



a guide, by

SP#RROW

HOW TO SURVIVE THE COMING COLLAPSE OF CIVILIZATION

(and other helpful hints!)

a guide by SPARRITU

THE OPERATING SYSTEM PRINT//DOCUMENT

HOW TO SURVIVE THE COMING COLLAPSE OF CIVILIZATION AND OTHER HELPFUL HINTS

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my mother, my father, mv sister Anna. my brother James Russell. my wife Violet Snow, my daughter Sylvia Gorelick, Jeffrey & Ann Gross, Marcus Boon, Christie Pearson, Jesse Rabindranath. William. Anique Taylor, Clark Strand, Perdita Finn, Jonah, Sophie, Peter Lamborn Wilson, Chuck Stein, Emmy Hunter, Marx Dorrity, Dana Weidman. The Unbearables. Paul Smart. Fawn Potash, Milo, Dan & Emily Sofaer, Davida Luminabes, Alan & Lynn Fliegel, Daniel Nester, Barbara Louise Ungar, Dadaji Daneshananda, Susan Golomb, and my publisher/savior Lynne DeSilva-Johnson.

for Violet & Sylvia

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HOW TO SURVIVE THE COMING COLLAPSE OF CIVILIZATION

FOREWARD

Everyone knows that Western civilization (and probably Eastern civilization, also) will collapse within the next seven years. The question is: how will you survive? The answer is simple. Follow the advice below, explicitly. If you do so, you will thrive in the ashes of capitalism. I hope to run into you, and your newfound tribe, in a lily-rich meadow after the Apocalypse.

1) STOCKPILE NOTEBOOKS (AND A FEW PENS).

Stockpiling food is a fool's game. The food will spoil, and eventually rot. But notebooks will be essential.

2) MASTER MORAL HISTORY.

Study moral history -- that is, study the history of morality. Kindness will replace money in the post-world order.

3) READ BOOKS.

After the death of the Internet, books will again be desirable. Start today, and relearn the art of reading. (Luckily, you're practicing at this moment!)

4) PICK THROUGH GARBAGE.

Searching in the trash is one of the best forms of education. After civilization falls, we will all be garbage-harvesters.

5) STUDY PAPER SCULPTURE.

Teach yourself paper sculpture. Here's an easy way to start: the next time you use toilet paper, make a little pseudo-origami construction before you wipe yourself. Continue until you can fashion an accurate toilet paper self-portrait.

6) PRACTICE SHARING.

In the post-American world, sharing will be necessary. Begin now! Share cranberries, Monterey Jack cheese, figs, sesame balls, pomegranates, braided walnut bread, Turkish olives, with friends – and non-friends! Start with a snack, and work up to oceanic feasts.

7) LEARN A USELESS SKILL.

Most self-help books counsel the acquisition of usable skills. I say just the opposite: work on a talent that has no purpose. For example, polishing pennies. The next time you buy an orange at the local grocery store, you may have this exchange:

Cashier: [Looking at the penny you have just given her.] Brand-new penny! You: Actually, it's from 1972, but I was up late last night polishing it.
Cashier: You were! You: Yes, it's my new useless hobby -- I got the idea from a book entitled How to Survive the Coming Collapse of Civiliztion. Cashier: [Pocketing the penny, and replacing it with another, from her purse.] Well, I'm going to keep it! It's lucky!

8) STAND ON YOUR HEAD.

Find a reputable yoga instructor who will teach you how to properly stand on your head. Learn to think upside-down. Upside-down thinking will be necessary in the future world.

9) MEMENTO MORI.

Remember, you're going to die anyway. The point is not to prolong life, but to live justly and bravely.

10) READ "THE RETURN."

See, they return; ah, see the tentative Movements, and the slow feet, The trouble in the pace and the uncertain Wavering!

See, they return, one, and by one, With fear, as half-awakened...

This is the beginning of "The Return" by Ezra Pound. It conveys the glorious moment exiles from civilization recognize one another in the misty forest.

11) FIND ALLIES IN NATURE.

Though I myself am not particularly fond of nature, I have found loyal friends there. I admire the cruel conversation of crows; also, certain trees speak to me.

12) SEARCH FOR THE REASONS.

Remember, civilization collapsed for a reason, and you survived for a reason. Those reasons can never be finally known, but they may be sensed, the way one smells rain in the wind.

13) DON'T ARGUE ABOUT IDEOLOGY.

Don't quibble with a person because they are an anarchist or a Republican. Discover what you agree on, and work from there.

14) INVENT NAMES FOR YOUR POST-APOCALYPTIC COMMUNE.

It's highly unlikely these names will be used, as communes tend to be named collectively; nonetheless, it's good practice. Here are some I have short-listed:

The Laughing Hyenas
The Shivering Malcontents
The Thought Balloons
Bon Jovi & The Dialectical Materialists

15) BECOME A CLAUSTROPHILE.

Appreciate small, enclosing spaces.

16) LEARN TO FROWN.

Americans spend entirely too much time smiling -particularly when they're not happy. Once cameras no longer exist, smiling will be unnecessary. Practice frowning now!

17) RIDE A HORSE.

In the absence of gasoline, horses will be highly prized. I asked my friend Janice about her horse-riding adventures.

"When mounting a new horse, always carry an ice cube," Janice advised. "The wildest stallion will be tamed by applying ice to its ear."

18) STUDY A LANGUAGE.

It doesn't matter which language you study. What's important is discovering words like szökik*.

*Hungarian for "jump."

19) LISTEN TO CHILDREN.

Children have the best conversation. For example,

when my daughter Sylvia was three, she pointed to a cockroach and said: "He loves me very much."

20) COMFORT THE SORROWING.

"Comfort the sorrowing, and cheer the silent sufferers" is a line in the *Union Prayerbook* of my Reform Jewish childhood. Go for a walk. Look for the sorrowing, and the silent sufferers. When you find some, comfort the sorrowing, and cheer the silent sufferers -- or, just for a change, cheer the sorrowing, and comfort the silent sufferers. It's up to you.

21) WATCH SNOW MELT.

Civilization may not collapse so much as melt. On a late winter day, watch snow melt. Observe how the crystals of frozen snow transform into liquid water. This may give you clues to life after American Idol.

22) BROADEN YOUR DIET.

Include foods like akara (deep-fried balls of black-eyed peas, from Nigeria).

23) BECOME A BEGGAR.

Stand on a streetcorner in a city or town, asking for spare change. After half an hour, give all the money you've accumulated to a real homeless person. Begging skills may be useful in the post-collapse.

24) EXPERIMENT WITH POLYTHEISM.

The end of civilization will also end monotheism. Those who worship other gods may have the best chance of thriving. Here is a list of gods to honor:

Ah Uuc Ticab Can Tzicnal Ekchuah Hozanek Hun-nal-ye Itzamna Ixazaluoh Kinich Ahau Oxlahuntiku Q'uq'umatz

[Note: These are all Mayan divinities.]

25) LISTEN TO JAZZ.

The next era will be improvisational. Notice how great saxophonists invent new melodies. Try to *live* those melodies.

26) CALL PHONE NUMBERS AT RANDOM.

Be courageous! I tried it myself. After receiving a large variety of messages -- "The number you have dialed is invalid," "I'm sorry, the number you have dialed is invalid," "The number you have dialed is not in service," "We're sorry, you have reached a number that has been disconnected or is not in service" -- a voice said: "D241. Test successful."

Then I stopped.

27) LOSE A FEW POUNDS.

The future will be easier if you are slightly lighter.

28) BE A DRAG QUEEN.

Dress as a man if you are a woman, or vice versa. For complex reasons, the end of capitalism will also be the end of gender. No one will be a "man"

or "woman" the way we presently use the terms. Get a headstart!

29) MEET HIPPIES.

Find a hippie, and talk to her or him. Ask about her diet, his favorite National Park, her astrological sign. Hippies are not perfect, but they usually have certain helpful intuitions.

30) LEARN A WOLF'S LAUGH.

Go on YouTube and listen to the laughs of wolves. Practice over and over until you can recognize a wolf's laugh. This might be quite useful, in the Upcoming World. It may prevent someone from selling you into slavery.

31) LEARN THE LAUGH OF A HAMSTER.

32) TAKE RACISM 101.

Ask a black person to explain racism to you. Then ask an Asian woman. In fact, spend a week asking everyone about racism -- even white people! Learn all the subtle shades of racism in America. (Some racism is actually "liberalism.") This will be very helpful in seven years.

33) LISTEN TO SHADOWS.

When you see a shadow, go up close to it and listen.

34) LOOK THROUGH A VIEWING TUBE.

A viewing tube is like a telescope without a lens. A simple cardboard cylinder will work -- even a toilet paper tube. Looking through a viewing tube makes everything larger and more attractive.

35) WRITE SONGS.

After civilization goes bye-bye, you won't be able to daily download songs by Lil Wayne and Joni Mitchell. To hear music, you'll need to write it yourself. So get used to it.

Here, for example, is a recent song I wrote, entitled "Stink Chicken":

Who cooked that stink-chicken? It really stinks!

It smells so bad I can't even look at it.

Bury it
In a cemetery!

Stink-chicken! Stink-chicken! Stink-chicken!

36) BECOME A NEAR-ATHLETE.

A near-athlete has a minor amount of physical talent. She can bunt, but not hit a double (in baseball). Or he can run fast for 43 yards, but not 50. Learn a near-athletic skill!

37) BE GUIDED BY ART.

At the Woodstock Art Museum (in Woodstock, New York), I saw a small ink/wash drawing by Elin Menzies entitled "Cricket Dance." It was a happy, jittery drawing. Twelve minutes later, on the Town Green, I did a cricket dance. I hopped around, on stiff legs. I felt cricket-proud.

38) INVENT STONE WOOL.

Today I wrote this poem:

Stone Wool

I no longer use steel wool for dishwashing.

I use stone wool.

39) FIND NEW FREQUENCIES.

Last night, in my dream, I had been given a new schoolbus. I began tinkering with the radio, and discovered a third band of frequencies, beyond AM and FM. This was a startling, gratifying discovery.

Perhaps this dream was a message that I should search for such frequencies in real life -- or that you should. Discover the extremes your radio will produce.

40) DEVELOP AN "OLD MAN CRUSH."

One day on a Trailways bus, I met a 19 year old woman I know. She told me about her "serious old man crush" on Bob Jacobson, a sculptor and painter who lives in Mount Tremper and displays his artwork in his front yard. Riding down Route 212 becomes an art show, for 80 feet.

I had never heard of an "old man crush," but that is exactly what the world needs -- also "old woman crushes." The aged know the most about being alive, especially about living without Facebook. We must cultivate delight in them.

41) KNOW THYSELF.

The first couple years I went to Indian restaurants, I always ordered curried vegetables. It was the cheapest entrée, and I never had much

money. But one day I said to myself, "I hate curried vegetables; they have no taste. For another dollar, I cam get aloo motor gobi (which literally means 'potatoes peas cauliflower' and tastes fabulous.)" This was a life-reversing moment.

A few years later, I realized that I dislike movies. Everyone is supposed to enjoy them, but I don't. Instead, I admire theater -- even bad theater. I like watching people on a stage, showing off.

"This is who I am," I discovered, "a movie-hating aloo motor gobi-lover." That's when I began to make progress in life.

42) LEARN THIS SONG.

Last week, I was sitting in a café in East Harlem $-\cdot$ the El Paso Café $-\cdot$ which was playing CBS FM, the Oldies Station. Suddenly I heard a song that struck me as necessary for true human progress. Though I have heard this tune since 1969, I had long dismissed it as regrettable schmaltz. The first two verses are:

The road is long
With many a winding turn
That leads us to... who knows where?
(Who knows where?)
But I'm strong,
Strong enough to carry him;
She ain't heavy, she's my brother.

So on we go; Her welfare is of my concern. No burden is she to bear --We'll get there. For I know He would not encumber me: He ain't heavy, he's my sister.

Om Namah Shivaya Om Namah Shivaya (I revised some of the sexist language, and added a Sanskrit mantra.) To learn the song, I consulted a YouTube video. A person named "kristiebalcer" had transformed The Hollies' song into a slideshow. Every picture showed American soldiers, many carrying wounded comrades. This is the fate of the idealist philosophy of 1969, to become the theme music for American imperialism -- which is one reason civilization will soon collapse. But when it does, "She Ain't Heavy, She's My Brother" will suddenly become a post-radio "hit."

43) MOVE BEYOND SELF-HELP.

Do self-help books actually help anyone? I have no idea. Logically, someone must benefit -- or believe they benefit -- or the entire industry would go bankrupt. But I suspect the opposite of self-help would be more effective. I'm planning to write a book called Rubbing Salt on the Wounds. Its premise is simple: isolate your greatest fault and make it worse. If you're too stingy, spend even less money. If you're anxious, make yourself hysterically nervous. Magnify your faults until you see the abyss of self-destruction before you.

What then? It's up to you.

44) TAKE AN ASPIRIN.

Evidence is mounting that aspirin is highly beneficial. So take an aspirin, once in a while, when the thought strikes you.

45) STUDY GEOGRAPHY.

When civilization is kaput, you may need to walk from Cincinnati to Bolivia, but maps will be rare (and GPS just a memory). So take out a map now, and memorize numerous routes. You'll be glad you did.

46) ANOINT YOURSELF WITH OLIVE OIL.

Olive oil beautifies the skin. Every two days, rub a small amount on your body. (This is a logical-regime, yet one only followed by porn stars and California vegans.) Hector N. Goldstein proved in 1987 that the epidermis literally drinks olive oil. When Eurocentric civilization crumbles, you'll want lustrous skin.

47) PRACTICE SPELLING.

After the death of Spellcheck, human spelling will again be valuable. Now is a good time to practice. Begin with this word:

polyembryony

It means "development of more than one embryo from a single egg or ovule." After spelling "polyembryony," say it a few times. Isn't it lovely?

48) BLOW GLASS.

In the Uncivilized Future, glass will be as valuable as gold. Learn how to blow glass, and you'll be an artisan-hero!

49) FIND RHYMING NAMES.

Search for rhyming names in your local phone book. (Of course, you don't know the exact pronunciation of names, but guess.) Here are names I found in the Ulster Yellowbook (Including Listings for All of Ulster County):

Sigmund Brock 657-6219 Rachel Gock 331-2726 Bruce Lock 236-3004 Heather Rock 633-8213 Michael Stock 679-5321 Christine Woch 647-0617

50) EXERCISE WITH A RUBBER BAND.

A rubber band is a versatile exercising tool. Try this:

Loop a rubber band around your left ear. Pull slightly. Repeat six times.

(Doing this exercise daily may increase your ability to wiggle your ears.)

51) MAKE YOUR OWN SALT.

Today, we take salt for granted. Just about anyone can afford a pound of it from the supermarket. But soon, salt may be scarce and highly prized. Learn to make it yourself! If you live near an ocean, boil saltwater. If you are far from the sea, collect your own sweat and condense it.

52) PLAY WITH THE WIND.

On a windy day, go outside and play with the wind. For example, you may play catch. Type out a poem, and throw it into the wind. Watch the poem sail. Then catch it!

Here's a sample poem (by Robert Burns):

Highland Mary

Ye banks, and braes, and streams around The castle o' Montgomery! Green be your woods, and fair your flowers, Your waters never drumlie: There Simmer first unfauld her robes, And there the langest tarry; For there I took the last Farewell O' my sweet Highland Mary.

