALTHY' is in a clean, white, sans-serif font, and 'Spirituality' is in a white, elegant script font, both positioned in the upper right quadrant of the image.

EMOTIONALLY HEALTHY
Spirituality



A large iceberg floats in a clear blue ocean under a bright blue sky with scattered white clouds. The visible tip of the iceberg is a jagged, snow-capped mountain. The submerged portion is a massive, rectangular block of ice, illustrating the metaphor of the tip of the iceberg. The text is overlaid on the right side of the image.

EMOTIONALLY HEALTHY
Spirituality



Knowing yourself:
Breaking out of these
expectations that
others have for you.

- She is no longer that “fun mum” that she used to be. Coming to acceptance of that.
- Being able to look in the mirror and not lose hope in the face of having something so precious taken away from you.

Dealing with the past...

- “But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.”
(Genesis 50:20, NKJV)
- Finding treasures in darkness. God wastes nothing.



Journey through
the wall...





Journey through the
wall...

Sam came up to a wall. With the help of
Penguin, she was able to get through it.



Loss & Greif

Loss and grief help us to empty our hearts.



Rhythm and Sabbath

1. Stop
2. Rest,
3. Delight
4. Contemplate.



Growing into emotionally healthy adult

- Still growing into this.

Develop rule of life

- Slowly growing. Take a long time, small incremental steps.

1. Aware

2. Ponder

3. Value

The action/behavior gap

4. Prioritize

5. Own



Thank you for
watching!
