



**Let's face it**

## Faces

Insights, Stories and Thoughts



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# Welcome to Faces! So... let's face it

Hi! Honestly? We’re excited.

Every time a new game is born, it comes with a shudder inside, sleepless nights, and mostly with a sense of hovering in the heights without touching the ground. Yes, as if wings are being formed. So welcome to Faces...

About four years ago, we (Efrat and Yaron) drove out to the desert for a private retreat of our own. It was in the middle of winter - at that time of year when the desert turns from being monochromatic to being colorful... Lots of green... and very stormy. Right there, in the space between the silence and the storm, the idea of Faces first came up. We wanted to create a new game, to do something truly innovative, and to make it as good and of the same language as The Coaching Game and Punctum.

Since then we have gone through quite a journey. Kind of like the stormy desert, our journey included a lot of “back and forth” moments, many focus groups from all over the world, and some emotional rollercoasters.

During this journey, Faces slowly started forming, and turned into a game that is all about people and relationships. We found out that through the observation of others, we dare to look at ourselves in the most direct manner, and that is what Faces provides - a straight look into our own eyes.

Enjoy the journey. With an open heart, a direct look and true love Efrat & Yaron

From the moment we are born, our faces are who we are - our age and our sex are imprinted on them and we are recognizable through them. Our feelings, thoughts, dreams, intentions...

They’re all there. In the age of Facebook and Selfies, we are always busy observing images of people’s faces.

While observing the faces of others, whether it’s in the real world or in the digital one, we analyze this silent form of

communication, and within seconds we can tell the person’s sex, expression, mood, thoughts and emotions.

Faces is about human beings - the way people look at people. How we look at others and how others look at us.

The work with Faces brings us together with meaningful figures in our lives. Family, friends, partners to the journey, characters who have inspired us and those who hurt us.

Faces raises questions regarding the relationships in our lives, about the roles we play in them and about the ways in which we reflect in them. The variety of points of view offered by the cards are like mirrors - we look at them and see in them something inside ourselves.

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# Get to know Faces

Inside the plaid fabric set, the following articles await:

## Photo cards

In the heart of the game, are Photo cards with pictures of the faces of 99 characters, captured in special moments. The images create a connection with the viewer and give way to

rising thoughts. The images are all in Black & White, in order to diminish distractions and focus the observation on the face itself.

## Reflection cards

The Reflection cards represent a variety of human characteristics we all share. The Reflections are divided into 7 series - each marked by its own symbol on the cards. Next to them, there are page numbers which correspond to pages in the included book

- where more points of view on each one of the Reflection cards are available.

Real mirror

## Blank Reflection cards

8 of the Reflection cards are blank cards. This enables incorporating writing into the process, and adding more Reflection cards of your own to your game experience.

## Real mirror card

A unique card which leaves no other option than looking at ourselves in the most authentic way possible. The mirror card transforms our own face into a meaningful observation card.

## Process maps

The map included in Faces offers 4 observational processes for personal and 1:1 work.

## Inspirational book

The book is a compilation of stories, song lyrics, poems and quotes - all offering additional points of view on each one of the 58 Reflection cards. The book can be helpful in deepening the process and in adding more matter to the budding insights. Also included in the book are instructions for using the game 1:1 and

card

Inspirational book

99 Photo cards

with groups.

4 Process maps

58 Reflection cards

8 Blank Reflection cards

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# About the Series

The Reflection cards are divided into seven series which offer additional dimensions to the understanding of each card. It is important to say that a reflection is not an archetype and does not represent a whole character - we see it as a fragment of a personality.

## The Open-minded Series - The places where we are open for opportunities.

These are the creative and curious parts of us. These are the parts that know how to let go, dream, feel comfortable even when out of the comfort zone, get emotional, believe that everything is going to be okay even if the next step is not entirely clear.

 **The Givers Series - The places where we open our hearts.** These are the warm and sensitive parts in us, which notice others and give way easily in order to help out. The ability

to differentiate, take in, give precise care with generosity, be completely devoted and with a whole heart.

## The Takers Series - The places where we are mean to ourselves and to others.

After meeting our “taker” parts, there is less. Less energy, less confidence, less joy, less peacefulness... These are the parts which awaken feelings of shame, insecurity, doubt and fear.

**The Stormy Series - The places where we let ourselves go wild.** These are the parts in us where fire burns; where there is no other way than to feel intensely. Our stormy parts will not be satisfied going halfway. These parts are loyal to the inner truth and to the power pushing us from the inside.

## The Calculated Series - The places where we are accurate with ourselves.

These are the parts which love order and logic. From them comes the ability to be analytical, cool and stable even under pressure; to keep morals and ethics, to take responsibility. Sometimes with difficulty, to color outside the lines. The mission is above all.

## The Lost Series - The places where we lose our way.

These are the stuck parts. Those dark places we have no idea how to get out of. These are the moments in which we feel small.

These are vulnerable, victim-like, voiceless parts which cause us to lose faith quickly and give up - mainly on ourselves.

 **The Knowing Series - The places where we know deep inside.** The parts of us that just know. Connected, independent, on their path. These parts make us turn into leaders. The places that are open to dealing with the quest itself and the journey - less about others, more about me.

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# List of Reflections



## Open-minded Series

The places where we are open for opportunities

## Givers Series

The places where we open our hearts

## Takers Series

The places where we are

mean to ourselves and to others

## Stormy Series

The places where we let ourselves go wild

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Curious | 14 | Generous | 32 | Selfish | 50 | Drama Queen | 66 |
| Creative | 16 | Affectionate | 34 | Arrogant | 52 | Rocker | 68 |
| Free Spirit | 18 | Gentle | 36 | Spoiled | 54 | Rebel | 70 |
| Dreamer | 20 | Caregiver | 38 | Stubborn | 56 | Warrior | 72 |
| Flexible | 22 | Teacher | 40 | Pessimist | 58 | Enthusiast | 74 |
| Intuitive | 24 | Devoted | 42 | Manipulative | 60 | Sensual | 76 |
| Deep | 26 | Sensitive | 44 | Rigid | 62 | Extrovert | 78 |
| Authentic | 28 | Optimist | 46 | Judgmental | 64 | Radical | 80 |
| Inspiring | 30 | Humble | 48 |  |  |  |  |

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# List of Reflections



## Calculated Series

The places where we are accurate with ourselves

[Wise 82](#_TOC_250022)