How sweetly bloom'd the gay, green birk, How rich the hawthorn's blossom, As underneath their fragrant shade, I clasp'd her to my bosom! The golden Hours on angel wings, Flew o'er me and my Dearie; For dear to me, as light and life, Was my sweet Highland Mary.

Wi' mony a vow, and lock'd embrace, Our parting was fu' tender; And, pledging aft to meet again, We tore oursels asunder; But oh! fell Death's untimely frost, That nipt my Flower sae early! Now green's the sod, and cauld's the clay That wraps my Highland Mary!

O pale, pale now, those rosy lips, I aft hae kiss'd sae fondly! And clos'd for aye, the sparkling glance That dwalt on me sae kindly! And mouldering now in silent dust, That heart that lo'ed me dearly! But still within my bosom's core Shall live my Highland Mary.

53) WRITE A MINUTE BIOGRAPHY.

Think of someone you admire, and write her (or his) biography. Normally, a biographer takes at least six years to write a book, but feel free to compose yours quickly.

54) Or write a minute biography sonnet.

One type of biography is a 14 line rhyming poem. I wrote this sonnet encapsulating Eleanor Roosevelt's life, based on her Wikipedia entry:

Eleanor Roosevelt (1884-1962)

Eleanor Roosevelt was born Anna
Eleanor Roosevelt. (Yes, she married
her cousin!) (Actually, the man was
her father's fifth cousin!) She was carried
around, as an infant, at 56
W. 37th Street, in Manhattan,
by her mother, Anna Hall. She was rich,
and as she grew, was so solemn that an
appropriate nickname (given by her
mom) was "Granny." At age 48, she
became First Lady -- attending labor
rallies, fighting for civil rights. Every
week, she gave a press conference -- the first
First Lady ever to speak so, unrehearsed.

(This is a perfect sonnet, fourteen lines with ten syllables each, and fairly strong rhymes.)

55) LEARN MORE ABOUT FLEANOR.

What a shock, that Eleanor Roosevelt's mother was Annie Hall! (Anna Hall Roosevelt, to be exact. I doubt that anyone called a rich dame like her "Annie.") The Wikipedia jejunely remarks: "From the beginning, Eleanor preferred to be called by her middle name." Well, duh! There are two females in the same house, both named Anna!

Eleanor became an activist First Lady partly because her aunt, Edith (wife of Theodore Roosevelt), had been so retiring. That's one virtue of political dynasties -- you have someone to compare yourself to. If you're the only person in your family to become First Lady, that's good enough. You don't have to be a great First Lady!

56) CHOOSE ONE EPISODE FROM THE LIFE OF GEORGE WASHINGTON.

George Washington in the French and Indian War August 14. 1755

George Washington was commissioned Colonel of the Virginia Regiment, and arrived at distant Fort Dinwiddie, in fertile Augusta County. At the time, local Indians were peaceful; the problem was raising an army. The rich were totally excused from service; and poor folks didn't rush to fight. In Fredericksburg, deserters were freed from jail by a mob. Washington wrote of a "growing insolence" among the soldiers. His response? He captured some mutineers, court-martialed the leaders, stunned the troops with a public flogging. "I shall keep these criminals in irons," George scrawled.

57) THINK OF DISGUSTING FACEBOOK ENTRIES.

Jot down the most grotesque message you can think of. Post it!

58) IMAGINE GARBAGE.

Sit in an airport or train station, and watch people walking by with their luggage. Imagine their suitcases are entirely filled with garbage. See how hurriedly they pull their little wheeled carts, stuffed with trash! This mental exercise helps you prepare for the end of consumer capitalism.

59) PRACTICE SLEEPY AGRICULTURE.

One virtue of agriculture is that one may practice it while drowsy. Prepare a sleepy garden, or even a somnolent farm. Wake up very early, don't drink coffee, and begin hoeing while half-asleep.

60) MAKE A BACKSCRATCHER.

For some people, a backscratcher is a necessity. I am one such person. My upper back becomes extremely itchy every night at approximately 11:40 PM. With the long-awaited demise of civilization, the backscratcher will probably disappear. So begin carving, or building, one now. (A fork tied to a willow twig may work!)

61) DISCOVER TECHNO POETRY.

You might imagine that Techno music will be impossible in the Newer World, but you are wrong. Or, anyway, Techno poetry will be possible. I invented this form 12 years ago, as an acoustic -- indeed, a cappella -- alternative to Techno. My theory was that the simple melodies and consistent beat of this music resemble pure colors:

TECHNO POEM NO. 11

red white green green red white green green red white green green

black black black

red white green green RED white green green red white green green

black black black

red white green green red WHITE green green red white green green

black black black

62) START A TECHNO SING-ALONG.

When you chant "Techno Poem No. 11" to your intimate tribe, ask everyone to sing along on "black black black." (Also, feel free to keep repeating the poem for 9 minutes.)

63) SLEEP UNDER TOWELS.

On a spring or early summer night, take the blankets off your bed and sleep under three towels. Notice how it feels to be caressed by terry cloth.

64) PEEL AN ORANGE.

It is possible to peel an orange so that, after the fruit is eaten, you may reassemble the peel into a perfect facsimile of an orange. After several trials, you should be able to trick your friends with an "empty" orange.

65) SMALL TALK LEADS TO BIG TALK.

Many people disparage "small talk" -- conversation about the weather, flower gardens, traffic patterns. In fact, very few people under the age of 70 practice true small talk. But if relentlessly continued, idle conversation will lead ultimately to the deepest truths. Sigmund Freud wrote:

"Small talk" allows the cathexis of the repressed material to be irrigated by libidinal fluids, obliquely.

66) LIST FOODS.

Make a list of your 41 favorite foods. For example:

- 1) eggplant parmesan
- 2) chow fun
- 3) strawberry yogurt
- 4) vegetable tempura
- 5) maple nut granola
- 6) pizza
- 7) hot and sour soup
- 8) pears
- 9) French bread
- 10) feta cheese
- 11) chocolate cake

Those are my 11 favorite foods, at this moment. Rereading this list reveals my "patterns of pleasure" (often Chinese and Italian), which will be useful to know when bistros no longer exist.

67) DANCE AT A REST STOP.

My wife and I stopped at a rest stop near Plattekill on the New York State Thruway. Violet went to the bathroom, while I stretched next to the car. I held out my arms straight on either side, like a seagull's wings. Then I bent my legs, swayed from side to side, did tai chi-type motions. A woman sitting in a car smiled.

Suddenly I realized why. I was dancing! Which is just what a rest stop needs. And with the dawn of the New Comprehension, rest stops will be alive with dancers (though probably no cars)!

68) MAKE A BOOK.

Make a small book by hand. Study how Emily Dickinson did it.

69) MY "WHISPER-BOOK" IS BORN.

I created a pamphlet of the following poems (written by me) which I call a "whisper-book":

MY I I FFSTYLF

I use a book as a doorstop, and a door as a bookstop.

TABLE TENNIS COUPLET

Men speak in a singsong When they play pingpong.

SELF-HELP POEM

Instead of getting drunk once a week, give yourself a concussion once a year!

FOOT EXPERIMENT

Try this: dance with your left foot, while your right foot smears cream cheese!

BIRDING

I went birding.

I saw one bird, then another bird, then a third bird.

I love birding!

MY POETIC THEORY

I state the obvious -- in seven words!

70) REMEMBER TO TITLE YOUR BOOK.

I used the title of the first poem, as $\ensuremath{\mathsf{my}}$ whisper-book title.

71) BE NAÏVE.

In the present world, one must be "hip." One must wear the latest styles, and know who Calvin Klein is. But in the Next Life, naïvity will triumph. So start becoming naïve now. Throw out all your issues of *Vanity Fair*. Find wonder in the lifecycle of lizards. Repeat the names of fabrics, over and over. Stare at drainpipes.

72) LIST DEER.

Carry a notebook, leaving one page for a list of deer. Each time you see a deer, make a notation. Your list may read:

- A) "a leaping deer"
- B) "a mother with three young children"
- C) "gray, mottled coat"
- D) "indecisive adolescent"
- E) "doe with burning eyes"

73) CURE A HANGOVER.

The best cure for a hangover is:

1/4 teaspoon baking soda
1/4 teaspoon black pepper
1 teaspoon millet flour

Pour in a glass of water and stir. Drink. Close your eyes for five minutes.

74) WATCH A BAND PREPARING TO PLAY.

At Barbès, a bar in Brooklyn, I sat down next to a man who was fingering an electric bass. He was in the next band performing, he told me. Their name was The Mandingo Ambassadors. "We play every week," he explained. "We always start on time." Various musicians entered the room: a young African man with long dreadlocks, a diffident white guy with short dreadlocks. An African man in his 50s sat down onstage and began noodling on a guitar. The bass player eventually took his seat in the band. The man with long dreadlocks was a conga player, I learned. The diffident blond guy was the drummer. A man in a bright red shirt played rhythm guitar. Slowly, the various tuning-up sounds begin to coalesce into a song -- or was it not quite a song?

Watching a band tune up teaches one social organization. When civilization is dismantled, the world will become like a band preparing to play.

75) MAKE AN EYEPATCH OUT OF A SEASHELL

A dramatic eyepatch may be crucial in the $\ensuremath{\mathsf{Era}}$ After $\ensuremath{\mathsf{Electricity}}$.

76) WEAR PUNK POCKETS.

Choose one of your suit jackets, and give it "Punk pockets." $% \begin{center} \$

77) PLACE AN ONION BY THE DOOR.

Certain cultures* always keep an onion by the front door, as a gift for an unexpected visitor, or to hurl at invaders. Try this for a week, and see how it works. (If you dislike the smell of onions, keep one *outside* the door.)

^{*}Maybe the Bosnians?

78) USE A TINY PLATE.

Eat one meal off of your smallest plate. Notice how food tastes spooned from a diminutive dish.

79) MAKE YOUR OWN MONEY.

It's quite easy to create your own currency. Here's one method:

Find a pile of wood chips. Paint the chips four different colors. Each color will be a unique "denomination." Circulate this currency among your friends.

80) PRONOUNCE EACH LETTER.

For an hour, pronounce each letter of every word you say. For example, "thought" would be vocalized as: "t'hoe-oog-hut." Let your tongue caress each letter.

81) DESIGN AN IMAGINARY LIBRARY.

Go to a bookstore and write down the titles of 120 books. Then go home and design a private library for these books. Among the shelves, feel free to place mirrors, bells, jade Buddhas, archaic musical instruments, fishing tackle.

82) RAID THE SPICE RACK.

Look through your spices, and pull out the ones you never use. Find recipes calling for these herbs. You may be forced to bake rye bread just to utilize a jar of caraway seeds. Allow yourself to experiment with your unemployed spices.

83) BECOME AN ILLEGAL ALIEN.

Sneak into a country without a visa. Live there as an illegal alien. Find a job in the "under-

ground economy." Study the language. Try to find a boyfriend (or girlfriend).

84) SPORT A NECK-SOCK.

Wear a sock around your neck. With the proper, jaunty angle, this accessory will electrify your image.

85) LOWER YOUR STANDARDS.

Here is the stupidest thing I ever said: I was talking to my mother-in-law about a relative who was aging and unmarried. "It's easy to get married," I blithely opined. "You just have to lower your standards."

Then I remembered I had married her daughter.

Nonetheless, my advice is correct. Lower your standards. Once civilization is undone, this will be essential to your swift progress.

86) HUM 1930S MOVIE MUSIC.

When you are in a deep crisis, imagine that 1930s movie music is playing behind you. These melodramatic soundtracks enabled Bette Davis to survive numerous trials, and they'll save you, too!

87) FIND NEW USES FOR DENTAL FLOSS.

Dental floss is extraordinarily strong. Try this experiment:

Screw a hook into your ceiling. Hoist your television set and suspend it in midair, using one strand of dental floss.

88) DRAW A NEW BOOK COVER.

Make a cover for the book you are currently reading. For example, I chose a page from the Sing Tao Daily,

a Chinese newspaper I found in the garbage, as a cover for *The Secret Sharer* by Joseph Conrad. The Chinese characters covering my book suggest the setting of the story (near the Gulf of Siam) and its mystic symbology.

89) CELEBRATE THE DEATH OF OBJECTS.

Civilization is an accumulation of things. A museum displays the successes of our culture -- all objects. But in the Brightly-Lit Future, objects will die, replaced by gracefulness. You won't be known by how big your house is, but by how well you dance.

90) CARVE A POTATOSPHERE.

Carve a potato into a sphere (but don't waste the rest of the potato -- use it in stirfry!) Once you have a perfect sphere, boil it in water, then serve it studded with cumin and fennel seeds.

[Note: Carving a perfect potatosphere is not easy! It may take 700 trials.]

91) LEVITATE.

Learn to levitate! This skill will be quite useful when civilization no longer casts a shadow.

92) INVENT CHILD ARCHITECTURE.

Why aren't children allowed to be architects? Simply out of social prejudice. Find a child, and ask her to design a building. Build it.

93) FASHION A BREAD HAT.

Make a hat out of bread. Go outside and sit very still. Wait for birds to eat your headgear.

94) COLLECT SHOPPING LISTS.

Save all your shopping lists for a year, then tape them together. Use them as wrapping paper for Christmas (or Hanukkah) presents. Your friends and family will never forget your shopping list-wrappings!

95) LISTEN TO LOW RADIO.

Listen to the radio so softly that you can't hear the words. Pay attention to what the radio *might* be saying.

96) CELEBRATE A STRANGER'S BIRTHDAY.

Look up a stranger on the Internet, and make her a birthday card. (You may have to teach yourself to draw first.) Draw a peach tree, a smiling cat, or a singing lantern. Wait until her birthday comes, then send it to her. (You'll find her address on the Internet.) Expect no reply.

97) PRACTICE SONG PROJECTION.

Think of a song. Play that tune in your mind. Notice how much time elapses before someone near you starts singing it.

98) MULTIPLY YOUR COUGHS.

Most of us have only one or two coughs. Expand your lexicon of coughing-sounds. Develop a public cough, a religious cough, a festive cough, a bitter cough, etc.

99) NOW'S THE TIME TO FALL IN LOVE.

Though written by Al Sherman and Al Lewis in 1931 about the Great Depression, the following song is perfect advice for the post-civilizational future:

Heard a sermon, what a sermon, Preached by Parson Brown (Tell it to ya, tell it to ya): Told each mister, told each sister, Time to settle down.
Hallelujah! Hallelujah!

Potatoes are cheaper, Tomatoes are cheaper; Now's the time To fall in love.

Why, the butcher, the baker, And the candlestick maker All gave their price A downward shove.

Grab yourself someone To fry your eggs and bacon; Why, she can live just like a queen On what you're makin'!

'Cause this and that's a lot cheaper, And a flat's a lot cheaper, So, honey, now's the time To fall in love.

(In British English:)

Potatoes are reduced in price; Tomatoes cost considerably less. Now's the time To jolly well, ah, fall in love. There's many a spinster In good old Westminster Who's looking for A blooming turtledove. In America they drink This beastly coffee; Wed an English lass, And 'ave your tea and toffee.

King George expects every marriage To fill up a carriage, So now's the time To jolly well fall in love!

100) INVENT A MUSICAL INSTRUMENT.

Here's one idea:

NECKTIE ZITHER

Build a frame on which 32 neckties, of ascending size, are mounted. Make the ties as taut as possible. Once your "strings" are in tune, pluck them. Play songs.

101) SIP FROM A SIPPY-CUP.

A sippy-cup is a plastic cup with a small spout, typically used by toddlers -- but adults may use them, too. Pour some Château Lafite Rothschild 2007 into a sippy-cup and drink it slowly, while riding a seesaw.

