

Haris Vitalaki Presents Know No Studies: A Poetic Exploration of Freedom, Thought, and Inner Truth

KNOW NO STUDIES

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Tomah, Wisconsin Jan 27, 2026 ([IssueWire.com](https://www.issuewire.com)) - Author, artist, and longtime educator **Haris Vitalaki** invites readers into a bold and imaginative literary experience with the release of *Know No Studies*, a thought-provoking work that challenges conventional ideas of knowledge, learning, and self-awareness.

Written in poetic dialogue, *Know No Studies* unfolds through conversations between a teacher—aptly named **Miss Seesosu-Real**—and her students. Through metaphor, imagination, and radical freedom of thought, the book dismantles rigid intellectual structures and encourages readers to question what it truly means to think, know, feel, and understand.

Rather than offering lessons or conclusions, *Know No Studies* opens space for reflection. It explores themes of perception, acceptance, expression, and emotional honesty, inviting readers to pause, reconsider long-held beliefs, and reconnect with their inner voice.

About the Author

Haris Vitalaki studied Fine Arts in England and has spent over **25 years teaching English in Greece**. Her background in art and education deeply informs her writing, blending creativity with introspection. Drawing from life experience and philosophical inquiry, Haris work reflects a commitment to authenticity, freedom of expression, and personal truth.

Inspiration Behind the Book

The inspiration for *Know No Studies* comes directly from life itself. As Haris explains, the book is rooted in the ongoing tension between knowing and not knowing, feeling and not feeling—an honest reflection of how he chooses to engage with reality. This work is an invitation to share that journey with readers, without prescriptions or expectations.

A Message to Readers

“This book is not here to teach you what to think,” Haris shares, “but to remind you how to feel, pause, choose, and trust yourself. There are no right answers—only awareness, freedom, and the courage to be whole.”

The Spotlight Network on Know No Studies by Haris Vitalaki <https://www.youtube.com/watch?v=Clhq0IPxncw>

Book Availability

Know No Studies is available in digital format on Amazon:
<https://www.amazon.com/Know-No-Studies-Vitalaki-ebook/dp/B0CTHQB97X/>

Author Website

For more information about the author and her work, visit:

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