[Balanced 84](#_TOC_250021)

[Reliable 86](#_TOC_250020)

Mission Oriented 88

[Accurate 90](#_TOC_250019)

[Intellectual 92](#_TOC_250018)

[Peaceful 94](#_TOC_250017)

[Reserved 96](#_TOC_250016)

Lost Series

The places where we lose our way

[Desperate 98](#_TOC_250015)

[Anxious 100](#_TOC_250014)

[Victim 102](#_TOC_250013)

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[Pleaser 106](#_TOC_250011)

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Knowing Series

The places where we know down deep inside

[Individualist 114](#_TOC_250007)

[Ambitious 116](#_TOC_250006)

[Leader 118](#_TOC_250005)

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# Curious

Open-minded Series

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**/ OBSER VER / EXPLORER / NOSEY / INQ UIRER /**

Mommy, the moon is a stone of some sort? Yes, and it's big and it's white

But it is far away and that's why it's as small as a kite Mommy, the babies all come from the tummy?

Of course

And you'll have one? Perhaps

I don't have a big tummy You don't

You are young so you can't

And the baby inside is like a cocoon?

It's hard to explain, when you'll grow up you'll understand.

And only myself and the answers in me Are aware of the secret we know

That when you grow up You don't understand But one day

You just let the questions go.

**Tirza Atar**

What is a scientist after all? It is a curious man looking through a keyhole.

**Jacques Yves Cousteau**

Anyone who stops learning is old. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

**Henry Ford**

The saying “Curiosity killed the cat” isn’t an argument for not being curious, it’s an argument for not being a cat.

**The Covert Comic**

My fascination with letting images repeat and repeat, manifests my belief that we spend much of our lives seeing without observing.

**Andy Warhol**

Ah, because the world is round It turns me on

Because the world is round Ah, because the wind is high It blows my mind



**What do I really want to know?**

Because the wind is high…

**The Beatles - Because**





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# Creative

Open-minded Series

**/ INSPIRING / AR TIST / COLORFUL / INNO V A T OR /**

Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.

**“Think different” An advertising slogan for Apple, Inc. 1997**

Creativity requires the courage to let go of certainties.

**Erich Fromm**

Q: What is creativity? A: The relationship between a human being and the mysteries of inspiration.

**Elizabeth Gilbert - Big Magic**

Creativity occurs in the moment, and in the moment we are timeless.

**Julia Cameron - The Artist’s Way**

Imagination is real.

**Pablo Picasso**

The worst enemy to creativity is self doubt.

**Sylvia Plath**

To be an artist was to see what others could not.

**Patti Smith - Just Kids**



**What is creativity?**





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# Free Spirit

Open-minded Series

**/ NONCONFORMIST / SPONT ANEOUS / W ANDERER / FLO WING /**

Peter was not quite like other boys; but he was afraid at last. A tremor ran through him, like a shudder passing over the sea; but on the sea one shudder follows another till there are hundreds of them, and Peter felt just the one. Next moment he was standing erect on the rock again, with that smile on his face and a drum beating within him. It was saying, “To die will be an awfully big adventure.”

**J.M. Barrie - Peter Pan**

I like to be a free spirit. Some don’t like that, but that’s the way I am.

**Princess Diana**

I’m a free spirit who never had the balls to be free.

**Cheryl Strayed - Wild**

You have everything but one thing: madness. A man needs a little madness or else - he never dares cut the rope and be free.

**Nikos Kazantzakis - Zorba the Greek**

Leap, and the net will appear.

**John Burroughs**

You want to fly, you got to give up that shit that weighs you down.

**Toni Morrison**

Emancipate yourself from mental slavery, None but ourselves can free our minds.

**Bob Marley - Redemption Song**



**Is your spirit free?**

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# Dreamer

Open-minded Series



**What are you**

**dreaming of?**



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**/ THEORIZER / D A YDREAMER / ROMANTIC /**

The great Taoist master Chuang Tzu once dreamt that he was a butterfly fluttering here and there. In the dream he had no awareness of his individuality as a person. He was only a butterfly. Suddenly, he awoke and found himself laying there, a person once again. But then he thought to himself, “Was I

before a man who dreamt about being a butterfly, or am I now a butterfly who dreams about being a man?”

**Zen Story**



For me, dreaming is simply being pragmatic.

**Shimon Peres**

When I was younger I could remember anything, whether it happened or not.

**Mark Twain**

The moment you doubt whether you can fly, you cease forever to be able to do it.

**J.M. Barrie - Peter Pan**

Lose your dreams and you might lose your mind.

**Mick Jagger**

Dreaming is the way we define what matters to us and what we wish to accomplish and do in the world with this one life.

**Sandra Magsamen - Dream It, Believe It, Be It**

You may say I’m a dreamer But I’m not the only one

I hope someday you’ll join us And the world will be as one

**John Lennon - Imagine**

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# Flexible

Open-minded Series

**/ COMPROMISING / GENTLE / A CCEPTING / AD APT ABLE /**

An old man slipped on a wet rock near the edge of a river and fell in. As onlookers watched in horror, he was swept towards a high waterfall.

There was great joy when he emerged bruised but otherwise unharmed downstream. “How did you manage to survive?” asked one man in the crowd that gathered around.

Said the old man, “Instead of trying to make the water accommodate me, I accommodated myself to it. Instead of fighting it, I relaxed into the swirl and allowed it to shape me. I worked with the force of the water instead of against it. That is how I survived.”

**Zen story**

All know that the drop merges into the ocean,

but few know that the ocean merges into the drop.

**Kabir**

The bamboo that bends is stronger than the oak that resists.

**Japanese proverb**

Warriors do not win victories by beating their heads against walls, but by overtaking the walls.

**Carlos Castaneda**

People change and forget to tell each other.

**Lillian Hellman**

In a relationship, when does the art of compromise become compromising?

**Sarah Jessica Parker**

As long as everything is exactly the way I want it, I’m totally flexible.

**Lorelai - Gilmore Girls**







**Where do you have to be more flexible?**

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# Intuitive

Open-minded Series

**/ CONNECTED / INNER V OICE / MA GIC AL /**

In his book, Kahneman describes the human thinking as a collaboration between two completely different technologies. Kahneman calls the first type of technology "System 1". This system operates "back stage", unaware, automatic, and the usage of it does not require any effort and is usually not created out of conscious choice. System 1 is also exclusively in charge of what we call intuition. It is, in fact, intuition.

