



From Mike Medaglia

Following on from the hugely popular *One Year Wiser: 365 Illustrated Meditations* and *One Year Wiser: The Colouring Book*, artist and Zen Buddhist practitioner Mike Medaglia has created a journal to encourage you to keep a lasting record of all those special moments you experience.

Filled with Medaglia's hand-drawn illustrations, *One Year Wiser: A Gratitude Journal* contains exercises and tips to help you live gratefully; illustrated quotes to colour in; and plenty of space to document those moments that evoke the richness and variety of life. Whether it's finding beauty in the every day, appreciating small acts of kindness or being thankful for life's challenges, this book provides an enjoyable way to remember and record all the wonderful things that happen to you. By recording and revisiting the details of your everyday experiences, you'll learn to live gratefully while developing a calmer and more confident approach to life.

Mike's previous books, *One Year Wiser: The Colouring Book* and *One Year Wiser: 365 Illustrated Meditations* were international bestsellers.

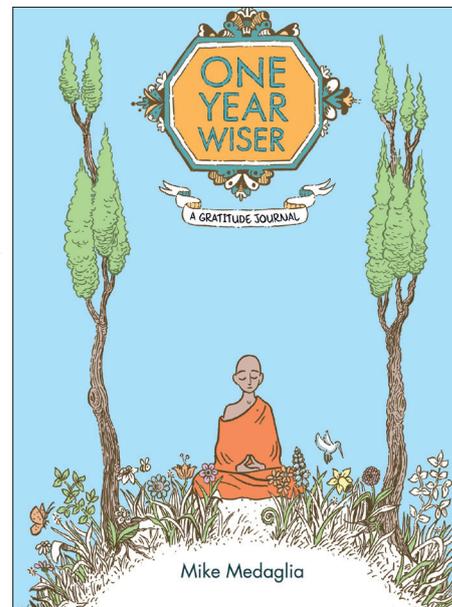
About the illustrator

Mike Medaglia is a London-based cartoonist, illustrator, comics editor and a Zen Buddhist practitioner. He draws a meditation comic for Huffington Post and a comic strip, "The Mindful Life", for *The Elephant Journal*. He blogs at oneyearwiser.com.

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Notes to editors

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