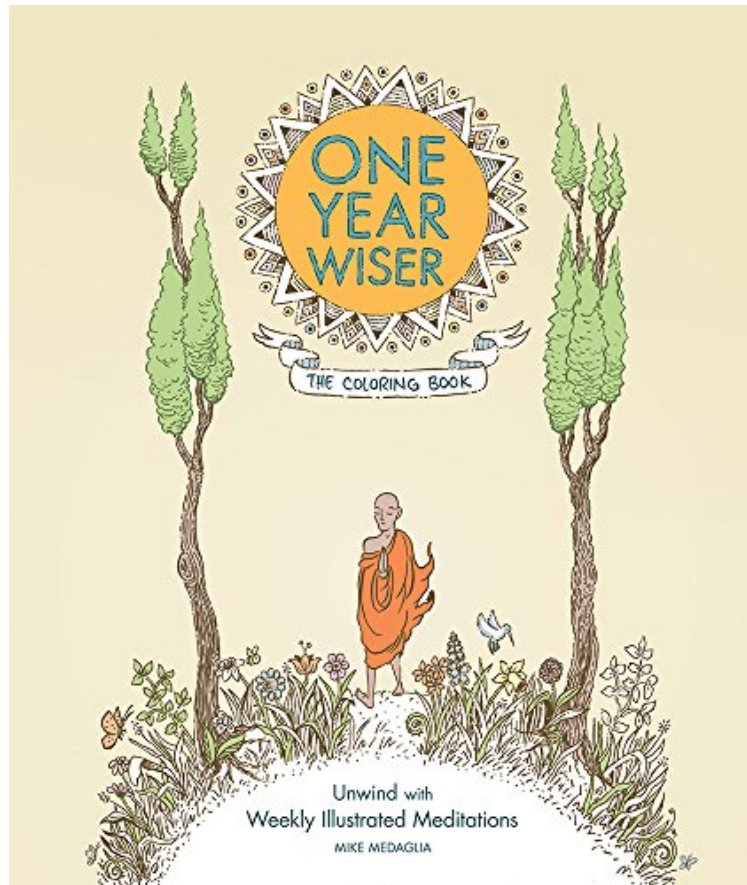


One Year Wiser: The Coloring Book: Unwind with Weekly Illustrated Meditations

Mike Medaglia

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Reflect on the wisdom of the worlds great thinkers while coloring in the beautiful hand-drawn illustrations of

Huffington Post blogger and Zen Buddhist practitioner Mike Medaglia. The 52 illustrated meditations within this book will leave readers inspired by the words of thinkers from Mahatma Gandhi to Virginia Woolf, soothed by the meditative act of coloring, and empowered by a more mindful, calm, and creative approach to life. *One Year Wiser: The Coloring Book* is a book to fire the imagination, improve focus, and help readers stay creative, positive, and relaxed.

About the Author Mike Medaglia is a cartoonist, illustrator, and comics editor. A Zen Buddhist practitioner, he draws a monthly meditation comic for the Huffington Post. *One Year Wiser*, his book of 365 illustrated meditations, is published by SelfMadeHero. Medaglia lives in London.