Kahneman calls the second system "System 2". This system is the stream of conscious thinking. It is very slow and can only do one thing at a time – and even this requires some effort and control. The two systems operate in completely different manners from one another. In System 1, many associative ideas can pop up parallelly, and can go through processing and send a concrete "bottom line" to System 2. In System 2 the conclusion will enter a line of linear thoughts and ideas that follow each other in a straight line, in a rhythm not much faster than the rhythm of speaking. If the mind was a show, says Kahneman, System 2 would have been the vain side character, mistakenly thinking it is the main lead.

**Oren Huberman - Calcalist, about Thinking, Fast and Slow by Daniel Kahneman**

And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.

**Antoine de Saint-Exupéry - The Little Prince**

Intuition is seeing with the soul.

**Dean Koontz**

When you believe, signs turn up everywhere.

**Lyn Ragan - Signs from the Afterlife**

When I get logical, and I don't trust my instincts - that's when I get in trouble.

**Angelina Jolie**

My approach to acting is that I am totally intuitive.

I read the script and I get it. If I don't get it, I can't do it.

**Morgan Freeman**

Most intuitive ideas have to be clarified, so there is a trial and error process.

**James Redfield**



**Do you listen to your intuition?**



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# Deep

Open-minded Series

**/ SMAR T / SENSITIVE /**

Krishnamurti tells the story of how the devil and a friend of his were walking down the street, when they saw ahead of them a man stoop down and pick up something from the ground, look at it, and put it away in his pocket. The friend said to the devil, “What did that man pick up?” “He picked up a piece of Truth,” said the devil. “That is a very bad business for you, then,” said his friend. “Oh, not at all,” the devil replied, “I am going to convince him to create a method out of his findings.”

**Ilan Amit - The Mystery of Presence**

The fish trap exists because of the fish. Once you've gotten the fish you can forget the trap. The rabbit snare exists because of the rabbit. Once you've gotten the rabbit, you can forget the snare. Words exist because of meaning. Once you've gotten the meaning, you can forget the words. Where can I find a man who has forgotten words so I can talk with him?

**Chuang Tzu**

We make our world significant by the courage of our questions and by the depth of our answers.

**Carl Sagan**

The simplest questions are also the deepest. Where were you born? Where is your home? Where are you facing? What do you do? Think about each of these every once in a while and see how your answers vary.

**Richard Bach**

There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.

**Ernest Hemingway**



**Why are you here?**

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# Authentic

Open-minded Series

/ **GENUINE / SINCERE / HONEST / PURE /**

I no longer have patience for certain things, not because I’ve become arrogant, but simply because I reached a point in my life where I do not want to waste more time with what displeases me or hurts me. I have no patience for cynicism, excessive criticism and demands of any nature. I lost the will to please those who do not like me, to love those who do not love me and to smile

at those who do not want to smile at me. I no longer spend a single minute on those who lie or want to manipulate. I decided not to coexist anymore with pretense, hypocrisy, dishonesty and cheap praise. I do not tolerate selective erudition nor academic arrogance. I do not adjust either to popular gossiping. I hate conflict and comparisons. I believe in a world of opposites and that’s why I avoid people with rigid and inflexible personalities. In friendship I dislike the lack of loyalty and betrayal. I do not get along with those who do not know how to give a compliment

or a word of encouragement. Exaggerations bore me and I have difficulty accepting those who do not like animals. And on top of everything I have no patience for anyone who does not deserve my patience.

**Originally written by José Micard Teixeira, quoted by Meryl Streep**

Anyhow, the older I get, the less impressed I become with originality. These days, I’m far more moved by authenticity… If it’s authentic enough, believe me – it will feel original.

**Elizabeth Gilbert - Big Magic**

O, to be sure, we laugh less and play less and wear uncomfortable disguises like adults, but beneath the costume is the child we always are, whose needs are simple, whose daily life is still best described by fairy tales.

**Leo Rosten**

The privilege of a lifetime is to become who you truly are.

**C.G. Jung**

But above all, in order to be, never try to seem.

**Albert Camus - Notebooks, 1935-1951**

The more real you get the more unreal the world gets.

**John Lennon**

I’m beautiful in my way





**Are you authentic with yourself?**

Cuz God makes no mistakes

**Lady Gaga - Born this way**



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# Inspiring

Open-minded Series

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**/ SKILLFUL / AR TIST / MENT OR / INNO V A T OR /**

This woman needs no introduction. Her books have sold more than 400 million copies worldwide. But there was a time in her life when she was diagnosed with clinical depression and contemplated suicide. Her marriage had failed, and she was jobless with a dependent child. She signed up for government

aid (she was so poor, she could not afford to support herself and her daughter), describing her economic status as being “poor as it is possible to be in modern Britain, without being homeless.” In 1990, while she was on a four-hour-delayed train trip from Manchester to London, the idea for a story of a young boy attending a school of wizardry “came fully formed” into her mind. In 1995, she finished the manuscript of her first book on an old manual typewriter. The book was submitted to twelve publishing houses, all of which rejected the manuscript. Editor Barry Cunningham from Bloomsbury advised her to get a day job since she had little chance of making money from writing children’s books.

Today, she is United Kingdom’s best-selling living author, with an estimated fortune of £560 million, ranking her as the twelfth richest woman in the UK. She is none other than J.K Rowling – the creator of the Harry Potter series.

**Akanksha Prabhune**

When Nike says, just do it, that’s a message of empowerment. Why aren’t the rest of us speaking to young people in a voice of inspiration?

**Naomi Klein**

Inspiration exists, but it has to find us working.

**Pablo Picasso**

Inspiration is the greatest gift because it opens your life to many new possibilities. Each day becomes more meaningful, and your life is enhanced when your actions are guided by what inspires you.

**Bernie Siegel**

'Inspiration' is a word used by people who aren't really doing anything.