102) OBSERVE MICE.

If your house has mice, study them. Where do they live? When do they emerge? Where do they scamper? What foods do they prefer?

After civilization fizzles, we will live much like mice.

103) WRITE A CROW SONG.

I went outside today and listened to a crow. I used her five (repeated) words as the beginning of a song:

huk huk huk huk huk zizzo zizzo gamm gamm

huk zizzo gamm huk zizzo gamm huk zizzo gamm

huk gamm zizzo

104) AVOID PSYCHICS.

In 1976, I went to Reno, Nevada, with two friends. As we walked through a casino, my friend Vishoka pointed to a long mirror where the ceiling met the wall. "That's a one-way mirror," Vishoka explained. "And you know who is behind that mirror?"

"No," I replied.

"Psychics!" he revealed. "The purpose of those psychics is to detect other psychics. Because a true psychic can easily bankrupt a casino. Once a psychic is located, they find a pretext to throw her or him out."

Was Vishoka kidding me? I will never know.

105) MILK A FERRET.

Learn to milk a cow, a goat and a ferret. [Note: Milking a ferret is extremely dangerous - but useful.]

106) WEAR SIX APRONS.

At a thrift shop, buy six aprons, and wear them all at once. The layered-apron look is unforgettable.

107) USF ONLY TWO DOORS OF A CAR.

If you have a four-door car, tape the back two doors shut. Use only the front doors. If you must get into the back, slither over the front seat, or crawl through the window. Within two weeks, you will be noticeably more agile.

108) BECOME A NARCISSIST.

Look at your face in the mirror, for hours. Tense one of the muscles in your cheek; observe how it changes your appearance. One by one, manipulate each muscle in your face.

109) MAKE A THREE-WAY COOKIE.

Using a knife, "draw" two lines on a cookie, allowing you to split the treat into three equal parts. Share the cookie with two friends (or non-friends). If you are intimate, you may eat simultaneously (without cutting the cookie), pressing your faces together.

110) HAVE A JAMBOREE.

Jamborees are very rare nowadays - so throw one! Invite all your banjo-playing and calico dress-wearing friends; in fact, invite everyone!

As the event begins, sing a song like this one:

Let's have a jamboree, a home-brewed, greasy-food, wet'n'crude jamboree!

Light the wick of a candle, grab a pick by the handle, give a kick with your sandal -- at the jamboree!

Give your old hound a tickle, make a sound with a sickle, hit the ground with a pickle -at the jamboree!

111) TRY SPRALT.

Mix together a small amount of pepper and salt. Think of a name for it. (I am considering "spralt.") Sprinkle it on your next meal.

112) STRUM A GUITAR.

Almost anyone can strum a guitar. (Even if you lack hands, you may strum with your foot. In fact, try that (even if you have hands)! Take off your shoe and sock, and strum a guitar with one of your feet. See if you can play "Dixie.")

113) PAINT POLKA DOTS.

Buy a paint set and start making polka dots. (You can use scrap paper, including the local newspaper.) Learn to create perfectly round, cheerfully colored dots.

Once you are adept at polka dot manufacture, paint all your packaged foods! Cans of pineapple rings and bags of potato chips are greatly improved by such decorations. Wonder Bread proved this in 1921.

Incidentally, do you know how Wonder Bread was born? Here's the story:

In 1921, the Taggart Baking Company of Indianapolis was preparing to launch a 1.5 pound bread. But first, the product needed a name and identity. Vice President Elmer Cline was charged with merchandising this new bread product.

One day, Elmer attended the International Balloon Race at the Indianapolis Speedway. He looked up at the sky filled with brightly colored balloons, and the word "wonder" came into his mind. He immortalized the balloons with red, yellow and blue polka dots.

Remember, you may use your dots to send secret messages. Nine dots in a row can represent the solar system. A cluster of dots can make a face. Using a complex code, you may convey written words. For example, this line from Milton's *Paradise Lost* is rendered in dots below:

Justice shall not return as bounty scorned.

(In this code, a dot at the far left indicates "a," a dot one space to the right equals "b," etc.)

114) FOLLOW THE PATH OF TWO.

To pursue the Path of Two, find another person -- a friend, a lover, a sympathetic real estate broker -- and attach yourself to her for three days. Never leave her side. Listen to her problems, and her silences. Sing songs for her, and wait for her to sing to you. Learn the rhythm of her day -- when she washes, when she reads.

After three days, tearfully say goodbye. Return to your own apartment, and stare at the ceiling. Notice the difference between Twoness and Oneness.

115) THE PATH OF TWO: PART TWO

Ralph Waldo Emerson wrote, in "Friendship":

Men have sometimes exchanged names with their friends, as if they would signify that in their friend each loved his own soul.

Return to your Path of Two-mate, and exchange names with her. Take her name for three days. Insist that everyone call you by her appellation. Meanwhile, let her become you, name-wise.

116) THE PATH OF TWO: PART THREE

Once you have mastered the Path of Two, move on to the Path of Three. Then the Path of Four. Continue until you reach the Path of Fourteen. (Fourteen is the optimal number for a post-civilization tribe.)

117) WRESTLE A ROCK.

Find a "strong" rock, and wrestle it! (One option: try to pull a rock out of the ground.)

118) ADD A FICTITIOUS PERSON TO YOUR ADDRESS BOOK.

Invent a person to inhabit your address book. (You may wish to choose a letter of the alphabet which is largely empty.) For example:

Amelia Y. Brockner 124 Astor Lane Kingston, NY 12401 (845) 339-1274

119) TRY GRANDMA DANCING.

Start dancing like a grandma. Picture how such a woman would dance (I'm thinking of the irrepressible Granny Clampett on *The Beverly Hillbillies*) and imitate her. Playing "grandma music" might help. (For example, The Jefferson Airplane.)

Another suggestion: pick up a purse! Grandma dancing is much improved by a flying purse. 120) TRANSFORM THIS "VALE OF TEARS."

The expression "vale of tears" as a description of earthly life comes from the Latin in Psalm 83:7 in the Vulgate Bible: "in valle lacrimarum ..." [in the vale of tears ...]. "Vale" means valley. But you need not use this term. Why not call the world a "vale of chuckles"? (Laughter is just as much a part of our life as weeping.) Start referring to the earth as a "vale of chuckles."

121) ENTER INTO A DIALOGUE WITH THE NEW YORK TIMES.

In my closet, I have saved the science section of the *Times* from December 7, 2010. Under "Metropolitan Forecast":

Today			 	
Blustery	and	cold		

High 36. A cold, gusty wind from the west to northwest will persist. Flurries or snow showers may occur anywhere across the region, but will be most common in the north and west.

I reply:

How blustery is a gusty wind! How gutsy is a gusty wind! How flurrying is a snowy shower! And O, how persistent is a westerly flurry! Thank you, New York Times!

122) HOLD YOUR BREATH.

I am reading Jakob von Gunten by Robert Walser. In it, the narrator reveals: "Often, for a change, I see how long I can hold my breath. That is an exercise, too, and it is even supposed to be good for the health, as a doctor once told me."

Let's suppose Jakob is right. Begin holding your breath, at first for just 3 seconds. Then exhale, and deeply inhale. Do you feel healthier?

123) LIVE OFF-CAMPUS.

Even if you aren't a student, you can still live off-campus. (When you consider it, very few of us actually live inside a college.) Your life will change once you start thinking: "I live off-campus!"

124) COMPUTE YOUR FIRE EXITS.

Think of all the fire exits of your house. Now, what would you do if your house exploded?

125) READ ZORRO.

At A and S Comics in Teaneck, New Jersey, I bought Zorro #14 for fifty cents (published by Dynamite). Sometimes considered the first superhero, Zorro --which means "fox" in Spanish -- performed daring acts of steely courage and bold kindness in early 19th century Mexico. Find copies of this instructive comic. and read it!

126) JOIN A THRONG.

Walk around until you find a throng. Join it. Do whatever the throng does (unless it's evil).

127) RELEARN A FAMILIAR SUBJECT.

Think of a subject you know well. Find a book on it. Study the book. Relearn the multiplication tables, or the names of the American states. Enjoy learning something you already know.

128) INTENTIONALLY SLIP.

Search for a banana peel or a wet sidewalk. Slip, on purpose! (Try not to injure yourself.)

129) WRITE A HOTEL SONNET.

While staying in a hotel, write a sonnet with the materials at hand. I composed the following work with only a *Gideon's Bible** and *The West-chester and Putnam County Yellow Book*. (I was staying at the La Quinta Inn in Elmsford, New York. I opened the Bible at random to Judges 6:28, and the *Yellow Pages* randomly to "Physicians.")

SEEKING REVENGE ON GIDEON

And when the men of the city arose early in the morning, behold, the altar of Baal was cast down, and the grove was cut down that was by it, and the second bullock was offered upon the altar that was built. And they said one to another, who hath done this thing? Sara Sadan? Dr. Barbara Saeed? Paul H. Saenger? Richard Safran? Michael Safir? And when they enquired and asked, they said, Gideon the son of Joash hath done this thing. Then the men of the city said unto Joash, Bring out thy son, that he may die, for he hath cut down the grove that was by it.

*Coincidentally, the passage is *about* Gideon.

130) "I HAVE SPOKEN!"

In *Thor* comics, Odin, King of the Gods, always adds after every pronouncement: "I have spoken!" Try this in your daily life. If your husband asks, "Where's the vinegar?" reply, "In the cabinet next to the stove. I have spoken!"

131) REWRITE THE LORD'S PRAYER.

Here is one option:

Our Dude who totally art in Heaven, awe some be yr name. Your car is waiting & I am in yr entourage. Give us this day our daily pizza; don't sweat the small stuff, and neither will we. Keep me from fucking up, or hanging with losers. For you are Numero Uno. without a doubt. until forever. Yesss!

132) "LISTEN" TO A BOOK.

Open a book at random and read for a while, listening to the book the way you might overhear a conversation in an elevator. For example, I opened *The Myth of The Eternal Return* by Mircea Eliade to:

All the ceremonies center around a patient, Hatrali (one sung over), who may be sick or merely sick in mind, i.e. frightened by a dream, or who may be needing only a ceremony, in order to learn it in the course of being initiated into full power of officiating in that chant -- for a Medicine Man cannot give a healing ceremony until he has the ceremony given over him.

Immediately, we see a distinction between the rituals of Western medicine and those of tribal life. Surgeons, as far as I know, do not do not undergo a triple bypass surgery in order to learn how to perform one. Medical school teaches you how to analyze curative techniques. Medicine Man school teaches you how to be healed.

133) DEVELOP MODERN RITUALS.

Develop your own rituals for contemporary life. Suppose you stay in the La Quinta Inn in Elmsford, New York. Before you leave, pour a vial of yak blood in the sink, and chant 16 times:

Gracious temporary home!

134) ALLOW A BREEZE TO GIVE YOU AN ORGASM.

In the 90s, I knew a retired nurse who became a poet. I forget her name -- Joan? She lived in Tribeca, and sometimes sunbathed nude on her roof. Once while doing so, the wind rushed between her legs, giving her an orgasm.

Try this. Let me know your results.

135) INVENT NEW NAMES.

Come up with alternative names for yourself, just in case. Here are some of mine:

Bradley Yngr Madame Rossentini Che V. Rolet

136) PLAY GOLF WITHOUT CLUBS.

"Throw-golf" is widely respected in the world of sports. The player simply grabs the golf ball and throws it to the green, then continues manipulating the ball by hand. Toss-putts, it turns out, are not much easier than traditional putts. Invented by frustrated golfers, throwgolf is spreading throughout the USA and Canada. Already, throw-golf pros are emerging, such as Joe Bidwell, who plays most courses with a par 61.

Try this game!

137) LEARN TO HEAR THE WEIGHT IN FOOTSTEPS.

A heavy woman walks quite differently than a six year old boy. Learn to hear how weight accents footsteps.

138) BECOME A WEATHER FORECASTER.

Anyone can forecast weather. It's easy. Just dedicate a page of your journal to writing predictions. Begin by forecasting the meteorological conditions for the next three days. Each subsequent day, note the true weather. How close were you?

139) BIND A TEDDY BEAR.

Tie up a stuffed animal, with rope or twine. Make sure that she (or he) cannot move. Then read to the creature from *The Rubaiyat of Omar Khayyam*.

140) MEMORIZE A STRANGER'S FACE.

Go on Facebook, and choose a name at random: for example, Artemis Poulaka. Gaze at his face. Commit it to memory. Someday you may meet him.

141) START A BOOK GARDEN.

Clear a plot of land ten feet by five feet. Bury 12 books in the soil, so that only two or three inches of each volume shows. The next time a friend comes to visit, gesture towards this "garden" and nonchalantly remark, "I'm growing books."

142) ATTACK YOUR GARBAGE.

Take an item out of your garbage -- say, an empty can of Heinz Beanz*-- and smash it with a mallet. (Don't worry, the can is still recyclable.) This is a fine way to freely express your aggression.

*Yes, this is the actual spelling.

143) TAKE NUDE PHOTOS OF YOUR PARENTS.

Ask your parents if you may photograph them naked. If they say no, follow them into the bathroom and take pictures of them anyway. (Try to be inconspicuous). Gazing at these photos will help you understand the human life cycle.

Almost anyone can sleep on a couch, but very few can successfully nap on an ottoman. Find a way to make yourself comfortable on one, and fall asleep.

145) INCREASE YOUR SLEEPING TALENTS.

Once you have mastered falling asleep on an ottoman, move on to a coffee table.

146) OPEN A BOOK ILLITERATELY.

Open a book and close it, without reading a word.

147) COMB YOUR ARM HAIR.

Do you have enough hair on your arms to comb? If so, comb it (or brush it). Enjoy the pleasure of aligning your arm-strands.

148) SAVOR WORD-BEGINNINGS.

Cherish the beginnings of words. For example:

wor mot smal diam ank leis obst

repu

(The words: "worthy," "mother," "smaller," "diamond," "ankle," "leisurely," "obstinate," "reputation.")

149) INVENT NEW WEAPONRY.

Innovate your own weapons: for example, a 30 foot long tapered aluminum lance with seven bells in a cluster.

150) WASH YOUR HANDS IN THE AIR.

Normally, we wash our hands in water -- but there are multiple other options. Washing your hands in the air cleanses your etheric energy field. Go to a remote mountain pass and rub your hands in the breeze.

151) EMULATE CHRISTO.

The artist Christo has wrapped numerous monuments in fabric: the Reichstag building, the Pont Neuf in Paris, etc. Try his method in your own life. Wrap your toaster in a favorite shirt or pillowcase. Leave the artwork for 40 minutes. Notice how it transforms your kitchen.

152) SECRET A WATCH IN A BASEBALL BAT.

Make a "secret compartment" inside a baseball bat, using a jigsaw and a chisel. In this space, hide a wristwatch!

153) MAKE A HITCHHIKING SIGN.

I have hitchhiked since I was 15. When I was in my 20s, I would sometimes make a sign to aid my progress. There is a sympathetic magic in hitchhiking signs. You write the name of a place on a piece of paper, and soon you're in that place! Also, you learn the rudiments of sign-making: how to write a word large, legibly, with near-professional spacing.

Think of a destination - anywhere on earth. Then make a sign for it. Slowly write the word on a placard. Imagine arriving there, in a friendly person's car.

[I chose Guro, a town in Mozambique.]

Open a book at random and place a bookmark in it. Later, see what it marks.

