

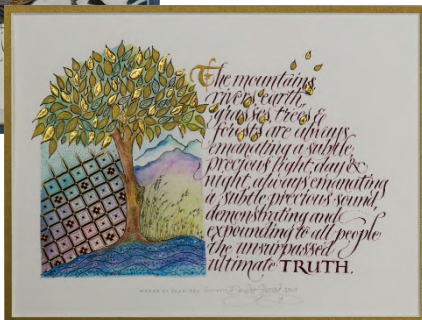
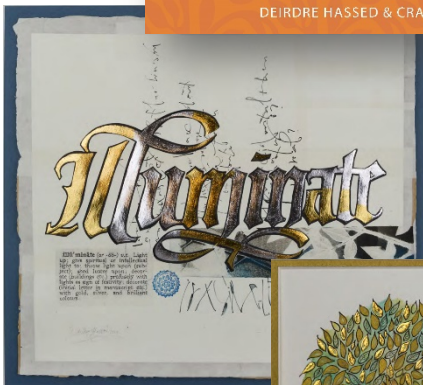
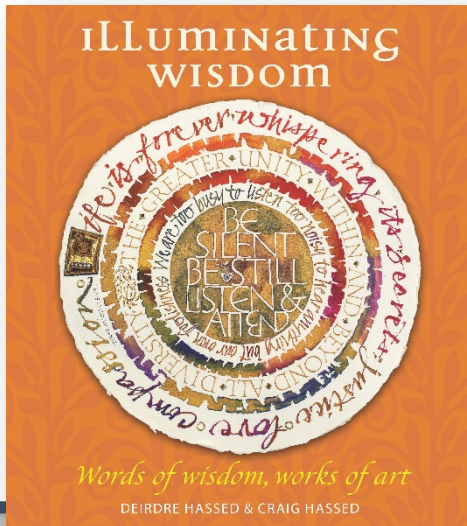
Embargo March 1, 2017

Illuminating Wisdom

Words of Wisdom, Works of Art

DEIRDRE HASSED & CRAIG HASSED

A shared love of calligraphy and wisdom, and a desire to bring those two things together to enrich people's lives — result in a stunning art gift book.



Talented Melbourne-based couple, artist Deirdre Hased, and Dr Craig Hased, an internationally recognised mindfulness expert, have combined their passion for beauty and wisdom to create a book to nourish the soul.

Illuminating Wisdom is a beautiful celebration of some of the world's most inspiring philosophical, spiritual and literary quotes. Approximately 80 quotes have been drawn from some of the great wisdom and literary traditions of East and West.

Since childhood Deirdre Hased has had a fascination with handwriting. She loved delving into her grandfather's old sign-writing box which was a treasure trove of old brushes, gold leaf and finely crafted steel pens.

Now an accomplished artist, Deirdre has rendered these inspiring ideas in exquisite calligraphy using a range of styles — from the traditional to the contemporary, making use of many and varied techniques such as gilding, collage, work on glass, letterpress and linoprinting.

Accompanying each artwork is text by Craig Hased that provides background on the quote's author, explores the wisdom tradition to which it belongs, and offers deep insight into the meaning of the quote. The result is a book that is both a work of art and a collection of wisdom that will educate and inspire, a tactile text the richness of which will uplift the spirits and nourish the soul.

ABOUT THE AUTHORS

Deirdre Hased is a professional calligrapher whose work is underpinned by a deep interest in philosophy and the wisdom traditions of the world. She works from the tranquil space of her purpose-built studio.

Associate Professor Craig Hased is the coordinator of mindfulness programs at Monash University. His teaching, research and clinical interests include mindfulness-based stress management, mind-body medicine, meditation, health promotion, integrative medicine and medical ethics. Craig has a long-term interest in philosophy and the world's great wisdom traditions.



RRP \$34.99 PUBLISHED March 2016
Illuminating Wisdom is available from www.exislepublishing.com.au and wherever good books are sold.

The authors Deirdre Hased and Dr Craig Hased are Melbourne-based and available for interview now.

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