**Nick Cave**



**What are your sources of inspiration?**



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# Generous

Givers Series

/ **GIVING / A CCEPTING / BENEV OLENT /**

A woman was waiting at an airport one night. She hunted for a book in the airport shops, bought a bag of cookies and found a place to drop. She was engrossed in her book but happened to see, that the man sitting beside her, as bold as could be… grabbed a cookie or two from the bag in between, which she tried to ignore to avoid

a scene. She was getting more irritated as the minutes ticked by, thinking, “If I wasn’t so nice, I would blacken his eye.” With each cookie she took, he took one too, when only one was left, she wondered what he would do. With a smile on his face, he took the last cookie and broke it in half. He offered her half, as he ate the other, she snatched it from him and thought… oooh, brother. This guy has some nerve and he’s also rude, why he didn’t even show any gratitude! She had never known when she had been so galled, and sighed with relief when her flight was called. She gathered her belongings and headed to the gate, refusing to look back at the thieving ingrate. She boarded the plane, and sank in her seat, then she sought her book, which was almost complete. As she reached in her baggage, she gasped with surprise, there was her bag of cookies, in front of her eyes. If mine are here, she moaned in despair, the others were his, and he tried to share. Too late to apologize, she realized with grief, that she was the rude one, the ingrate, the thief.

**Valerie Cox**



The more he gives to others, the more he has for his own.

**Lao Tzu**

There is no exercise better for the heart than reaching down and lifting people up.

**John Holmes**

Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.

**Dalai Lama XIV**

If you start by promising what you don't even have yet, you'll lose your desire to work towards getting it.

**Paulo Coelho**

You have not lived today until you have done something for someone who can never repay you.

**John Bunyan**



**How generous are you with yourself?**



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# Affectionate

Givers Series

**/ HUGGER / W ARM HEAR TED / EMBRA CING /**

Spiritual leader, humanitarian and visionary Sri Mata Amritanandamayi Devi, known throughout the world simply as “Amma,” has served the world-community for decades, imparting wisdom, strength and inspiration. Through her extraordinary acts of love, inner strength and self-sacrifice, Amma has endeared herself to millions and inspired thousands to follow in her path of selfless service.

Mata Amritanandamayi concludes her programs by embracing each person attending the event. Far from a brief book-signing or walk along the rope line, these personal, one-on-one meetings take up the vast majority of Amma’s time. Amma has given this motherly embrace, known as her darshan, to more than 38 million people throughout the world. She has been known to give darshan for more than 22 hours without interruption.

[**www.embracingtheworld.org**](http://www.embracingtheworld.org/)



**Did you hug someone**

**today?**

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

**Helen Keller**

I was born with an enormous need for affection, and a terrible need to give it.

**Audrey Hepburn**

I try to open up my heart as much as I can and keep a real keen eye out that I don’t get sentimental. I think we’re all afraid to reveal our hearts. It’s not at all in fashion.

**Paul Simon**

Well, an old stump is good for sitting and resting. Come, Boy, sit down. Sit down and rest. And the boy did. And the tree was happy.

**Shel Silverstein - The Giving Tree**



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# Gentle

Givers Series

**/ GRA CEFUL / SOFT / INTRO VER T / SHY /**

In 1851, German philosopher Arthur Schopenhauer formulated what has been termed the “hedgehog’s dilemma,” a parable about human relationships and intimacy. The parable goes something like this: when it is cold outside, hedgehogs move towards one another in order to be warmed by each other’s body heat. However, upon reaching a certain closeness to one another they are pricked by each other’s prickly spines, causing them to retreat to a safer distance. The hedgehogs must find the proper distance from one another to remain warm and not get hurt.

In a gentle way, you can shake the world.

**Mahatma Gandhi**

The voice of beauty speaks softly;

it creeps only into the most fully awakened souls.

**Friedrich Nietzsche**

Sometimes it's not the strength but gentleness that cracks the hardest shells.

**Richard Paul Evans - Lost December**

Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots.

**Frank A. Clark**

I like people who refuse to speak until they are ready to speak.

**Lillian Hellman**

I would admit I’m an introvert. I don’t know why introverts have to apologize.

**Bill Gross**



**Are you gentle to your loved ones?**



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# Caregiver

Givers Series

**/ NUR TURING / MA TERN AL / HEALER / SUPPOR TIVE /**

Two monks were washing their bowls in the river when they noticed a drowning scorpion. One monk immediately scooped it up and set it upon the bank. In the process he was stung. He went back to washing his bowl and again the scorpion fell in. The monk saved the scorpion and was again stung. The other monk asked him,

“Friend, why do you continue to save the scorpion when you know it’s nature is to sting?”

“Because,” the monk replied, “my nature is to save.”

**Zen Story**

Who are you when there's no one else to take care of?

**Mary McCormack**

The way to truly help someone is for me to not get immersed in their suffering.

**Byron Katie**

Love is happy when it is able to give something. The ego is happy when it is able to take something.

**Osho**

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

**Maya Angelou**

Self-care is not selfish. You cannot serve from an empty vessel.

**Eleanor Brownn**

Only the wounded healer can truly heal.

**Irvin D. Yalom**



**Do I take care of**

**myself?**



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# Teacher

Givers Series

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**/ GUIDE / CO A CH / MASTER /**

Gurdjeiff, and other great spiritual teachers, like Krisnamurti, are those “messengers from above,” that based on their feelings came to the world to fix it, and specifically in the generations where corruption feasts. None of these messengers succeeded in bringing their intended correction, and it cannot be any other way. Because no one can bring the correction to others, and the attempt of the teacher to fix only distances the people from their own ability to fix themselves.

Krishnamurti once said that 700 years shall go by before another man like himself shows up. But he also said that there are no real spiritual teachers and gurus, because all spiritual teachers only strengthen the separateness and conflict and the corruption in the world, and that eventually every man needs to be his own light.

**Ilan Amit - The Mystery of Presence**

We don’t need no education

We dont need no thought control No dark sarcasm in the classroom Teachers leave them kids alone

Hey! Teachers! Leave them kids alone!

**Pink Floyd - Another Brick in the Wall II**

Come forth into the light of things, let nature be your teacher.

**William Wordsworth**

I remember my first visit with my guru. He had shown that he read my mind. So I looked at the grass and I thought, 'My god, he's going to know all the things I don't want people to know.' I was really embarrassed. Then I looked up and he was looking directly at me with unconditional love.

**Ram Dass**

You can get help from teachers, but you are going to have to learn a lot by yourself, sitting alone in a room.

**Dr. Seuss**

The ego is not master in its own house.

**Sigmund Freud**

The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind.