I just tried this* with *The Pocket Book of Verse:* Great English and American Poems. Unexpectedly, I chose "The Solitary Reaper" by William Wordsworth (1770-1850):

Behold her, single in the field,
Yon solitary Highland Lass!
Reaping and singing by herself;
Stop here, or gently pass!
Alone she cuts and binds the grain,
And sings a melancholy strain;
O listen! for the Vale profound
Is overflowing with the sound.
No Nightingale did ever chaunt
More welcome notes to weary bands...

[I like how Wordsworth capitalizes "Nightingale" and "Vale" -- which rhyme!]

*Using a bookmark of a Right Whale (Balaena Glacialis).

155) FAST.

How long can you go without food? Six hours? Three days? A year? Experiment.

[Note: Stop fasting just before you collapse.]

156) MAKE A COMIC ANTHOLOGY.

Take five of your comic books* and bind them together into an anthology. Here are the five I chose, bound with a simple cardboard folder:

Thor Annual #11
Jughead #158
Love and Rockets #46
X-Men**#129
Dazzler #10

*I assume everyone has a small library of comics. **In French.

157) TEST YOUR SCISSORS.

How strong is your scissors? Will it cut through thick cardboard? A plastic spoon? A Bic pen? Plywood? Find out.

158) WRITE ON OLD PAPER.

Find the oldest piece of paper you can. (One source is notes inserted in antique books.) Look at this aged paper, and decide what sentence to write on it that befits its dignity.

159) BE A LOSER.

"The first will be last." "The meek shall inherit the earth."

These are quotes from Jesus, which possibly predict the world after nationalism's decease. In case Jesus is right, become a loser today!

160) ADD UMLAUTS TO SHAKESPEAREAN SONNETS.

Choose a sonnet by Shakespeare and add umlauts. For example, I chose number $53\colon$

What is your substance, whereof are you made, That millions of strange shadows on you tend? Since every one hath, every one, one shade, And you but one, can every shadow lend. Describe Adonis, and the counterfeit Is poorly imitated after you;

On Helen's cheek all art of beauty set,
And you in Grëcian tires are painted nëw:
Speak of the spring, and foison of the year,
The one doth shadow of your beauty show,
The other as your bounty doth appear;
And you in every blëssed shape we know.
In all external grace you have some part,
But you like none, nöne you, for cönstant heart.

161) ALWAYS BUY DRUGS FROM SOMEONE SHORT AND NERVOUS.

Tall, lazy drug dealers are unreliable.

162) PERFORM A DRUM SOLO.

Perform a drum solo, without drums. Use books, walls, countertops, car hoods, magazines, plates, African masks, water bottles, envelopes, wigs, necklaces, etc.

163) HIDE MONEY IN PUBLIC PLACES.

Hide money in a public place -- for example, under a garbage can. (It may be as little as 35 cents.) Come back the next day and discover if it's still there.

164) PAINT FACES ON YOUR SHOES.

Study the encaustic paintings on Roman Egyptian mummies. Paint similar portraits on a pair of shoes.

165) TICKLE YOURSELF.

Supposedly, this is impossible -- but perhaps you'll be able to "sneak up" on yourself, or employ an elaborate system of pullies, strings and a feather.

166) DRAW BIRDSONG.

Listen to birdsongs in the morning. Choose one birdcall and draw it.

167) COLOR IN LETTERS.

Open a book and paint the interior of letters (for example, the loop in an "a"). Follow this system:

- a = yellow
- e = black
- g = purple
- p = pink
- d = green

(This is known as "painting by letter.")

168) CHANGE THE RULES OF ETIQUETTE.

Find a book on etiquette, and choose one rule. Change it slightly. For example:

While eating grapefruit, always tie a ribbon around your left pinky toe.

Then follow that rule.

169) SHAKE HANDS WITH EVERYONE.

For one day, shake hands with everyone you meet: colleagues, Punks, your mailman, CEOs, etc.

[Note: Wash your hands in lime juice that morning.]

170) FIND THE MOST HORRIBLE-TASTING SODA.

Try dozens of different sodas until you arrive at the one that tastes the worst. Write down its name in your journal.

171) TALK TO A WASHCLOTH.

Instead of going to a therapist, tell your problems

to an ordinary washcloth. Begin by explaining how you chose your college major.

172) FOLLOW OVERHEARD ADVICE.

Walk through a city or large town. If you overhear someone giving advice, follow it. For example, if an elderly woman says, "Walk three blocks, then turn right," do so. Notice what happens.

173) LOSE MONEY IN THE STOCK MARKET.

Try to find a stock that is guaranteed to go down. Invest in it, and lose \$125. Once you have lost that exact amount, sell your stock.

174) INVENT KARATE MOVES.

Kick at the air with your leg. Shout Chinese -sounding syllables. Chop with your arms. Remember to bow graciously before and after each exercise.

175) LICK A DIME.

This may seem foolhardy, but give it a try.

176) TAKE DARK PHOTOGRAPHS.

Find a camera that will take dark photographs. Shoot obscure images with only an occasional gleam from a scimitar or a nasturtium. Try to capture the heaviness of darkness.

177) REORDER THE ALPHABET.

Think of a new order for the letters of the alphabet. Memorize it.

[Note: If you can't imagine one, here's an option:

abcqtflgtewhzdmnsjuivokypxr]

178) BLESS YOUR VAGINA.

Or if you are a male, bless your penis. Due to the mind-body duality in Western civilization, few people bless their genitals.

177) MAKE AN ASHTRAY.

Once ubiquitous, ashtrays have been virtually banished from modern life. So make one -- even if you don't smoke. Fashion it from clay, polished limestone, or silk covered with 19 coats of lacquer.

178) IMAGINE A NEW NOSE.

If you could have a new nose, what would it look like? Draw or sculpt your preferred nasal prominence (but don't go to a plastic surgeon and get it!).

179) SHOPLIFT A SHIRT, THEN RETURN IT.

All within an hour.

180) BURN YOUR SCHOOL RECORDS.

Gather together all your school records, from kindergarten up to graduate school. Make a bonfire in your backyard, and burn them. No longer will you be "brilliant" or "dull." You will simply be Emily (or whatever your name is).

181) CARRY A DOLL FOR A WFFK.

When no one is watching, whisper to her.

182) GO IN AN ELEVATOR AND PRESS THE BUTTON FOR THE FLOOR YOU'RE ON.

Feel the elevator's confusion.

183) RESEARCH YOUR HISTORICAL ADDRESS.

Your address is also a historical year. Learn about that year. For example, I live at 159 High

Street. Here are the events of the year 159:

In the Roman Empire, it was known as the Year of the Consulship of Quintillus and Priscus (or, less frequently, year 912 Ab urbe condita). In China, military leader Yang Chou (d. 198) was born. In India, the reign of Shivashri Satakarni as King Satavahana of Andhra began.

[Note: If your address takes place in the future, go online and find a science-fiction story set in that year.]

184) MAKE A TRANSPARENT OUARTER.

Grind a piece of glass to the size of a quarter, then etch in all the features of the coin. Look through it.

185) USE A CANTALOUPE RIND AS A BOWL.

Notice if the remnants of the cantaloupe subtly flavor your food.

186) PERFORM A TAROT READING FOR YOUR TV SET.

Study the tarot, then give a reading to your TV set. Meditate with the appliance for a few minutes, then lay out the cards. See what the future holds for your television.

187) FACE NOTRE DAME.

Using a GPS, find the exact direction of Notre Dame Cathedral in Paris. Face Notre Dame and close your eyes. Feel the waves of aesthetico-religious force emanating from this edifice.

188) ROTATE GARBAGE.

As you walk around your city or town, take garbage from one trashcan and place it in another. Then remove garbage from that receptacle, and

transfer it to a third. This is known as "rotating garbage."

189) STAND BESIDE BANANAS.

Go to a supermarket and stand next to a counter full of bananas. Place your hands over the yellow fruit. Absorb banana radiance.

190) HAVE A HAPPY TEA.

Instead of going to McDonald's for a "Happy Meal," invite your friends over for a Happy Tea. Play 1930s jazz, and tell a few jokes.

[Sample joke:

Q: What's the problem with eating raccoon shit? A: Finding a good breath mint afterwards.]

191) MEMORIZE THE ENCYCLOPEDIA.

Choose one volume* of an encyclopedia and memorize it.

*I strongly suggest the letter J.

192) SHARE LAND WITH YOUR NEIGHBOR.

If you own a house, ask your neighbor to share a small plot of land with you. Begin with an area 2'x 2'. Draw up a legal agreement allowing you to coown this contiguous property. Ask her (or him) about possible improvements to your communal plot.

193) LEARN THE MATING RITUALS OF THE CROWNED PLOVER.

Perform these for your boyfriend or "partner."

194) FRAME A DONUT.

Find a picture frame, and bring it to a Dunkin' Donuts. Choose the circular pastry which would look best in the frame. Carry it home and place the frame around the donut. Hang the "picture" for two hours.

195) TAP DANCE WITH YOUR HANDS.

Buy or borrow tap shoes, and place them on your hands. Improvise an elegant hand-dance.

196) CHOOSE A FAVORITE QUOTE FROM F. SCOTT FITZGERALD.

Mine is:

"Show me a hero and I'll write you a tragedy."

197) PICK YOUR NOSE IN A CORNFIELD.

Go in the middle of a cornfield and pick your nose. Throw your snot on the ground, shouting: "I give you my snot, O corn!"

198) MAKE YOUR OWN WEEKEND.

Ask your boss if you may work on Saturday and Sunday, then carve out a personal weekend during the week -- for example, Tuesday and Wednesday. Do everything you'd do on the weekend on these days.

199) GIVE A NO-TECH POWERPOINT PRESENTATION.*

Read up on a subject that interests you, then give a PowerPoint presentation -- but without a microphone and computer. Talk loudly, and instead of showing graphs, use mime.

*Also known as a "PowerlessPoint presentation."

200) PLAY CHESS WITH PENNIES.

Collect pennies for six months, then use 32 of them in a chess game. $\hspace{1cm}$

Follow this system:

1982-King 1983-Queen 1987-Bishops

PARROW

1989-Knights 2001-Rooks 2004-Pawns

(The number refers to the date of the penny.)

201) EMPLOY REFRIGERATOR HYPERBOLE.

Invite a friend to your house, then open the refrigerator and describe the contents hyperbolically: "That is the largest cucumber I've ever seen!", "This cabbage is so old it's applying for a driver's license!", "This bologna is exceedingly round!" etc.

Notice your friend's reaction.

202) MAKE A WOODEN PIPE.

Smoke elecampagne, and other herbs, in it. Feel the warmth of the bowl in your hand.

203) IMAGINE IF EVERY STATE ENDED IN "O."

One version would be:

Alabamo Alasko Arizono Arkanso Californio Colorado Connecticuto Delawaro Florido Georgio Hawaiio Idaho Illinoiso Indiano Towo Kansasso Kentucko

Louisiano Maino Marylando Massachusettso Michigano Minnesoto Mississippo Missouro Montano Nebrasko Nevado New Hampshiro New Jerzo New Mexico New Yorko North Carolino North Dakoto Ohio 0klahomo Oregono Pennsylvanio Rhode Islano South Carolino South Dakoto Tennesseeo Texasso Utaho Vermonto Virginio Washingto West Virginio Wisconsino

[This exercise helps one notice how many states end in "a." Isn't it interesting how Oregon almost becomes "oregano"?]

204) GIVE YOURSELF A CHEST MASSAGE.

Wyomingo

Massage your upper torso. Delicately caress your breastbone.

205) DECORATE WITH KEYCHAINS.

Meet someone with a keychain collection, and ask if you may borrow it for two days. Then hang the souvenirs throughout your house: from windows, doorknobs, hinges, the coffeepot. Experience life among ubiquitous keychains.

206) REWRITE A WEBSITE.

Pick a website at random and rewrite it. I chose the Oscar Mayer site:

People can't stop writing about the juicy taste of Oscar Mayer Selects hot dogs -- writing neo-Victorian novels! Why not join them? Write a novel set in the 19th century in which hot dogs play a major role. Send it to us, and you may qualify to receive a FREE pack of Selects. Fill out the form below, then get started on your new manuscript!

207) WELCOME EVERYONE.

Wherever you are, welcome newcomers. If you're waiting for the dentist and someone enters, say, "Welcome to this waiting room!"

Most people will be annoyed, but a few will remember you the rest of their life.

208) TICKLE AN ELK.

Get up close to an elk and tickle it. Run!

209) TRANSLATE FROM NUMBERS INTO LETTERS.

Numbers may easily be translated into letters, with 1 equaling "a," 2 signifying "b," etc. For example, the phone number of Daniel Garth of Brooklyn, New York is 718-836-4111, which equals "Gah-HCF-Daaa".

210) TEACH YOURSELF TO UN-SWEAT.

Train your pores to reabsorb the sweat after you perspire.

[Note: This may require hours of concentration.]

211) LEARN TO SWEAT FASTER.

Once you can control your pores, teach them to sweat more profusely.

[Note: This is probably healthier than 210.]

212) LEARN TO LIE PERFECTLY STILL WHILE RATS CRAWL OVER YOU.

As the vermin walk on you, close your eyes and imagine you're at the beach.

213) CHANGE YOUR "HELLO"

Find a way to say "hello" so it sounds almost exactly like the word "tulip." Practice this with your husband, your lawyer, and your therapist.

214) FOLLOW A CIGARETTE.

Walk down the street until you see someone smoking. Follow the cigarette. When the smoker throws down the cigarette, stand over it until the last traces of smoke have vanished.

215) HUG AN AIR CONDITIONER.

At first, you will be uncomfortable, but after a few minutes your arms will adjust to this angular machine.

216) BUILD A PAPIER-MÂCHÉ TENT.

You may sleep in it -- until the first rainstorm.

217) USE A BALLOON-PILLOW.

Blow up a balloon, and use it as a pillow. Sleep on it for three nights.

218) DISAPPEAR INTO A SANDSTORM.

Go to Mali or Nevada, find a sandstorm, and disappear into it. As you vanish, shout: "Never mourn me! I leave of my own free will!"

219) WRITE A BEATLES SONG.

This is much easier than it sounds. I just wrote:

SAVE ME A MORNING

Save me a morning, Any one will do; A bright august morning With sun shining through.

Save me a morning; It'll be all right. Save me a morning That lasts all night.

I'm counting your fingers; You're counting my toes. I'm counting your eyebrows; You're counting my nose.

Save me a morning For breakfast and cakes; Save me one morning For swimming in lakes.

Save me a morning; It'll be all right. Save me a morning That lasts all night.

220) START YOUR OWN RED CROSS.

Start your own version of the Red Cross. Think of a good name for it, like the Yellow Trumpet. Look for people who have just fallen down or are victimized by hurricanes.

Help them.

[Note: Inform your patients that you have no medical training, so they won't sue you afterwards.]

221) WRITE A CHRISTIAN FOLKTALE.

All folktales have pagan origins. Their characters are angry old witches or talking wolves. Try to write one which is entirely Christian (even if you yourself dislike Christianity). For example, I composed:

THE WHITE SNAKE

A long time ago lived a king who was famed for his wisdom through all the land. Nothing was hidden from him, and it seemed as if news of the most secret things was brought to him through the air. But he had a strange custom, every day after dinner. when the table was cleared, and no one else was present. a trusty servant would bring him one more dish. It was covered, however, and even the servant did not know what it contained. neither did anyone know, for the king never removed the cover to eat of it until he was quite alone. This went on for a long time. when one day the servant who took away the dish was overcome with such curiosity that he could not help carrying the dish into his room. When he had carefully locked the door, he lifted up the cover and saw a white snake lying on the dish. But seeing it, he could not deny himself the pleasure of tasting it. so he cut off a little bit and put it into his mouth. No sooner had it touched his tonque than he heard a strange whispering of little voices outside his window. He listened, and noticed that it was the sparrows who were chattering together, telling one another of sights they had seen in the fields and woods. Eating the snake had given him the power to understand the language of animals. The servant left the castle. and followed the sparrows. They led him to St. Anselm, who lived in a cave in the woods. "A good Christian does not eat white snake," explained St. Anselm. "A good Christian goes to church every day."

