

365 ILLUSTRATED MEDITATIONS

From Mike Medaglia

“We can never obtain peace in the outer world, until we make peace with ourselves” – His Holiness The Dalai Lama XIV

Another wearying week? Want to get a different perspective on life and make changes step by step? With the help of Mike Medaglia, you can become One Year Wiser. A practising Zen Buddhist, Mike has gathered a wealth of spiritually uplifting quotations from many of the world’s great speakers and thinkers. He has beautifully illustrated 365 inspirational quotes from prophets, writers, artists and politicians. *One Year Wiser* provides a thought for the day for every day of the year from the likes of Virginia Woolf, Anne Frank, Walt Whitman, the Dalai Lama, Stephen Hawking, John Keats, Eleanor Roosevelt, and Sufi mystic Rumi.

Mike is the creator of *The Huffington Post’s* Meditation Comic. These elegant Japanese- and Chinese-inspired illustrations stimulate a more mindful, calm approach to life. His best-selling *One Year Wiser: The Colouring Book* is a book to fire the imagination and reduce stress through calming creativity, nurturing positivity and encouraging mindfulness.

One Year Wiser launches at Gosh! Comics on Wed. 9th September, 7-9pm. Info here: <http://bit.ly/1Mkskql>

“You only live once, but if you do it right, once is enough” – Mae West

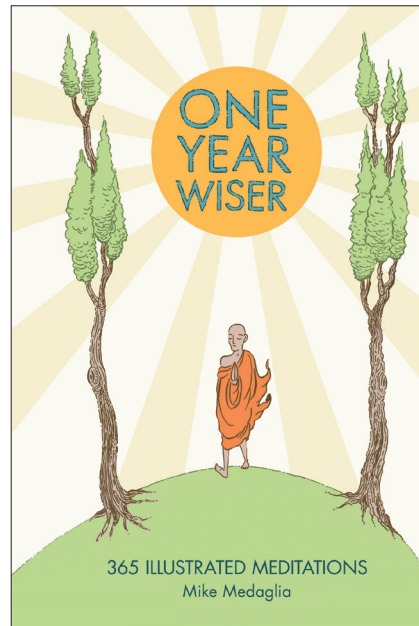
About the illustrator

Mike Medaglia is a cartoonist, illustrator and comics editor. He is the co-editor of dotComics, a comics anthology inking webcomics and print, and contributes to *The Comix Reader*. A Zen Buddhist practitioner, he draws a monthly meditation comic for *The Huffington Post*. He posts weekly illustrated meditations at www.oneyearwiser.com. Canadian-born, he lives in London.

Mike’s blog:
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#oneyearwiser

Notes to editors

SelfMadeHero aims to publish works that provoke, entertain, inspire, and inform through visual narratives. We are proud to publish ground-breaking and beautiful work by authors and artists from across the globe, from the quirky and humorous to the political and profound. Releases for Autumn 2015 include: Frederik Peeters’ *Aama Vol.4*; Peter Kuper’s *Ruins*; Si Spencer & Dix’s *Klaxon*; Richard Appignanesi & Oscar Zarate’s *Hysteria*; and Edward Ross’ *Filmish*.



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