**Khalil Gibran**



**Who was my best teacher?**







] 41 [

# Devoted

Givers Series

] 42 [

**/ LO Y AL / SAFE HA VEN / SURRENDER / FRIEND /**

I am a doctor working at a little clinic. One day an old man in his 80's walked into my clinic.

He told me he was in a rush, as he had a very important engagement at 9 AM he couldn't miss. I decided to treat him since the doctor in charge was busy.

While I was gently pulling out his stitches, I asked him where he was off to that was more important than this treatment.

“I am going to have breakfast with my wife, who is in the hospital.” “Why was she hospitalized, if I may ask?”

“She's been there for a few years now,” he answered. “she has Alzheimer's and needs constant care.”

I asked the man if his wife would be worried if he were late to their breakfast.

“No,” he said quietly, “She hasn't recognized me in over five years.” “And you go to her every morning although she doesn't know who you are?”

The man smiled and said: “She may not know who I am, but I know who she is, and I remember for both of us.” And he shook my hand, thanked me and left me standing there, my body shaking with sudden emotion.

**By Kevin M.**

The heart can think of no devotion Greater than being shore to the ocean- Holding the curve of one position, Counting an endless repetition.

**Robert Frost**

There's nothing in the world like the devotion of a married woman. It's a thing no married man knows anything about.

**Oscar Wilde**

True teachers use themselves as bridges over which they invite their students to cross; then, having facilitated their crossing, joyfully collapse, encouraging them to create bridges of their own.

**Nikos Kazantzakis**

You just call out my name, and you know wherever I am, I'll come running to see you again.

Winter, spring, summer, or fall, all you have to do is call and I'll be there

You've got a friend.

**Carole King - You've Got A Friend**

 



**What should You devote yourself to?**

] 43 [

# Sensitive

Givers Series



] 44 [

**/ COMP ASSION A TE / VULNERABLE / EXPOSED / CONSCIOUS / EMO TION AL /**

We love women. We want women. But that’s all we know. That’s why we honk from our cars. Yell out from construction areas.

These are our best ideas so far. Honk from cars… It amazes me! It’s got to be the last active brain cell in the guy’s mind thinking about it. She’s walking down the street, he’s in the car. beep-beep “I think I made myself clear…” What exactly is she to do? Kick her heels and start running after the car? Hang on to the bumper? The car stops. And she says: “It’s a good thing you honked. I had no idea how you’re feeling.”

**Jerry Seinfeld**



**What is my soft spot?**



Sometimes I think,

I need a spare heart to feel all the things I feel.

**Sanober Khan - A Thousand Flamingos**

Be kind, for everyone you meet is fighting a hard battle.

**Plato**

If we can share our story with someone who responds with empathy and understanding,

shame can’t survive.

**Brené Brown**

What’s good or bad doesn’t matter to me; what does matter is feeling and not feeling. If only people would... think in terms of feeling... You’ve got to know much more than just the technicalities of notes; you’ve got to know what goes between the notes.

**Jimi Hendrix**

You make me feel, you make me feel, You make me feel like a natural woman

**Aretha Franklin - A Natural Woman**

] 45 [

# Optimist

Givers Series

] 46 [

**/ POSITIVE / HAPPY / CELEBRA TING /**

A traveler walking alone saw a monk working in a field, so he stopped and asked him: “I’m on my way to the village in the valley, can you tell me what it’s like?” “Where have you come from?” enquired the monk. “I have come from the village in the mountains. It was terrible!” the man exclaimed, “no-one spoke my language, I had to sleep on a dirt floor, they fed me disgusting stew and the weather was atrocious.” “Then I think that you will find that the village in the valley is much the same,” the monk noted. A few hours later another traveler passed by and he said to the monk, “I am on my way to the village in the valley, can you tell what it’s like?” “Where have you come from?” enquired the monk. “I have come from the village in the mountains - it was awesome!” the man replied, “No-one spoke my language so we had to communicate using our hands! I had to sleep on the dirt floor - I’ve never done that before! They fed me some sort of weird stew and it was so cool to experience how the locals lived! The weather was freezing cold, which meant that I really got a taste of the local conditions. It was one of the best experiences of my life.” “Then I think that you’ll find that the village in the valley is much the same,” responded the monk.

**Zen Story**

* “What day is it?”
* “It’s today” squeaked Piglet.
* “My favorite day” said Pooh.

**A.A. Milne - Winnie-the Pooh**

Optimism is a strategy for making a better future. Because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so.

**Noam Chomsky**

Take life easily, lovingly, playfully, non-seriously. Seriousness is a disease, the greatest disease of the soul and playfulness the greatest health.

**Osho**

Keep your face always toward the sunshine - and shadows will fall behind you.

**Walt Whitman**

Optimists and pessimists die the exact same death, so why not be an optimist?



**Where is the sun shining now?**

**Shimon Peres**





] 47 [

# Humble

Givers Series

**/ MODEST / UN ASSUMING / Q UIET /**

These are the few ways we can practice humility: To speak as little as possible of one’s self.

To mind one’s own business.

Not to want to manage other people’s affairs. To avoid curiosity.

To accept contradictions and correction cheerfully. To pass over the mistakes of others.

To accept insults and injuries.

To accept being slighted, forgotten and disliked. To be kind and gentle even under provocation. Never to stand on one’s dignity.

To choose always the hardest.

**Mother Teresa - The Joy in Loving: A Guide to Daily Living**

Blessed are they who see beautiful things in humble places where other people see nothing.

**Camille Pissarro**

Know from the rivers in clefts and in crevices: those in small channels flow noisily, the great flow silent. Whatever’s not full makes noise. Whatever is full is quiet.

**Buddha**

Always remember that you are absolutely unique. Just like everyone else.

**Margaret Mead**

Whoever loves becomes humble. Those who love have, so to speak, pawned a part of their narcissism.

**Sigmund Freud**

Success is not a good teacher, failure makes you humble.

**Shah Rukh Khan**





**What does it mean**

**to be humble for me?**



] 48 [ ] 49 [

# Selfish

Takers Series

**/ N ARCISSIST / UTILIT ARIAN / EGOIST /**

I think, therefore I am is the statement of an intellectual who underrates toothaches. I feel, therefore I am is a truth much more universally valid, and it applies to everything that’s alive. My self does not differ substantially from yours in terms of its thought.