From then on, the servant never ate white snake. He went to church every day. He lived a pious life.

222) BUILD YOUR OWN PRISON.

In a corner of your living room, build a prison cell. Ask your acquaintances if they wish to be imprisoned. When you find someone who agrees, put her (or him) in the cell. Lock the door. When your prisoner asks to go to the bathroom, let him (or her) out. Serve your inmate three simple meals a day. If she (or he) requests a chaplain, find one. Start a prison library. In short, be as conscientious a warden as possible.

After three days, release the prisoner.

223) SAVE COINS.

Choose a jar in which to save all the coins you receive: pennies, dimes, quarters -- plus foreign money! Once the jar is full, decide what to do with your riches: Give them to the poor? Buy a lovely towel?

[Note: Filling the jar may take nine years.]

224) BANDAGE A FLOWER.

Find a damaged flower and bandage it with leaves of grass.

225) SNAP YOUR FINGERS IN YOUR SLEEP.

Learn how to snap your fingers in your sleep. Before dozing off, say to yourself over and over: "Snap your fingers! Snap your fingers! Snap your fingers!"

On waking, ask your bedmate if you succeeded.

226) REDESIGN THE BAGEL.

Invent new types of bagels: for example, one with three holes, or one with a small television screen in the center.

227) POUR MILK TWICE.

Pour milk into a glass. Then pour the milk back into the original container. Do this as quickly as possible.

228) FIND A NEW USE FOR A PING-PONG BALL.

Shouldn't there be more than one purpose for this sprightly hollow ball? Devise another role for this sphere.

229) IMITATE A SIREN.

Wait for a siren to go by. Listen to it carefully, then make that exact sound yourself.

230) SPELL WITH YOUR FEET.

Using a complex code, spell words by flexing your toes.

231) PAINT WITH NOODLES.

Choose a famous painting, such as Bruegel's *The Hunters in the Snow*. Cook a pot of noodles, and

reproduce the painting as closely as possible, using noodles. Sprinkle with Parmesan cheese, and serve.

232) CARRY A TOY IN YOUR HAIR.

Choose a small toy and tie it into your hair. Leave it there for 14 hours. If someone asks you about the toy, answer her politely.

233) WRITE AN IMPOSSIBLE RECIPE.

For example: TRIUMPHAL KANTIAN BREAKFAST

2 tablespoons mustard 1/2 cup moldy oatmeal the *Arc de Triomphe* Immanuel Kant's *Critique of Pure Reason*

Tear out all the pages of Kant and parboil for two hours. Stir in mustard, oatmeal, and the *Arc de Triomphe*. Turn off heat. Leave covered for two hours. Serve.

234) BE A VEGAN ACTIVIST.

For three days, abstain from meat, fish, and dairy products. During this time, become a vegan activist. Seek out other committed vegans. Champion vegan causes. On the fourth day, return to your normal life.

235) DECORATE YOUR DOG WITH BUBBLES.

Blow soap bubbles. See if they'll stick to your dog.

236) DANCE WITH A WAITER.

Go to a restaurant and ask one of the waiters, "Would you care to dance?" If he agrees, dance with him between the tables.

237) TURN ON A GAS STOVE.

Turn on the stove. Listen to the music of gas.

238) NAME SEVEN TREES.

Choose seven trees in a row, and name them. (Give them any names you like: "Samuel," "Zemfeela," etc.) Crouch among the named trees.

239) RETURN TO THE SEKHLA.

Time was originally measured in four-hour periods called *sekhlas*. As the pace of life increased, the *sekhla* was further divided into hours, minutes and seconds.

Bring back the sekhla! Let this four-hour measure govern your life.

240) START A TORNADO.

Spin around as fast as possible, trying to generate a tornado. The Tasmanian Devil was able to do it in Bugs Bunny cartoons, and perhaps you'll succeed as well!

241) SOLVE A MYSTERY.

Choose a murder from today's newspaper. Investigate it, until you find the culprit.

[Note: Write a book about your investigation, and make a lot of \$.]

242) BECOME A CONSPIRACY THEORIST.

Choose a murder from yesterday's newspaper. Investigate how this killing connects to organized crime, the CIA, Donald Trump, etc.

[Note: Write all your information in a blog entitled "The Bare Truth."]

243) MEMORIZE A LIGHTNING BOLT.

Stand outside during a thunderstorm. The first time lightning appears, look towards it, then

close your eyes. Try to perfectly memorize the shape of the lightning.

244) WRITE YOUR CAT'S MEMOIR.

Since your cat is probably illiterate, write her autobiography yourself. Choose a writing style which captures your cat's personality. Mention all the major events of her life, plus some of her whimsical musings. Try to find a publisher.

245) SIT IN AN ELEVATOR.

Why does everyone always stand in elevators? The next time you take one, sit on the floor.

246) BURY A PHOTOGRAPH.

Take out your photograph collection and choose a picture: one you like, but not one of the *best*. Go into the woods and bury the photo. Place a few small rocks in a semicircle around it.

247) MAKE A HICCUP FILM.

Make a short film -- six minutes long -- in which all the actors have the hiccups.

248) WEAR A FUNNEL.

Tie a funnel onto your belt, for three days. Notice if you use it.

[Note: Remember, funnels are not just for liquids. They work well for grains, salt, small nails, etc.]

249) FIND A SAINT.

In the book *Be Here Now*, Ram Dass studies with yogis in northern India, then returns to Massachusetts and realizes his Aunt Sophie is an enlightened being. Look around carefully at your next family reunion, or neighborhood block party. Try to recognize saints.

250) DESIGN A KNEELING ROBOT.

Then build it.

[Note: Very few robots can kneel.]

251) START A TRINI LOPEZ FAN CLUB.

Or a club honoring another obscure singer. Get to know your fellow fan club-members. You may meet them again, after the technocracy takes a nosedive.

252) MAKE YOUR WATCH RUN BACKWARDS.

Take apart your wristwatch, and reassemble it so that the hands move backwards. See if this makes vou vounger.

253) RECORD YOUR KISSES.

Every time you kiss someone, make a note in your checkbook. This way you will record money plus kisses.

254) TURN A PLASTIC BAG INSIDE OUT.

This is especially interesting if the plastic bag has lettering. Suppose the lettering reads:



When you invert the bag, it will say:



which means: "Love I Yew Nork" (though the "N" will be backwards). Repeat the bewitching phrase "Yew Nork."

255) PUT A SANDWICH IN PLAYBOY.

Open a *Playboy* centerfold. Place a sandwich inside, and re-fold it.

256) WINK AT A SQUIRREL.

Wouldn't it be weird if she winks back?

257) EAT BREADCRUMBS ON A CRACKER.

Sprinkle breadcrumbs on a cracker, and eat it. Notice how the two tastes merge.

258) INVENT A NEW COMPASS POINT.

Here are two examples:

NSE (North-southeast)
PSW (Purple-southwest)

259) MAKE A (FAKE) PASSPORT.

Don't you feel stigmatized by your passport photo? Make a new passport, featuring a delightful photo of yourself. You may invent a new country to belong to (for example, "Femuria").

260) WEAVE A NET.

Instead of throwing away twist ties, use them to construct a large, multicolored net. Then trawl for shrimp with this device.

261) BUY A CAR FOR 35 CENTS.

Walk into an automobile showroom and offer the salesman 35 cents for one of the cars. If he happens to be completely stoned, he may sell it to you!

262) SHARPEN YOUR KNIVES.

Go to an aging knife-sharpener and learn the art of grinding knives. Someday everyone in your nomadic

tribe will be grateful you did.

263) TROT.

In the modern world, people jog or walk, but rarely trot. Start trotting!

264) SEW A JACKET FROM POTATO PEELS.

You might choose to line it with lemon skins.

265) FORGET ABOUT THE WIND-CHILL FACTOR.

Weathermen made that up just to frighten you.

266) ASK A STRANGER TO TACKLE YOU.

One good opening line is: "I know this doesn't happen much on 46th Street, but..."

267) FIND A NEW NAME FOR WEDNESDAY.

I like "Scootglam."

268) SEARCH OUT ALLIES.

Find 14 other people who have read this book. Together, form a post-civilizational study group. Go on a field trip, carrying your viewing tubes. Await the end of Everything You Know.

AFTERWORD

Some of these suggestions may seem arbitrary, foolish, or unnecessarily time-consuming, but to survive the coming smashup of The Empire you must be tenacious. Try them all!

POEMS

POEM NO. 41

Vitsa

POEM NO. 42

moopen

POEM NUMBER 4

slob chrysanthemum

POEM NUMBER 5

vorce

POEM NUMBER 6

sermy

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POEM NO. "17"
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b1_n*

*Note: This word is pronounced between "blen" and "blin."

POEM "0"

feese

POEM 112

zithers

POEM D

Thorpedo

POEM 102

meersage

tav

POEM (6)

freepole

POEM (9)

obb

POEM NO. 96

luit

POEM 19

WeAp

POEM NO. 42

POEM NO. 61C tombix

POEM NUMBER 31 salp

POEM NUMBER 17

POEM NO. 106
Asia tame

puddle un

POEM NO. 107

pointu

POEM NO. 7

sep

POEM 19

Reim

POEM 35

gaballou

POEM NO. 63 brofken

POEM NO. 133
Jiminiss

POEM 169

POEM 42 wurn

POEM NO. 135

raindraps

POEM NUMBER 42

blel

POEM 112A

syre

POEM (23)

tinger

POEM NO. 63

cocono

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POEM NO. 429 alial
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POEM (106)

POEM NO. 507

lumon

POEM NO. 61
Sonnity

POEM NO. 9226 boran sopher

POEM 63

Soddentine

POEM 37

sigit

POEM 8061

surh

POEM NO. 111

sool

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POEM NO. 17 keverr
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POEM 9

fift

POEM 144 nickeloy

POEM 753 clain k'Tree

Poem 761

Upcat

Poem 1192

burzon

Poem 891

ОС

Poem 703

eluben

Poem 35 daver

Poem 116

NVO

Poem 636

loive

Poem 602 échou ovasion

POEM 603

halfa

POEM 161.2

beforeness

POEM NO. 736

nifk

POEM 321

Ard

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POEM 362
sallen
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POEM 106.2 scaglicious

POEM NO. 319

Laluda

POEM NO. 101 Supercalifragilisticexpialidociou

POEM NO. 513
Ahm'n

airfore

POEM NO. 328

m.e.u.i.m.

POEM 513

athose

POEM 414

octs

POEM 763

preinloc

POEM NO. 71 Istuo

> POEM 172 bof

> POEM 12B

5ness

POEM 773C deltine

POEM 171V fruitfli

cuo

POEM 171

doorspat

POEM 197

stee

POEM 167

mezzle

POEM 608L

lagy

11 96 111

POEM 333

sobderol

POEM 116C

eugona

POEM 119

jeshu

POEM 263

wrangleer

POEM 262.7

bevven

sidEL0ad

POEM 71

teacu

POEM NO. 317C

squarette

POEM 173.2

canalsmo

POEM NO. 73B

HardX

POEM 703H optimy

POEM 36 woal

POEM 371A abacist

POEM 3.4 dogiss

POEM 706 indiructly

SPARROW

POEM 31.3

eser

POEM 12.1

misidence

POEM 167A

ketuffoid

POEM NO. 173

ossornation

POEM 623

ludden

POEM 343 ricly

POEM 156 junkative

POEM 36.0

stwa

POEM NO. 167 antusic

POEM NO. 162 foerd

hiim

POEM 60.8

lilc

POEM 466

armian

FAKE WISDOM

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"The mind is like a piano with 800,000 keys."
-Bertrand Russell
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"Capitalism is a fool's game."
-Mother Bloor

"In the Kingdom of the Nerds, the half-cool man is king." -Johnny Depp

"Infinitude can ruin an afternoon." -Madame de Stael

"A supermarket is a school."
-Buckminster Fuller

"The Door of Wisdom has many knobs." -Voltaire

"If Monday is too long, Tuesday must be shortened." -Persian proverb

- "In youth, one achieves fame; in age, one relinquishes it."
- -George Bernard Shaw
- "The first five minutes of every TV show is excellent."
- -Norman Mailer
- "Some of the babies I kiss nauseate me."
- -William Howard Taft
- "Schopenhauer exploited doubt the way the Pope exploits faith."
- -Maria Sarah Buckmaster
- "My audiences disappoint me."
- -Arturo Toscanini
- "England is a knot that can't be untied."
- -Samuel Richardson
- "Atheism, too, has its martyrs."
- -H. G. Wells
- "A good teacher should be mildly infuriating."
- -Goethe
- "Doubt the singer but trust the song."
- -Flemish proverb

"The New York Times lies to us the same way we lie to our children."
-Pauline Kael

"Americans eat breakfast all day."
-Charles De Gaulle

"Christianity is one long heresy."
-Emanuel Swedenborg

"Almost all sadists love puns."
-Anna Freud

"A headache is also a thought."
-Albert Camus

"God writes history backwards."
-St. Augustine

"If racism ended, the capitalist system would disappear in three weeks."
-Eugene V. Debs

"We eat together but fart alone."
-Yemeni proverb

"I don't trust sincerity." -Colette

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"All men die for love."
-Tacitus

"A poem is a flashlight shining into the Devil's mouth."
-George Santayana
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"Candy, of course, is edible sculpture."

"My servants taught me everything."

"Auden even burped intelligently."

"Somehow Buddha strikes me as Texan."

"Soccer is just politics speeded up."

"If I must be a woman, let me have big tits."

"I have spent my entire life learning to read."

-Constantin Brancusi

"Nothing slow can fly." -Laotian proverb

"One visits Europe to eat." -William Randolph Hearst

-Samuel Johnson

-Stephen Spender

-Oliver Goldsmith

-Alan Watts

-Mae West

-Thomas Dewey

"The miracle of Judaism is how much they made of such a minor book."
-Richard Francis Burton

"Everyone is a Communist until age five."
-Daniel Deleon

"If I had more time I'd write shorter epigrams." -George S. Kaufman

"The history of art is a story of false starts." -Kenneth Clark

"The first two years of the Afterlife resemble a sauna."
-Jane Roberts

"I wear no bra, but only because I'm a man."
-Karl Rove

"Americans all have the same problem -- no fucking impulse control!" -Mick Jagger

"At parties, I impersonate myself."
-Dick Van Dyke

"I find Cheerios sexy."
-Jessica Simpson

- "When God gives you a lemon, make lemonade. When God gives you a gator, make Gatorade." -Morey Amsterdam
- "The art closest to film is quiltmaking." -Francois Truffaut
- "What profiteth a man if he gain the world but lose his fashion sense?"
 -Oscar Wilde
- "Americans invented computers to think for them - then promptly stopped thinking." -P. J. O'Rourke
- "Only four or five jokes are immortal."
 -Jack Benny
- "Humor is philosophy without the proofs." -Fmanuel Kant
- "The purpose of film is to break all the taboos of theatre."
 -Alfred Hitchcock
- "I am so lazy everyone assumes I'm an artist." -James Thurber
- "Women rarely think about sex, but they often contemplate the moment just before sex."
- -Dr. Joyce Brothers

"I have had the misfortune to dine with my heroes."
-Winston Churchill

"Freud wrote poetry and called it science.

