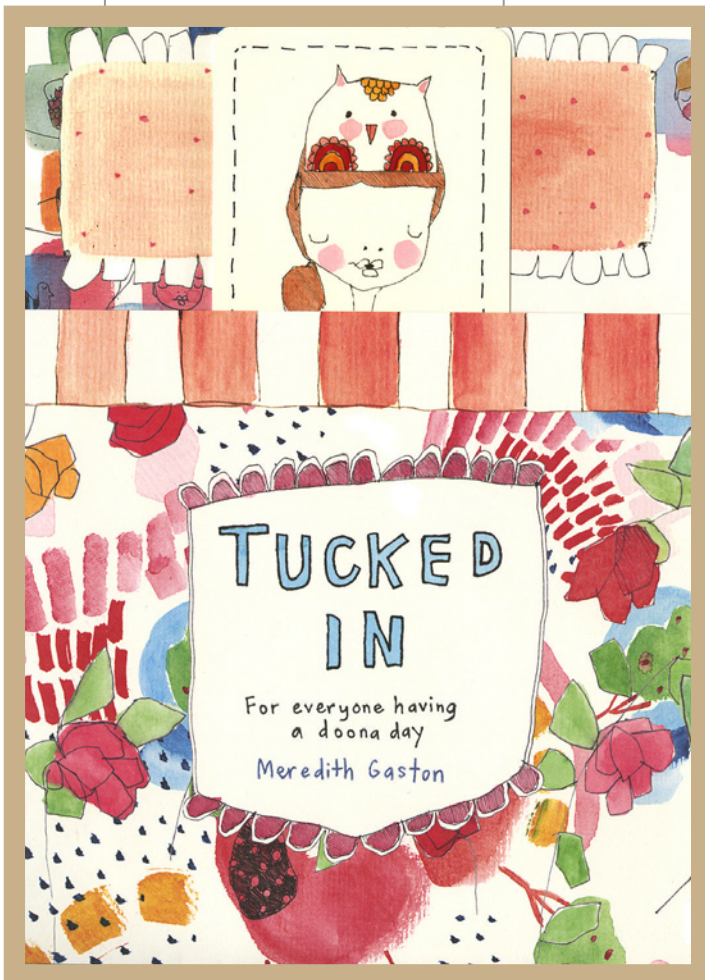


## press release



### Meredith Gaston's debut book

Snuggle down with it after the children are tucked in...

Whether you are young or old, nimble or wobbly, tucked into bed on the doctor's orders or on your very own whim, you can use your time in bed to explore your creativity and heal your soul.

Meredith Gaston, artist and passionate lover of all things bed, encourages us to discover that our tucked-in time can be as creative as it is restorative, enriching our days and bringing joy to our lives. We learn how to analyse our dreams and find out what our sleeping positions reveal about our personalities, as well as creating our own tucked-in haiku poetry, comfort foods and dreams catchers.

At Kindergallery, we have always known that Meredith Gaston's art for children offers just as much pleasure to the grown-up audience, but this book is a special Meredith treat just for you. In fact, if you play your cards right and drop appropriate hints, your children might even come up with the lovely idea of getting you a copy for mothers' day.

Hardback book, 128 pages (Penguin, Latern).

**For more information**, contact Fiona Lang at [fiona@kindergallery.com](mailto:fiona@kindergallery.com) or +61 2 9818 4680