Many people, few ideas: we all think more or less the same, and we exchange, borrow, steal thoughts from one another. However, when someone steps on my foot, only I feel the pain. The

basis of the self is not thought but suffering, which is the most fundamental of all feelings. While it suffers, not even a cat can doubt its unique and uninterchangeable self. In intense suffering the world disappears and each of us is alone with himself.

Suffering is the university of egocentrism.

**Milan Kundera - Immortality**

I don’t care what you think unless it is about me.

**Kurt Cobain**

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

**Martin Luther King, Jr.**

To be successful you have to be selfish, or else you never achieve. And once you get to your highest level, then you have to be unselfish. Stay reachable. Stay in touch. Don’t isolate.

**Michael Jordan**

I - Want - Peace, I is ego, Want is desire; Remove ego and desire and you have peace.

**Sathya Sai Baba**

If I get scared I can only think about myself. Become really self- centered, and without meaning to, I hurt people. So I’m not such a wonderful human being.

**Haruki Murakami - The Elephant Vanishes**





**What about you?**

] 50 [ ] 51 [

# Arrogant

Takers Series

**/ STUCK UP / SNOBBISH / CONCEITED / SELF ESTEEM /**

A minister came back from a trip abroad with a very expensive roll of fabric. The minister invited a tailor over to his mansion. “I am expecting something very special.” He said.

While the tailor was working, he envisioned all the praise he would be receiving for the minister’s new and unique suit. But, after trying on the suit, the minister turned red with anger. The embarrassed tailor returned home depressed. And that very same day the tailor drove over to his Rabbi. The Rabbi said: “Go back to your home, unravel the suit until it is just fabric once more, and stitch it up again right away. Take the new suit back to the minister and ask him to try it on again.”

The tailor returned to his home, unraveled it, and stitched it back together, and with his new craftwork returned to the mansion again. To his surprise, the minister was thrilled. The tailor did not understand what had happened – it was the exact same suit! “When you first stitched up the minister’s suit you did it with vanity and with thoughts about your own dignity. But pride has no charm, and neither did the suit. I was certain that if you tried to stitch it up again, this time in a humbler manner, it will be loved by everyone. And so, it was!” Smiled the Rabbi.



**Can arrogance be positive?**

**Folk Story**

Hubris consists in doing and saying things that cause shame to the victim…simply for the pleasure of it. Retaliation is not hubris, but revenge…Young men and the rich are hubristic because they think they are better than other people.

**Aristotle**

If you are filled with pride, then you will have no room for wisdom.

**African proverb**

The demand to be loved is the greatest of all arrogant presumptions.

**Friedrich Nietzsche**

I’m not conceited. Conceit is a fault and I have no faults.

**David Lee Roth**

Early in my career...I had to choose between honest arrogance and hypocritical humility... I deliberately chose the honest arrogance, and I’ve never been sorry.

**Frank Lloyd Wright**

] 52 [ ] 53 [

# Spoiled

Takers Series

] 54 [

**/ PRINCESS / LAZY / DESER VED /**

Once upon a time there was a prince who wanted to marry a real princess.

One evening a terrible storm came on. Suddenly a knocking was heard at the city gate.

It was a princess standing out there in front of the gate. The water ran down from her hair and clothes... And yet she said that she was a real princess.

“Well, we’ll soon find that out,” thought the old queen. But she said nothing, went into the bedroom, took all the bedding off the bedstead, and laid a pea on the bottom; then she took twenty mattresses and laid them on the pea, and then twenty eider- down beds on top of the mattresses.

On this the princess had to lie all night. In the morning, she was asked how she had slept.

“Oh, very badly!” said she. “I have scarcely closed my eyes all night. Heaven only knows what was in the bed, but I was lying on something hard, so that I am black and blue all over my body. It’s horrible!” Now they knew that she was a real princess because she had felt the pea.

**Hans Christian Andersen - The Princess and the Pea**



**Who are you without your story?**





Let them eat cake.

**Marie Antoinette**

I was spoiled in a very strange way as a child, because everybody told me, from the moment I was able to hear, that I was absolutely marvelous, and I never heard a discouraging word for years, you see. I didn’t know what was ahead of me.

**Orson Welles**

It takes a long time to get to be a diva. I mean, you gotta work at it.

**Diana Ross**

Always walk around like you have on an invisible tiara.

**Paris Hilton**

I choose a lazy person to do a hard job. Because a lazy person will find an easy way to do it.

**Bill Gates**

You can’t always get what you want

But if you try sometimes well you just might find You get what you need

**Rolling Stones - You Can’t Always Get What You Want**

] 55 [

# Stubborn

Takers Series

] 56 [

**/ INFLEXIBLE / SEES ONL Y ONE W A Y / DETERMINED / GREED Y /**

In the city of Chelm it was extremely cold in the winter and a lot of mud accumulated in the streets. Anyone who stepped outside got covered in mud, even the king – so no one recognized him. The senior city council decided to buy the king golden shoes.

The men assumed that if people see a man with golden shoes, they will show him respect.

The king wore the golden shoes and went outside. The shoes got covered in mud, and no one treated the king with respect. The city council decided to buy the king overshoes to protect the golden shoes. The king wore the golden shoes, covered them with the overshoes and went outside. The overshoes got covered in mud and no one treated the king with respect.

The city council decided to pierce holes in the overshoes, so the gold will show.

The king went outside again, the mud got in through the holes and covered up the gold.

The city council met up again and decided to fill the holes with straw.

If you ever see a man walking around with golden shoes and pierced overshoes with straw in them – know you have seen the king of Chelm.

**Jewish Humor**

Many are stubborn in pursuit of the path they have chosen, few in pursuit of the goal.

**Friedrich Nietzsche**

Stubbornness is what makes the impossible possible, the possible likely, and the likely eternal.

**Robert Huff**

You will find that stubbornness often succumbs too easily. Watch how the rigid iron, which is created and forged in fire, cracks and shatters.

**Sophocles - Antigone**

It gives me great pleasure indeed to see the stubbornness of an incorrigible nonconformist warmly acclaimed.

**Albert Einstein**

Facts are stubborn things.

**Ronald Reagan**

Well, I won’t give up on us Even if the skies get rough



**When is your**

**stubbornness getting in the way?**

**Jason Mraz - I won’t give up**









] 57 [

# Pessimist

Takers Series

**/ NEGA TIVE / CYNIC AL / HOPELESS / BITTER /**

A student went to his meditation teacher and said,

“My meditation is horrible! I feel so distracted, or my legs ache, or I’m constantly falling asleep. It’s just horrible!”

