

*Little Wave  
and  
Old Swell*  
*A Fable of Life and  
Its Passing*

by Jim Ballard



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**Jim Ballard, Author**

Jim is co-author of a number of popular books with best-selling business author Kenneth Blanchard, as well as several titles on his own. Teachings of the world-renown author Paramahansa Yogananda inspired Ballard to write the wave fable to bring solace and understanding to children in bereavement.

Jim is currently working on *Whale Balanced*, his sequel to *Whale Done! The Power of Positive Relationships*. His book *No Ordinary Move: The Healthy Way to Help Your Aging Parents Relocate*, co-authored with Dr. Barbara Perman, will be published in 2007. Jim has done many training designs for authors over the years with topics such as innovation in business and the management of change.

Ironically, Jim's book *Little Wave and Old Swell* was first self-published a few days after the tsunami disaster. Hundreds of copies were sent to surviving family members of the victims of both this horrible disaster and hurricane Katrina. Mr. Ballard is a hospice volunteer and a Big Brother, and resides in Amherst, MA.

**Catherine M. Elliott, Illustrator**

When Catherine read *Little Wave and Old Swell*, she was inspired to contact Jim Ballard to offer her artwork for the book. Catherine is a contemporary artist whose work is evocative of the American Impressionistic painting style. Her works are painterly visions of her innermost admiration of God's creation. The wonder of these works is in the fresh liberation of color and light, offering the viewer a sense of awe and peace. "I'm compelled to paint and bring light and color intimately together," Catherine says. "My vision as an artist is to see and translate to the world the visual wonders of nature and to lift the spirit to a place of peace and contentment."

Catherine began studying color when she started painting. "I learned right from the start that color is relative," she comments. As a result, she thinks carefully about her colors and plans many of her paintings before she begins. "It's important for me to exaggerate the colors of nature because it's art; it makes things beautiful," she says, echoing Chevreul's maxim.

Catherine is an elected member of the Lyme Art Association in Old Lyme, Connecticut, a legacy left by nineteenth-century artists, and is today a showcase of notable artists. She is currently represented by Wilkins Art Consulting, Boston, MA; State of the Arts, Hartford, CT; Daniel Art Associates, Guilford, CT; and Barbara A. Hudson Associates, Hartford, CT.