I write science and call it poetry."

-Pablo Neruda

"The Press is free; journalists are not."
-William Randolph Hearst

"Terrorism is a tax on Empire."
-Susan Sontag

"Some people are literally too rich to have sex."
-Truman Capote

"Though I have spent my whole life on ships, I have never quite understood why they float."

-Vasco Da Gama

"Everything in America is inauthentic except poverty. This explains the appeal of rap music." -Martin Amis

> "Yesterday's Marxism is today's investment strategy." -Jerry Rubin

> > "If you are promiscuous enough, you don't need an apartment." -Drew Barrymore

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"God gives the poor hope and the rich indigestion." - Voltaire
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- "Doubt is the greatest luxury." -Montaigne
- "My skin belongs to humanity."
 -Brigitte Bardot
- "Darwin must have been right, for why would God create cats?" -P. G. Wodehouse
- "All memoirists are drunks."
 -Dorothy Parker
- "Comic books make me horny."
 -Howard Nemerov
- "A man can't serve two masters, but he can serve one master and one mistress." -Lord Alfred Douglas
- "Listening to the radio, I find, improves my eyesight."
 -George Bernard Shaw
- "It is always wrong to kick a dog, but sometimes you must shoot one." -Sonny Bono

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"I am on both sides of every war."
-Mahatma Gandhi
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"Disco was somehow female."
-Pat Hackett

"Love is just sex without the genitals." -Sissy Spacek

"Meeting actual rock stars, one is surprised that they whisper."
-Pete Hamill

"All cultures eat collectively and shit individually." -Claude Lévi-Strauss

"The erotic allure of madmen is incontestable." -W. H. Auden

"40% of books today are poor imitations of St.

Augustine's *Confessions*."

-Philip Roth

"The message of all religions is... anarchism."
-Peter Kropotkin

"Prison is the best place to read."
-Eldridge Cleaver

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PARROW
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-George H. W. Bush

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"The difference between East and West is:
Jesus was hairy, Buddha was bald."
-Sun Yat-Sen
"California is just a bunch of Midwesterners
acting out."
-J. Edgar Hoover
"Babies are always dancing."
-Martha Graham
"Psychology cannot explain art, but it can ex-
plain art collectors."
-Otto Rank
"Love is the evaporation of greed."
-Eleanor Roosevelt
"I am a saint without the holiness."
-Salvador Dali
"I became, somewhat arbitrarily, a blonde."
-Marilyn Monroe
"The best way to insult someone is to write a
novel about them."
-Ernest Hemingway
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"Ask not what your country club can do for you, ask what you can do for your country club."

"It is always satisfying to defeat Fascism." -Captain America

"I write because I have no one to speak to." -Miguel de Cervantes

"The low point of my career was stealing a cat."
-John Dillinger

"Only America could have produced a Hugh Hefner. No other nation needs to be persuaded to enjoy sex." -Joe E. Lewis

"New York's Chinatown is nearly utopia."
-Erving Goffman

"Free Speech is dead; it has been replaced by Free Chat."
-Thomas Frank

"All rap music teaches humility."
-Will Smith

"The Internet is to knowledge what Burger King is to food."
-David Corn

- "Thought is slow. Anything that isn't slow, isn't thought."
- -Alfred Lord Whitehead
- "Without gays and Jews, the West would have no culture." $\ensuremath{\text{\fontfamily constraints}}$
- -Erica Jong
- "Jesus was the opposite of Capitalism."
- -George Santayana
- "The American Left has been replaced by standup comedy."
- -David Letterman
- "Food is easier to write about than sex. That's why there are food critics but no sex critics." -David Foster Wallace
- "My profound ignorance is my greatest asset." -Larry King
- "Art is the cloud surrounding God."
- -Soren Kierkegaard
- "All young women are beautiful, and all old women are wise. But young women do not believe they are beautiful, and old women do not believe they are wise."
- -Benjamin Franklin
- "The choice between Art and chocolate is rarely difficult."
- -Julia Child

"I am grateful to dirt, because I love washing." -Mother Teresa

"The audience performs, too. In fact, their role is more difficult than that of the actors."

-Clive Barnes

"Baseball is a wish, football a demand."
-Joe Namath

"Wisdom only intrudes on politics once in 50 years."
-John Dalberg-Acton

"I escaped poverty by becoming a monk." -Philip Whalen

"Tears of laughter are still tears." -Yves Tanguy

"Even Communists make mistakes."
-Mao Tse Tung

"The enemy of my enemy is me."
-Bernard Berenson

"We all wish to be lambs, but we are sheep." -Flannery O'Connor

"Fashion, like war, demands total commitment." -Estée Lauder

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- "Bad sex, more than anything, stimulates a writer." -Louis Ferdinand Céline
- "As movies decline, the Theatre revives." -Christopher Durang
- "Jazz can't be taught, but it can be learned."
 -Miles Davis
- "Nothing wrinkles like a face." Elizabeth Bishop
- "In America, everyone lives alone. A group of four or five people living alone is called a 'family.'"
- -Frik Frikson
- "Belief is toxic, doubt curative."
- -Soren Kierkegaard
- "Satanism is perhaps the most confining religion." $\ensuremath{\text{gion."}}$
- -Bernard Malamud
- "Every government is an improvisation."
- -Benjamin Disraeli
- "Art is easy. What's hard is doing the dishes."
- -Constantin Brancusi
- "Beauty is often the result of guesswork."
- -Georges Braque

"Shopping is always an act of faith." -Donna Karan

"Everyone should be poor for at least one semester." -Ann Romney

"Enlightenment is not final; rather, it enters and leaves the mind like a popular song." -Sri Darwin Gross

> "Anxiety brings me closer to God." -Dr. Rollo May

"Everything I buy is on sale, yet I'm still broke!" -Rita Rudner

"Alas, stamp collecting is more of a science than sociology." -Diana Trilling

> "'Media literacy' means illiteracy." -Robert D. Novak

"Those who don't learn from sex are doomed to repeat it." -Lillian Hellman "Writing a book is just like reading a book, only slower."

-F. R. Leavis

"I knew I must become either a revolutionary or a novelist."

-James Joyce

"Fashion and architecture are the least successful arts. Dance is 3000 years ahead of fashion."

-Katherine Dunham

"Something in the climate of North America inspires religious insanity."

-Oliver Goldsmith

"Sex is guite similar to stroking a cat." -Eudora Welty

"Fudge tastes better during a battle." -PFC Edmund R. Welling

"You can't judge a book by its cover, but you can judge a book cover."

-Milton Glaser

"All jokes are commentaries on previous jokes."

-Milton Berle

"Buddhism is the best religion, but has the worst food."
-Cyril Connolly

"A cow won't drink her own milk."
-Samuel Beckett

"I became a Christian mostly because I despise science."
-Hilaire Belloc

"Drugs or silence are necessary to create art."
-Jean Arp

"I write in the forlorn hope that God reads." -D. H. Lawrence

"Change itself changes." -Heraclitus

"Fame is to artists what dysentery is to explorers: an occupational hazard." -Fyodor Dostoevsky

"Every assassination has been foretold."

"Tea is the beverage closest to music."
-Dmitri Shostakovich

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"Men are altogether more lonely than cats."
-Henry Ward Beecher
"My favorite minimalist art is the hole-in-one."
-Nelson Rockefeller
"We all marry strangers."
-Mary Worth
"Every hero began as a coward."
-Francis Bacon
"I hate to see innocent money go astray."
-Jimmy Breslin
"The opposite of light is not dark but dimness."
-Isabel Allende
"I would never cheat on my wife, but I might
cheat on someone else's."
-Frank Gorshin
"Science has grown quite expensive --
but art is still cheap."
-Meredith Monk
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"A fool and his virginity are soon parted."

-Leonard Woolf

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"Have a butterfly for a girlfriend,
but marry a moth."
-Kenneth Grahame
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"Classical music is just rock'n'roll for aristocrats."
-Pat Benatar

"You cannot dance when you're afraid."
-Merce Cunningham

"The credit card destroyed Philosophy."
-Michael Harrington

"Every street gang has a poet."
-Oscar Lewis

"Some e-mail is actually sent by elves."
-Terence McKenna

"A thought can be famous."
-Doris Lessing

"There are two ways to go someplace fast --to rush, and to boogie!" -Roy Eldridge

> "A radio can be insomniac." -Jasper Johns

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"Everything should be censored except pornography."
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-Axl Rose

"The greatest American poet is probably working in a Chinese laundry."

-Vachel Lindsay

"God is a superhero and Jesus is his secret identity."

-John Cougar Mellancamp

"At a certain age, some men stop seducing women and start seducing themselves."
-Collette

"Television is the disease and radio is the cure!" -Tommy Smothers

"United we stand, divided we sit." -Tom Petty

"Getting rich is easy; the hard part is staying rich!"

-Cornelius Vanderbilt

"It's always sad when two anarchists marry." -Robert Hunter

"You are what you eat --minus the shit!"

"If you meet the Buddha on the road, ask him for his autograph." -Angelina Jolie

"America has invented journalism without curiosity."
-Wilhelm Reich

"Give me a nation with arrogant fruitsellers and meek politicians!" -Paul Claudet

"It's almost impossible to photograph dust."
-Ansel Adams

"Americans spend too much time trying to impress their cats." -Wayne Gretzky

"I prefer books that put me to sleep." -Ashton Kucher

"It's easy to predict the future; it's just the past times 1.3."
-Niels Bohr

"Fiction isn't lies; it's fibs." -Edna Ferber

"I like babies until they are born."
-Johann Wolfgang von Goethe

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"Instead of prayer, atheists have Scrabble."
-Jonas Salk
"Rock'n'roll is just folk music played fast."
-Burl Ives
"All slang is addictive."
-Nancy Chodorow
"God speaks to us through comic books."
-Jack Kirby
"Some are killed by war, some by exercise."
-Jacques Prévert
"Nothing is more absurd than another man's
religion."
-Thomas Babington Macaulay
"Poverty exempts me from fashion."
-Edna St. Vincent Millay
"I wear a cross around my neck because
I love right angles."
-Lana Turner
"'American' is less a nationality
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than a diagnosis." - Ludwig Bemelmans

"Books are for people who can't navigate the Internet." -Steve Wozniak

"Without Christmas, we'd have a permanent recession."
-Milton Friedman

"I only read books to steal their plots." -Alexandre Dumas

"Art is the afterbirth of religion."
-Maxim Gorky

"In the long run, we're all saints."
-Tamil proverb

"A man's home is his prison."
-André Breton

"Each lie is a small revolution against the truth."
-Georges Bataille

"Don't judge a book by its blurbs."
-Jonathan Lethem

"While clawing your way to the top, remember to stop and meow."
-Dom DeLuise

- "Poetry and arson are the two loneliest occupations."
- -Rainer Maria Rilke
- "A poem is a flowchart of the soul." Steve Jobs
- "There are no apostrophes in nature." -Sir Joshua Reynolds
- -Carl Reiner
- "I dislike meeting people, but I love being met." -Patricia Arquette
- "Formerly my art centered on spirituality; now it's about coatracks."
 -lim Dine
- "Everyone dances better with her eyes closed." -Barbara Feldon
- "Never trust anyone with a fake English accent." -Elsa Lanchester
- "The Internet is essentially a giant version of Cliffs Notes."
- -Vinton G. Cerf

"Pizza is the ugliest food -and the best tasting!" -Adam Sandler

"Humans had 'table manners' long before they had tables." -Ruth Benedict

"Every photograph should include a little pubic hair." -Nan Goldin

"Fascism works fine for bumblebees."
-Hans Eysenck

"The universe has a rhythm quite similar to Salsa music." -Stephen Hawking

"Life is temporary immortality."
-Jacques Barzun

"I no longer paint circles. Now I paint the circumference of spheres."
-Jasper Johns

"Logically, a tapdance should last 40 minutes, like a symphony." -Gene Kelly

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"Witches have brooms; warlocks have guitars."
-Sterling Morrison
"Even my teddy bear is Christian."
-Sarah Palin
"Cats frustrate dogs in exactly the same way
women frustrate men."
-Fric Ambler
"The best dandruff is bright white."
-Warren Beatty
"If God existed, churches would be unnecessary."
-Robert Green Ingersoll
"No one can be too British."
-Lily Langtry
"Europeans have ennui; Americans just get
bored."
-Bernard-Henri Lévy
"Being tickled is a sacred act."
-Rob Zombie
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- "Sadly, no palindrome can be translated." -Thomas Parrish
- "I don't stick my nose into God's business."
- -Reverend Edward Evans Parrish

"A cowboy must be smarter than 400 cows." -Ramblin' Jack Elliott

"I disapprove of many of my own inventions." -Elias Howe

"The art of dance depends upon the left leg." -Fred Astaire

"God thinks in numbers."
-Sir Isaac Newton

"Politics is the present tense of history."
-Arthur Schlesinger Jr.

"A man is but half a horse."
-Anna Sewell

"Instead of following sports, I follow religion.
Every day, I read the paper to see who's winning:
the Christians or the Muslims."
-Samuel P. Huntington

"Writing is one fast way to make enemies."
-Dashiell Hammett

"War is tragic, but so is golf." - Red Buttons

"Everyone has become too intelligent."
-Mario Puzo

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"The best prayer is a good bowel movement."
-Karl Menninger, M.D.
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- "Teachers retire and become students." Amos 0z
- "Homosexuality should be a private matter between oneself and one's gardener." -Lord Arthur Burbridge
- "The child is father to the man, but the fetus is father to the child."
 -Charles Fliot Norton
- "We have all sinned and fallen short of the glory of Hollywood." -David Thomson
- "My 'entourage' is a pile of books." -Johnny Depp
- "It's always surprising to meet a heterosexual with talent." -Alan Bennett
- "When you're drunk enough, the dead come back to life." -Brendan Behan
- "Thank God I have a small penis. It keeps me humble." -Frank Lloyd Wright

"Most light is unnecessary." -James Abbott McNeill Whistler

"I tried being stupid, but it didn't work." -Joel Oppenheimer

> "Pain is always partial; absolute pain is impossible." -Dr. Andrew Weil

"It's unfortunate to live in a world with no heroes, only superheroes."

-Malcolm McLaren

"The New Age is fiercely competitive." -Eckhart Tolle

"Once you're on Welfare, anything is possible!"
-Candy Darling

"Every utopia abolishes fashion."
-Malcolm Gladwell

"The theme of all humor is incompetence."
-Sammy Davis Jr.

"I wanted to avoid fame; that's why I became a poet."
-Richard Fberhart

"Dogs bark in order to stay relevant."
-Lynn Fontanne

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"It's difficult to tapdance sadly." -Savion Glover
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- "At one time, most intellectuals were Communists. Nowadays they are basketball fans."
 -Nelson W. Aldrich Jr.
- "Technically a shirt is a bag with three extra holes."
 -Bill Blass
- "It's easier to steal a billion dollars than to shoplift a CD." -Michael M. Thomas
- "I haven't read my autobiography -- I'm waiting for the movie."
 -Bette Davis
- "All tyrants fear photography."
 -Henri Cartier-Bresson
- "Alcoholism is not a disease; it's an ease." -John Peter Toohey
- "For some, intelligence is just a hobby." -Molly Ivins
- "Every life, like a film, has outtakes." -Roger Ebert

"Once the world was full of fake virgins; now it's filled with fraudulent sluts."