“It will pass,” the teacher said matter-of-factly.

A week later, the student came back to his teacher.

“My meditation is wonderful! I feel so aware, so peaceful, so alive! It’s just wonderful!’

“It will pass,” the teacher replied matter-of-factly.

**Zen story**

The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true.

**James Branch Cabell - The Silver Stallion**

You’ll never find a rainbow if you’re looking down.

**Charlie Chaplin**

I’d rather be an optimist and a fool than a pessimist and right.

**Albert Einstein**

Joy is more vulnerable than pessimism. Cynicism and pessimism may lead to a false sense of security.

**Tara Well Ph.D. - Psychology Today**

I hurt myself today To see if I still feel I focus on the pain

The only thing that’s real

**Johnny Cash - Hurt**



**How full is your half empty cup?**



] 58 [ ] 59 [

# Manipulative

Takers Series

**/ CHARMER / DEVIOUS / POLITICIAN / DIPLOMA T /**

Did you think I’d forgotten you? Perhaps you hoped I had. Don’t waste a breath mourning Miss Barnes. Every kitten grows up to be a cat. They seem so harmless at first—small, quiet, lapping up their saucer of milk. But once their claws get long enough, they draw blood. Sometimes from the hand that feeds them. For

those of us climbing to the top of the food chain, there can be no mercy. There is but one rule: hunt or be hunted. Welcome back.

**Francis J. “Frank” Underwood House of Cards, Season 2, Episode 1**

When you know what a man wants, you know who he is, and how to move him.

**George R.R. Martin**

Until you realize how easily it is for your mind to be manipulated, you remain the puppet of someone else’s game.

**Evita Ochel**

I put a spell on you, because you’re mine.

**Nina Simone**

Charm is getting people to say “yes” without ever having to ask them a question.

**Connie Brockway - The Bridal Season**

It’s not technically gossip if you start your sentence with “I’m really concerned about ,” (fill in the name of the person you’re not gossiping about.)

**Brian P. Cleary**





**How manipulative are you?**



] 60 [ ] 61 [

# Rigid

Takers Series

**/ COLD / MALICIOUS / N ASTY / BY THE BOOK /**

His perfect evening? Out early, picks up woman in bar, gets laid (preferably before dinner), dumps woman as quickly as possible, preferably without having to buy her dinner but usually ends up having to feed her. Important to have as much evening time as possible for reading before going to bed. No TV, no movies, no social life, no sports. Only recreation is reading and classical music. Voracious reader of classics, history, and philosophy— no fiction, nothing current. Wanted to talk about Zeno and Aristarchus, his current interests.

**Irvin D Yalom- The Schopenhauer Cure**

People who are mean or unkind or rigid - think about it - cannot laugh at themselves.

**Eileen Brennan**

We must take off the armor, put down the weapons, show up and let ourselves be seen.

**Berene Brown**

Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won’t come in.

**Isaac Asimov**

I shall take the heart. For brains do not make one happy, and happiness is the best thing in the world.

**The Tin Man - The Wizard of Oz**

Rigid, the skeleton of habit alone upholds the human frame.

**Virginia Woolf**



**How do you communicate with rigidity?**

] 62 [ ] 63 [

# Judgmental

Takers Series

] 64 [

**/ PERFECTIONIST / OPINION A TED / CRITIC AL /**

A few years ago, a 24-year-old boy seeing out from the train’s window shouted:

“Dad, look the trees are going behind us!”

As his Dad smiled, a young couple sitting nearby, looked at the 24-year-old’s childish behavior with pity, when suddenly he again exclaimed…

“Dad, look the clouds are running with us!”

The couple couldn’t resist and said to the old man… “Why don’t you take your son to see a good doctor?”

The old man smiled and said…

“I did and we are just coming from the hospital, my son was blind from birth and he just got his eyes today.”

**Hindu Story**



**Why are people so judgmental?**

When you e another, you do not define them, you define yourself.

**Wayne Dyer**

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.

**Albert Einstein**

If you look for perfection, you’ll never be content.

**Leo Tolstoy - Anna Karenina**

If you judge people, you have no time to love them.

**Mother Teresa**

I’m much more comfortable criticizing people behind their backs.

**George Costanza - Seinfeld**

It is not for me to judge another man’s life. I must judge, I must choose,

I must spurn, purely for myself. For myself, alone.

**Hermann Hesse - Siddhartha**



] 65 [

# Drama Queen

Stormy Series

**/ EMO TION AL / HYPERA CTIVE / TEMPERAMENT AL / THEA TRIC AL /**

“The Show Must Go On” is a song by the British rock band Queen, featured as the twelfth and final track on their 1991 album Innuendo. It is credited to Queen, but written mainly by Brian May. The song chronicles the effort of Freddie Mercury continuing to perform despite approaching the end of his life; he was dying from complications due to HIV/AIDS, although his illness had not yet been made public in spite of ongoing media speculation claiming that he was seriously ill. Mercury was so ill when the band recorded the song in 1990 that May

had concerns as to whether he was physically capable of singing it. Recalling Mercury’s performance, May states; “I said, ‘Fred, I don’t know if this is going to be possible to sing.’ And he went, ‘I’ll fucking do it, darling’ – vodka down – and went in and killed it, completely lacerated that vocal.”My soul is painted like the wings of butterflies / Fairy tales of yesterday will grow but never die / I can fly, my friends / The show must go on / The show must go on / I’ll face it with a grin / I’m never giving in / On, with the show.

**The show must go on - Queen**

Conflict is drama, and how people deal with conflict shows you the kind of people they are.

**Stephen Moyer**

Storms make trees take deeper roots.

**Dolly Parton**

What is drama but life with the dull bits cut out.

**Alfred Hitchcock**

Some people create their own storms then get upset when it rains.

**Unknown**

So many people prefer to live in drama because it’s comfortable. It’s like someone staying in a bad marriage or relationship - it’s actually easier to stay because they know what to expect every day, versus leaving and not knowing what to expect.

**Ellen DeGeneres**



**Do you want to end the drama?**





] 66 [ ] 67 [

# Rocker

Stormy Series

] 68 [

**/ WILD / PERFORMER / COOL /**

I remember you well in the Chelsea Hotel you were famous, your heart was a legend.

