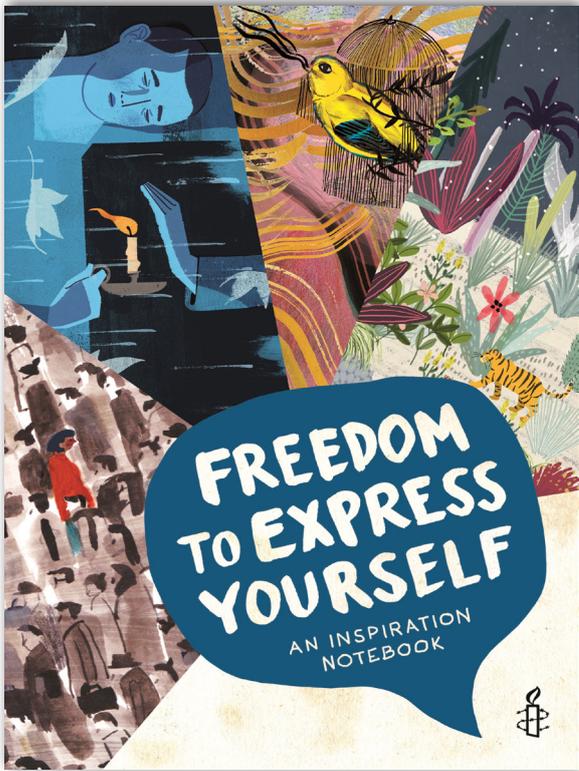


FREEDOM TO EXPRESS YOURSELF

AN INSPIRATION NOTEBOOK

‘Everyone has the right to freedom of expression and opinion’
Article 19, Universal Declaration of Human Rights



Published 7th September, £12.99
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By Amnesty International



Amnesty International is the world's largest human rights organisation, with more than 7 million supporters worldwide. They work to protect men, women and children wherever justice, freedom, truth and dignity are denied. They investigate and expose abuses, educate and mobilise the public, and help transform societies to create a safer, more just world. An internationally esteemed organisation, Amnesty International has received the Nobel Peace Prize for its life-saving work.

Amnesty International has partnered with top artists and designers to create a beautifully illustrated notebook that celebrates our right to freedom of expression.

Previous Children's Laureates Sir Quentin Blake and Chris Riddell, Turner Prize-winner David Shrigley, Lord of the Rings artist Alan Lee, and best-selling journal author Meera Lee Patel, are just a few of the artists that have produced new artwork for the notebook, basing their creations on pivotal quotes from some of the most important human rights thinkers and activists of the past two centuries, including Malala Yousafzai, Mahatma Gandhi, Bob Marley and Harper Lee.

Full of inspiring ideas, the notebook has plenty of empty space for readers to express themselves with their own creative drawings, musings, to-do lists and doodles.

"The pen is mightier than the sword."
Edward Bulwer-Lytton, from *Richelieu*

A note from Amnesty:

Kate Allen, Director of Amnesty International UK, said:

"Being able to express ourselves freely helps make our lives rich and colourful. But in some places around the world, writers and artists are still being silenced and oppressed just for sharing their creativity.

"Freedom of expression is not something we should take for granted. It allows us to enjoy an open and fair society, and we must treasure and protect it.

"That is why we are delighted that so many artists have joined us to create this beautifully illustrated notebook, which we hope will inspire people to write, draw and doodle in celebration of this important human right."

For more information, please contact:

Alara Delfosse | Publicity Officer
alara.delfosse@mombooks.com | 0207 819 5944



www.mombooks.com



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