-Mary Matalin

"A good teacher remembers being stupid."
-Henry Brooks Adams

"Today everyone smokes standing up. Smoking has become vaguely athletic."
-Gay Talese

"Sinatra never sang offstage."
-Sammy Davis Jr.

"Science is a type of alchemy that, for some unknown reason, actually works."
-John Maynard Keynes

"Life is one long penmanship lesson." -Richard Strachey

"Adultery is only fun the first time."
-Upton Sinclair

"It may truly be said of Abraham Lincoln that he was too Christian to be a Christian." -James M. McPherson

"Sadly, we are all addicted to salt."
-Dr. Robert C. Atkins

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"For every mountain, there are two valleys." -Austrian proverb
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- "Most advertising executives began as Marxists." -Jay Chiat
- "Choosers can't be beggars." -Australian proverb
- "Life is one long digression." -Fritz Perls
- "The examined life is not worth unliving."
 -Milton Babbitt
- "Even the homeless have fashion."
- "I am just beginning to understand napkins." -Maurice Chevalier
- "Taoists and Anglicans share a love of tea." -Arthur Waley
- "Heterosexuality is a game without rules." -Robert Conquest
- "Christian radio turned me into an atheist." -James Frey

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"I wouldn't mind working 40 hours
if it was all in a row."
-Peter Orlovsky
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"Scholars sit. Poets walk."
-John Crowe Ransom

"Monkeys are like people, only smaller and happier." -Mark Ridley

"Poetry is a business, but it's going bankrupt!" -James Merrill

"An actor can't just blink. She must study the seven types of blinking."
-Stella Adler

"In America, sexuality is expressed through shopping."
-Theodore Jasnos

"Shakespeare loves princes and mistrusts kings." -Alfred Harbage

"The business of America is show business." -Shirley MacLaine

"Rural jazz exists --but no one notices!" -McCoy Tyner

- "A book is a portable school."
- "Silence is an instrument, like the bassoon." -Jackson Mac Low
- "Hunger adds extra courage."
- Vyacheslav Molotov
- -Paul Hawken
- "The oppression of women is most visible in the history of shoes."
- -Mary Wollstonecraft
- "Americans smile, except when they're happy." -Chris Hedges
- "I failed with every woman, except one."
 -Art linkletter
- "Humans do not dominate the earth. Much more prevalent are algae, beetles and leaf fungus." -Paul Stamets
- "You can play baseball without bases, but not without a ball."
 -Joe Girardi

"If God exists, all marriages are arranged marriages."
-George Hill

"Time may only be understood through music."
-Anton Webern

"The New York Times is an epic poem with a very strange rhyme scheme."
-Harry Stillwell Edwards

"The problem with life is there's no umpire."
-Ralph Houk

"The Bible was not written as a hoax, but it's slowly becoming one."
-Alex Chilton

"My goal is not to achieve success but to elude failure." -Melissa Rivers

"I find bores especially fascinating." -Taylor Mead

"Being famous is much easier than it looks." -Ben Stiller

"Twitter keeps me sane --which is frightening!"
-Nicole Richie

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"America searches for unconditional love, but
only achieves unconditional surrender."
-Fric Foner
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- "All dreams are slightly incestuous." -Frank Faranda
- "My solipsism will follow me to the grave." -Anatole France
- "Every day, I learn new types of passivity. I'm proactively passive." -Sarah Silverman
- "We must all sing, so that birds are not more human than us." -Tori Amos
- "If doubt did not exist, faith would be an achievement on the level of farting." -Leopold Anton Freiherr von Firmian
- "No one will conquer the American Empire; it will simply gamble itself to death." -Greg Palast
- "Football is war; baseball is psychoanalysis." -John Sterling
- "Obstructing Justice is a crime of which we are all guilty."
- -David McReynolds

"Sex, more than religion, is a matter of belief."
-Lady Ottoline Morrell

"I am a good self-promoter, but I'd rather promote world revolution." -Huey Newton

"The Apocalypse will come in the form of a reality TV show."
-Michael Douglas

"More than three Picassos in a room is oppressive."
-Jasper Johns

"No one would buy a silent motorcycle." -Jacques Levy $% \left(\frac{1}{2}\right) =\frac{1}{2}\left(\frac{1}{2}\right) ^{2}$

"The center of the universe is emptiness."
-Niels Bohr

"The library of the future will have only one book!"
-Jack W. Reeves

"We are all potential has-beens."
-Matt Damon

"All marriages are the same, but each divorce is different."
-Toni Morrison

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"In retrospect, I should have married a gigolo."
-Jacqueline Kennedy Onassis
"Most men aspire to be alcoholics,
but never make it."
-Jack Parr
"The best fun is dancing in slippers."
-Fred McMurray
"Poems are the product of angelic tedium."
-Robert Kelly
"The insane are often extremely generous."
-V. Gordon Childe
"Before men rode on horses, they rode on men."
-Bruce Catton
"I tried to be a superstar and failed;
I am merely famous."
-Steven Tyler
"Every empire believes it is doing God's will,
because God himself is an Emperor."
-Bruce Beresford
"Nowadays there are more robbers
and less robberies."
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-Jon Voigt

"The worst part of war is winning."
-William Tecumseh Sherman

"The French see science as a peculiarly edifying branch of aesthetics."
-Edmund Gosse

"All actors are vagabonds." -Lionel Barrymore

"Anarchism is simply monarchy without the king."
-Pyotr Alexeyevich Kropotkin

"If the capitalists could sell you your own feces, they would."
-Lavrentiy Beria

"There are many beginnings, but only one end."
-Khalil Gibran

"Disco requires immense discipline."
-Donna Summer

"Peasants have their own ballet." -George Balanchine

"I used to be a Reform Jew, but now I'm a Revolution Jew." -Abbie Hoffman

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"All my success as a poet came from
ripping off Keats."
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-W.S. Merwin

"There is no love without mourning."

-Rabbi Joseph B. Soloveitchik

"Life is easy once you stop trying to be hap-DV."

-Morris Louis

"Architecturally a rocket is quite similar to an outhouse."

-Werner von Braun

"Any Christian who's a patriot is insane."

-Thomas Merton

"The music of China and the philosophy of China are almost identical."

-Joseph Needham

"If flowers did not exist we'd all be astonished by moss."

-Louis Agassiz

"Less is more -- plus it's cheaper!" -Frank Stella

"Not everyone with wings is an angel."

-Croatian proverb

"Books are interesting even if you don't read them."
-Michael Lang

"I distinguish flowers by their scent."
-Comte de Lautréamont

"The best Christmas cards are designed in April."
-Donald J. Hall, Sr.

"I love humanity --but I can't stand dachshunds!" -Albert Schweitzer

"A poet starts a revolution, then runs away."
-Bruce Cockburn

"I can no longer afford the necessities -just the luxuries!" -Theda Bara

"One blowjob a year is enough!"
-Chrissie Hynde

"Fashion changes the world more effectively than Communism."
-Christian Dior

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"Slowly, I developed an immunity to chaos."
-Judy Carne
"How the mighty have fallen!
How the weak have risen!"
-Rod Stewart
"Certain demons may be persuaded back to Heaven."
-Paracelsus
"I'm only lazy while I work."
-Harrison Ford
"Children and chairs should be the same size."
-Constance Robinson, Lady Ripon
"Love must laugh, or it isn't love."
-Fric Hoffer
"No man is an island, but every nation is."
-Christopher Buckley
"No one's id is vegetarian."
-Georg Groddeck
"On the flaws of our spouses we are all expert."
-Charles Maurice de Talleyrand
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"I never go to parties; parties come to me."

-Sammy Hagar

"Men don't die so much as evaporate." -Erasmus

"With the help of marijuana, I was able to kick drugs." -Nikki Sixx

"Prayer is the belief that the Universe makes exceptions."
-Amos Bronson Alcott

"You will only become as smart as your smartest professor."
-C. P. Snow

"Jesus washed his disciples' feet; I wash their assholes." -Tammy Faye Bakker

"Unfortunately, we'll just have to wait for the racists to die off." -Ramsey Clark

"There is always hope. It's inexhaustible, like beer."
-Martin Mull

"If cowardice were universal, all wars would cease." -Alfred Nobel

"The greatest thief cannot steal the stars." -Antoine de Saint-Exupéry

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"Art begins as an indictment and
ends with a conviction."
-Hugh Henry Mitchell
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"Greatness is thrust upon us -usually by our mothers!" -Armand-Emmanuel de Vignerot du Plessis

"Rap music is clearly influenced by Talmudic discourse."
-Rosa Perelmuter

"Death is like a time-out in hockey." -Swami Krishnadevananda

"Life is a bowl, yet we eat with a fork." - Émilie du Châtelet

"I believe in the intimacy of Paradise." -Coco Chanel

"Inside a suit of armor, nobody knows you're Jewish." -Henry Kissinger

"Biologically we are monkeys but morally we are wolves." -André Derain

"One can fear Hell without believing in it." -François-René de Châteaubriand "Art leads into a thousand cul-de-sacs." -Richard Bach

"All Libras are bisexual." -Linda Goodman

"I am my library." -Louis Brandeis

"Love is not an emotion; it's the resolution of emotion."

-Anna Freud

"My personality is a gimmick." -Micky Dolenz

"Most people are Buddhists and don't even know it!"
-Roger Daltrey

"I am constantly surprised by the banality of life." -Marie Louise Thérèse Victoire

"All writing is plagiarism." -Roland Barthes

"A dancer must always be conscious of her shirt." -Agnes de Mille

"Nothing is certain except death and taxis."
-Liza Minnelli

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"You can learn a lot about music by whistling."
-Modest Petrovich Mussorgsky
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- "All artists are frauds, but some have the misfortune to know it." -Clement Greenberg
- "You can gentrify a city, but not a whole state."
- -John O'Connor

-D. T. Suzuki

- "Americans distrust thought because it's undemocratic." -Theda Skocpol
- "You ain't seen Nothing yet!"
- "The dignity of man necessitates the indignity of woman."
- -Madame de Rousseau
- "I have suffered for my art, but my audience has suffered more."
- -Barbra Streisand
- "For every answer, there are six questions." -Armenian proverb
- "Each day I must relearn the violin."

- "Love may be misspent, like money." -Thomas A. Harris
- "Fame is a phase you pass through in your early 20s." $\,$
- -Dino Valenti
- "In any war, the army with the best prostitutes wins." $\!\!\!\!$
- -Bernard Law Montgomery
- "Night delays morning and for good reason!" -John Crowe Ransom
- "When religion dies out, 'geniuses' appear."
- -Rudolph Bultmann
- "Life is a puzzle, but one piece is missing." -Yves Tanguy

APPENDIX

HOW TO SURVIVE THE COMING COLLAPSE OF CIVILIZATION

In 2011 everyone was talking about the Mayan Prophecies predicting the end of the world. I decided to jump on the apocalyptic bandwagon, but with a different approach: instead of emphasizing selfish personal survival - stockpiling food and weapons - I would imagine a happy future of tribal socialism. (I was unconsciously drawing on *Revolutionary Letters* by Diane di Prima, a poetical text that utterly captivated me while I was flunking out of Cornell University in 1972.)

For some reason - possibly because I was writing songs for my band Foamola - musical lyrics become a theme of *How to Survive*. I dreamed of a world where capitalism was replaced by song.

POEMS

In 1998 I developed carpal tunnel syndrome, and could no longer type on my computer, so I decided to spend my mornings lying in bed, daydreaming. Sometimes, while doing so, I would hear a voice saying a strange word - an actual voice, as if someone were in bed with me. The word would usually be nonsense. At first I ignored these hallucinations, as anyone would. But then I began to suspect that they were poems. And if they were poems, they should have titles. But what should the titles be? It seemed logical to use numbers. The first one I wrote was:

SPARROW

POEM NO. 41

Vitsa

It's also the first one in this collection. (In fact, these poems are entirely in chronological order.) My goal in each case was to find a number perfectly equivalent to the sound.

Of course, I didn't invent the one-word poem. In 1979 I bought Aram Saroyan's book Pages for 10¢ at an odd lot store on Canal Street. Since the back of each page was blank, I used the book as a journal. During the time that I carried around Pages, I read the poems over and over. There were several one-word compositions, including:

Alice

My poetry mentor, Ted Berrigan, included a few one-word poems in his "collected poems," So Going Around Cities. One was:

interstices

Reading over this file, I noticed that the poems seem to form a sequence. In a sense, *Poems* is a work of visual art. It was critical to me that none of the numbers repeat. (Luckily, with computer technology, this is easy to detect.) I am proud of all the variation in the numbering, such as "(106)" or "703H." (One of my favorites is "Poem 36.0.") Several of these poems are a real word missing

one letter, such as "Supercalifragilis-

ticexpialidociou" and "teacu." "vorce" is like "divorce" divorced from its first syllable. "broken" is a broken "broken."

In fact, brokenness seems to be a theme. "échou" is the beginning of the French word for "fail" - though it isn't a word in itself. (The infinitive is *échouer*.) It's a failed version of "fail."

But some of these poems are happier. "canalsmo" may be a salute to the street on which I bought Aram Saroyan's book. "eser" is a transliteration of the Hebrew word for "10," which colloquially means "great." (Plus it's the price of Aram's book.) Could "loive" mean "I'm in love"? (I didn't think of that until now.)

I did edit some of them out, incidentally. One such reject was:

POEM NO. 101

pet are

(I found it too "cute.")

FAKE WISDOM

For almost exactly a year, from 1984 to 1985, I wrote proverbs. My approach was methodical: I would compose seven versions of the same thought, until it felt perfect. When I was done, I estimated that I had written 100,000 epigrams.

The best were gathered in my last book, America: A Prophecy - The Sparrow Reader:

Geese can't fly backwards. At night milk is black. The first wife remembers everything. It's always dark inside an egg. Fish invented the one night stand. The tall perspire first. Nudists are born, not made. Sometimes only a nightmare can wake you up. Astigmatism lengthens a journey. The cheapest anchor floats. Flying is easy, landing is hard. A triangle points three ways. Nowhere is pastry illegal. Pumpkins can be twofaced. Romeo wasn't built in a day. Let sleeping bags lie.

Around the year 2000 I began imagining proverbs again, but in a new form. They were no longer spoken by an impartial voice. Each seemed unique, sometimes sarcastic. I got the idea to attribute them to well-known people. The first one, as far as I can tell, was:

A QUOTE

"A swan swimming is daily life; a swan walking is art."

- James Whistler

Notice that it's presented as a poem, complete with a line break and title. Also, I left a space between the hyphen and the name, a policy I have since abandoned. And observe the theme: art. That subject will return often in these quotations.

After writing them for a year or so, I came up

with the current title of the collection. It wasn't until much later, however, that I named the form itself: "anti-plagiarism." A plagiarist, of course, steals the writing of others. I generously donate my own words to notable people. Can I be sued for this? I'll let The Operating System's lawyers ponder that question.

SPARROW: POETICS AND PRACTICE

My name is Sparrow, though it's not my legal name. I took on this Native American-sounding pseudonym in 1975; my friend Jennifer The Princess of Love gleefully supplied it. Since then I have clung to "Sparrow" with tenacious loyalty.

I grew up in a housing project in Inwood (the northernmost neighborhood in Manhattan): The Dyckman Houses. I graduated from the Bronx High School of Science, flunked out of Cornell University, hitchhiked down to Florida with my girlfriend Joan and her cat, moved to Gainesville, and received my name. (At that time I was working at a natural foods store called Mother Earth.)

I don't describe myself as a poet. Actually, I am technically an "anti-poet." What I say is (if someone asks me this question), "I write hundreds of poems." By which I mean I write roughly 17 poems a week, which equates to roughly 687 poems a year. Why do I write so many poems? To read them later, and see if they're brilliant. (The vast majority of them aren't.)

Most of what I publish - what I get paid for - is prose. My mentor Ted Berrigan advised me to stop

SPARROW

writing poems, and to write non-poetry. He was a little vague about exactly what I should write.

When someone at a party asks me my job, I reply, "I'm a local journalist" - because once a month I write real cultural journalism for *Chronogram*, a magazine published in Kingston, New York. (I live in the Catskill Mountains, 23 miles from Kingston.) I get \$120 for each article. Right now I'm writing about a show at the Katonah Museum of Art, which may be the first art show in history with actual bird nests next to human works of art.

I use a voice-activated computer, actually, so I'm not a writer. I'm a speaker: a person who lies in bed thinking of new thoughts to speak to his computer. (The software I use is Dragon NaturallySpeaking.)

I do meditation twice a day, and my "writing" directly emerges from the daydreaming I do while meditating. My essays are collections of interior distractions.

Fighting to change the world is much more valuable than composing paragraphs or poems. I have been a rather uninspired "activist" for decades. Every four years, I run for President of the United States. It happens that I am running at this moment. But don't vote for me! I don't want votes. I want something greater than votes: I want broken balloons, twisted together.

A poet is a woman or man with extraordinary powers of listening. Often a poet can hear a dog fart 130 feet away.

A poet's purpose is to internally transform the few hundred people on earth who take poetry seriously. Also, knowing that the world still has poets in it consoles almost every-

one. It proves that we are not yet automatons. Reading is a private experience, as private as prayer. Poets - unless they are shouting on streetcorners - communicate in this secret, ethical way.

have very little sense of my own role. Most of my writings appear in The Sun magazine, which has a circulation of 70,000. My sense is: certain subscribers read me and laugh; others despise me & think I'm a preening showoff (which perhaps I am): a few. maybe no more than 12, consider me

This book exists because Lynne DeSilva-Johnson asked me, "Which of your manuscripts want to be published?" Three of my computer files said yes: that's why I published them. spent a few months intermittently cutting out all the crappy parts. Then an interior voice said: "Stop cutting. You are finished!"

There are three sections to this book: a selfhelp guide to surviving the coming collapse of civilization, a series of one-word poems, and a bunch of quotations from famous people that I faked (in other words. I wrote them all). Each of these series began small - with a single item, in the latter two cases - but after a while, my habit of accumulation took over. I've been writing the one-word poems for 17 years, the quotations for 15 years. (These are approximations.) How to Survive the Coming Collapse of Civilization took three years to compose. I never really expected to publish any of these manuscripts. I'm so used to being unpublished (and having my manuscripts excerpted in The Sun), I worry that it's a mistake to transform these Mental Conceptions into physical books.

The title How to Survive the Coming Collapse of Civilization came very early - perhaps before I even started writing. I knew that the world

would end in 2012, because the Mayans had prophesied it, and the Mayans are generally correct. I thought I would "cash in" on the extinction of the current system with an all-purpose guide. The second part of the title (And Other Helpful Hints) seemed logical when I added the other two sections. I am fascinated by usefulness in writing. My old friend Sheila Alson often asked: "What is the use-value of poetry?" Years later after Sheila's death - I realized that she'd stolen this phrase from Karl Marx. I intend for this book to have use-value, to help revolutionaries & others in distress. Of course, this book is also a "joke." It's one of the few books that is both frivolous and utterly sincere.

I write all my books for nihilistic teenagers in Ohio (and their grandmothers). I want titles that will tickle them - and also seduce them. Hopefully several teenagers will steal How to Survive the Coming Collapse of Civilization from bookstores in Columbus.

Self-help books fascinate me, though I've never read one all the way through. I love their all-knowing tone, the sense of subtle deception that is so American. I like giving my readers commands.

The second section of the book (*Poems*) are words, and sometimes phrases, that came into my mind as I lay in bed in the morning. They struck me as possessing mystic power. I gave nearly all of them numerical titles, such as "Poem No. 137."

The third section, Fake Wisdom, was an attempt to write an entire book of Great Quotations, attributed to physicists, folksingers, actresses, presidents, Victorian poets, etc. Profound epigrams have a certain sound: a sweeping, victorious sound. For example:

All the ills of mankind, all the tragic misfortunes that fill the history books,

all the political blunders, all the failures of the great leaders have arisen merely from a lack of skill at dancing.

Molière said that. (Really!) My own quotations have a similar rhythm, for example:

"Darwin must have been right, for why would God create cats?" -P. G. Wodehouse

The three sections of my book arose from the Slow Method: living a quiet life in the deep country, pursuing my daily practices, gradually accruing sentences and paragraphs. I am 62; I can remember back 58 years, to 1957. I am happy to be a guy who can spend 17 years writing 1/9 of a book.

Socialism and anarchism must be continually reinvented, the way Christianity must be always reborn. I want to produce an artifact that looks like a jokebook - partly because it *is* a jokebook - but that also transforms lost Ohioan kids into dangerous visionaries. These kids, who take heroin, sniff glue, skateboard, listen to "noise sonatas," wield tremendous power, once they turn from self-destruction to luminous revolution.

So many writers influenced me; I'm not sure where to begin. At the moment I'm reading the Ellery Queen Mystery Magazine (July 2015): the lead story is by Joyce Carol Oates! I am fascinated by the tradition of American pulp writing. Another influence: William Shakespeare. (I'm also right now reading Twelfth Night.) Another influence: Kendrick Lamar. The greatest writers in America now are producing rap CDs & comic books. The "book" is basically dead. How to Survive the Coming Collapse of Civilization (And Other Helpful Hints) is a rap song plus a comic book - without the music & pictures.

My God, I forgot Yoko Ono! She is the di-

rect progenitor of my self-help writings. Plus the speeches of Malcolm X.

I studied with a number of great poets: Ted Berrigan, Allen Ginsberg, Philip Whalen, Alice Notley, Philip Levine - plus the prose writer William Burroughs. From them I learned that poetry is not an achievement like winning a silver medal in the Olympics; it's a series of lonely beginnings.

Poetry is the beginningest artform. A geographer or a painter draws on her previous accomplishments; a poet begins each poem homeless and headless.

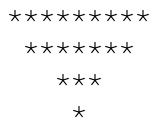
I want to avoid effort, in composing poems to *push* as little as possible, and wait as long as possible. Here is my most recent poem:

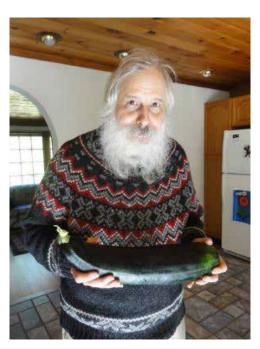
NAMED MY SOCKS

I have named all my socks.

Today I'm wearing Bildersnap and Guildersnip.

Can you see all the non-effort in that?





Sparrow was born in 1953 in Lenox Hill Hospital, in Manhattan. He grew up in a housing project in Inwood, graduated from the Bronx High School of Science, flunked out of Cornell University, became a hippie, studied at the Naropa Institute in 1976 with Allen Ginsberg, Philip Whalen & William Burroughs, published his first book of poems in 1978 (Sparrow's Poetry Coloring Book, entirely handdrawn, xeroxed surreptitiously at a copy shop) returned to New York City (still in 1978), finished college, began graduate school at CCNY (studying with Ted Berrigan). Soft Skull Press published three of his books: Republican Like Me (about running for President of the United States in 1996), Yes, You ARE a Revolutionary! & Åmerica: A Prophecy - The Sparrow Reader. Sparrow is the longest-running contributor to The Sun magazine, beginning in 1981. He has been published in the New Yorker, the New York Times (five poems & three op-ed pieces), the American Poetry Review, Lungfull! (plus other magazines) - and was quoted in Vogue. Sparrow plays flutophone in the "New Crimean" pop band Foamola. He now lives in a doublewide trailer in Phoenicia, New York with his wife Violet Snow.

TITLES IN THE PRINT: DOCUMENT COLLECTION

In Corpore Sano : Creative Practice and the Challenged Body [Anthology, 2017] Lynne DeSilva-Johnson and Jay Besemer, co-editors

To Have Been There Then - Gregory Randall (trans. Margaret Randall)

A GUN SHOW [2016] - Sō Percussion w/ Ain Gordon

Instructions Within [2016] - Ashraf Fayadh Arabic-English dual language edition; Mona Kareem, translator

Let it Die Hungry [2016] - Caits Meissner

agon [2016] - Judith Goldman

Everybody's Automat [2016] - Mark Gurarie

How to Survive the Coming Collapse of Civilization [2016] - Sparrow

There Might Be Others [2016] - Rebecca Lazier and Dan Trueman

CHAPBOOK SERIES 2016: OF SOUND MIND

*featuring the quilt drawings of Daphne Taylor Improper Maps - Alex Crowley; While Listening - Alaina Ferris; Chords - Peter Longofono; Any Seam or Needlework - Stanford Cheung

TEN FOUR - Poems, Translations, Variations [2015] Jerome Rothenberg, Ariel Resnikoff, Mikhl Likht

MARILYN [2015] - Amanda Ngoho Reavey

CHAPBOOK SERIES 2015: OF SYSTEMS OF

*featuring original cover art by Emma Steinkraus Cyclorama - Davy Knittle; The Sensitive Boy Slumber Party Manifesto -

Joseph Cuillier; Neptune Court - Anton Yakovlev; Schema - Anurak Saelow

SAY/MIRROR [2015; 2nd edition 2016] - JP HOWARD

Moons Of Jupiter/Tales From The Schminke Tub [plays] - Steve Danziger

CHAPBOOK SERIES 2014: BY HAND

Pull, A Ballad - Maryam Parhizkar; Executive Producer Chris Carter - Peter Milne Grenier; Spooky Action at a Distance - Gregory Crosby; Can You See that Sound - Jeff Musillo

CHAPBOOK SERIES 2013: WOODBLOCK

*featuring original prints from Kevin William Reed Strange Coherence - Bill Considine; The Sword of Things - Tony Hoffman; Talk About Man Proof - Lancelot Runge / John Kropa; An Admission as a Warning Against the Value of Our Conclusions - Alexis Quinlan

////THE OPERATING SYSTEM IS A OUESTION, NOT AN ANSWER.

THIS is not a fixed entity.

The OS is an ongoing experiment in resilient creative practice which necessarily morphs as its conditions and collaborators change. It is not a magazine, a website, or a press, but rather an ongoing dialogue ABOUT the act of publishing on and offline: it is an exercise in the use and design of both of these things and their role in our shifting cultural landscape, explored THROUGH these things.

I see publication as documentation: an act of resistance, an essential community process, and a challenge to the official story / archive, and I founded the OS to exemplify my belief that people everywhere can train themselves to use self or community documentation as the lifeblood of a resilient, independent, successful creative practice.

The name "THE OPERATING SYSTEM" is meant to speak to an understanding of the self as a constantly evolving organism, which just like any other system needs to learn to adapt if it is to survive. Just like your computer, you need to be "updating your software" frequently, as your patterns and habits no longer serve you.

Our intentions above all are empowerment and unsilencing, encouraging creators of all ages and colors and genders and backgrounds and disciplines to reclaim the rights to cultural storytelling, and in so doing to the historical record of our times and lives.

Bob Holman once told me I was "scene agnostic" and I took this as the highest compliment: indeed, I seek work and seek to make and promote work that will endure and transcend tastes and trends, making important and asserting value rather than being told was has and has not.

The OS has evolved in quite a short time from an idea to a growing force for change and possibility: in a span of 5 years, from 2013-2017, we will have published more than 40 volumes from a hugely diverse group of contributors, and solicited and curated thousands of pieces online, collaborating with artists, composers, choreographers, scientists, futurists, and so many more. Online, you'll also find partnerships with cultural organizations modelling the value of archival process documentation.

Beginning in 2016, our new series:: "Glossarium: Unsilenced Texts and Modern Translations", will bring on Ariel Resnikoff, Stephen Ross, and Mona Kareem as contributing editors, and have as its first volume a dual language translation of Palestinian poet and artist Ashraf Fayadh's "Instructions Within," translated by Mona Kareem, which will be published later this year, with all proceeds going to support Fayadh's ongoing case and imprisonment in Saudi Arabia.

There is ample room here for you to expand and grow your practice ... and your possibility. Join us.

- Lynne DeSilva-Johnson, Founder and Managing Editor

DOC U MENT

/däkyəmənt/

First meant "instruction" or "evidence," whether written or not.

noun - a piece of written, printed, or electronic matter that provides information or evidence or that serves as an official record verb - record (something) in written, photographic, or other form synonyms - paper - deed - record - writing - act - instrument

[Middle English, precept, from Old French, from Latin documentum, example, proof, from docre, to teach; see dek- in Indo-European roots.]

Who is responsible for the manufacture of value?

Based on what supercilious ontology have we landed in a space where we vie against other creative people in vain pursuit of the fleeting credibilities of the scarcity economy, rather than freely collaborating and sharing openly with each other in ecstatic celebration of MAKING?

While we understand and acknowledge the economic pressures and fear-mongering that threatens to dominate and crush the creative impulse, we also believe that now more than ever we have the tools to relinquish agency via cooperative means, fueled by the fires of the Open Source Movement.

Looking out across the invisible vistas of that rhizomatic parallel country we can begin to see our community beyond constraints, in the place where intention meets resilient, proactive, collaborative organization.

Here is a document born of that belief, sown purely of imagination and will. When we document we assert. We print to make real, to reify our being there. When we do so with mindful intention to address our process, to open our work to others, to create beauty in words in space, to respect and acknowledge the strength of the page we now hold physical, a thing in our hand... we remind ourselves that, like Dorothy: we had the power all along, my dears.

THE PRINT! DOCUMENT SERIES

is a project of the trouble with bartleby in collaboration with

the operating system



LYDIA DAVIS, AUTHOR OF CAN'T AND WORT

"I LOVE HOW SPARROW OCCUPIES TIME—SPECIFICALLY MY TIME.
HIS GENIUS IS HIS PLEASURE AND THAT PLEASURE IS A ROAR
AND A SIGH AND A LONG WALK AGAINST CAPITALISM.
I COULD READ HIS THOUGHTS UNTIL I DIE. I'M SURE I WILL."

LEOPOLDINE CORE, AUTHOR OF WHEN WATCHED: STORIES

"GOD KNOWS WE NEED THIS GUIDE WHICH IS WHY HE SENT SPARROW
TO DWELL AMONG US. IS IT ZEN? IS IT 'DETERRITORIALIZATION'?
HAS THE WORLD'S NAVEL EVER BEEN RUBBED LIKE THIS?
IF WIT CAN SAVE THE WORLD FROM ITSELF, THIS COLLECTION OF TRICKS,
POEMS, AND FAKE WISDOM WILL SURELY ACHIEVE THAT.
EVEN IF WIT CANNOT SAVE THE WORLD AT LEAST YOU WILL
DIE LAUGHING AS THE GENTLE ANARCHIST ALLOWS YOU TO SEE
WHAT YOU ALWAYS KNEW BUT DIDN'T KNOW YOU KNEW."

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C.2016 THE OPERATING SYSTEM BROOKLYN NY