You told me again you preferred handsome men but for me you would make an exception.

And clenching your fist for the ones like us who are oppressed by the figures of beauty, you fixed yourself, you said, “Well never mind, we are ugly but we have the music.”

Ah but you got away, didn’t you babe, you just turned your back on the crowd, you got away, I never once heard you say,

I need you, I don’t need you and all of that jiving around.

**Leonard Cohen - Chelsea Hotel**

I love rock n’ roll

So put another dime in the jukebox, baby I love rock n’ roll

So come an’ take your time an’ dance with me

**Joan Jett - I Love Rock N’ Roll**





Some people hear their own inner voices with great clearness. And they live by what they hear. Such people become crazy...or they become legends.

**Jim Harrison**

I don’t even know where I’m gonna be 20 years from now, so I’m just gonna keep on rockin’, cause if I start saving up bits and pieces of me… man, there ain’t gonna be nothing left for Janis.

**Janis Joplin**

There can’t be any large-scale revolution until there’s a personal revolution, on an individual level. It’s got to happen inside first.

**Jim Morrison**

I can never relax... Sometimes I wish I could just, you know, be a person who could... appreciate things as they are, but always the artist is seeking to transform and to create new ways of looking at something.

**Patti Smith**

I’m just a little bit sicker than the average individual I think.



**What is your favorite: sex, drugs or rock n' roll?**

**Eminem**

] 69 [

# Rebel

Stormy Series

] 70 [

**/ REV OLUTION AR Y / SELF-DESTRUCTIVE / OUTSIDE THE BO X /**

Freedom, that terrible word inscribed on the chariot of the storm, is the motivating principle of all revolutions. Without it, justice seems inconceivable to the rebel’s mind. There comes a time, however, when justice demands the suspension of freedom.

Then terror, on a grand or small scale, makes its appearance to consummate the revolution. Every act of rebellion expresses

a nostalgia for innocence and an appeal to the essence of being. But one day nostalgia takes up arms and assumes the responsibility of total guilt; in other words, adopts murder and violence.

**Albert Camus - The Rebel: An Essay on Man in Revolt**



**Why is it good to break the rules sometimes?**

You must be the change you wish to see in the world.

**Mahatma Gandhi**

We cannot be sure of having something to live for unless we are willing to die for it.

**Che Guevara**

Rules are an unnatural issue, and they awaken a natural resistance.

**Gabi Nitzan - Badolina**

The young always have the same problem - how to rebel and conform at the same time. They have now solved this by defying their parents and copying one another.

**Quentin Crisp**

Some of us are born rebellious… I roam these mean streets like a villain, a vagabond, an outcast, scavenging for the scraps that

may perchance plummet off humanity’s dirty plates, though often sometimes taking a cab to a restaurant is more convenient.

**Patti Smith**

] 71 [

# Warrior

Stormy Series

] 72 [

**/ MILIT ANT / FORCEFUL / HUNTER / JUSTICE W ARRIOR /**

To be a warrior a man has to be, first of all, and rightfully so, keenly aware of his own death. But to be concerned with death would force any one of us to focus on the self and that would be debilitating. So the next thing one needs to be a warrior is

detachment. The idea of imminent death, instead of becoming an obsession, becomes an indifference.

Now you must detach yourself; detach yourself from everything. Only the idea of death makes a man sufficiently detached so he is incapable of abandoning himself to anything. Only the idea of death makes a man sufficiently detached so he can’t deny

himself anything. A man of that sort, however, does not crave, for he has acquired a silent lust for life and for all things of life. He knows his death is stalking him and won’t give him time to cling to anything, so he tries, without craving, all of everything.

**Carlos Castaneda - A Separate Reality**

We are the champions, my friends, And we’ll keep on fighting ‘til the end. We are the champions.

No time for losers

‘Cause we are the champions of the world.

**Queen - We Are The Champions**

Never, never, give up.

**Winston Churchill**

There is a beast in every man and it stirs when you put a sword in his hand.

**Game of Thrones**

At their best, superhero origin stories inspire us and provide models of coping with adversity, finding meaning in loss and trauma, discovering our strengths and using them for good purpose. (Wearing a cape or tights is optional.)

**Robin Rosenberg - The Psychology Behind Superhero Origin Stories**

The humbleness of a warrior is not the humbleness of a beggar. The warrior lowers his head to no one, but at the same time, he doesn’t permit anyone to lower his head to him.

**Calos Castaneda**

I have a voice, I cannot remain silent.

**Nurudeen Ushawu**



**What kind of a warrior are you?**





] 73 [

# Enthusiast

Stormy Series

] 74 [

**/ P ASSION A TE / BELIEVER / FUN / PROMO TER /**

**Tigger:** The wonderful thing about tiggers / Is tiggers are wonderful things / Their tops are made out of rubber / Their bottoms are made out of springs / They’re bouncy, trouncy, flouncy, pouncy fun, fun, fun, fun, fun / But the most wonderful thing about tiggers is I’m the only one / Tiggers are cuddly fellas / Tiggers are awfully sweet / Everyone else is jealous / That’s why I repeat and repeat / The wonderful thing about tiggers / Is tiggers are marvellous chaps / They’re loaded with vim and with vigor / They love to leap in your laps / They’re jumpy, bumpy, clumpy, pumpy fun, fun, fun, fun, fun / But the most wonderful thing about tiggers is I’m the only one / I’m the only...

**A. A. Milne - Winnie The Pooh**

Because I’m happy

Clap along if you feel like a room without a roof Because I’m happy

Clap along if you feel like happiness is the truth

**Pharrell Williams - Happy**







**Are you a jumpy person?**

Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.

**Ralph Waldo Emerson**

It’s faith in something and enthusiasm for something that makes a life worth living.

**Oliver Wendell Holmes Sr.**

Enthusiasm spells the difference between mediocrity and accomplishment.

**Norman Vincent Peale**

Make new mistakes. Make glorious, amazing mistakes. Make mistakes nobody’s ever made before. Don’t freeze, don’t stop, don’t worry that it isn’t good enough, or it isn’t perfect, whatever it is: art, or love, or work or family or life.

**Neil Gaiman**

I prefer the errors of enthusiasm to the indifference of wisdom.

**Anatole France**

] 75 [

# Sensual

Stormy Series

] 76 [

**/ P ASSION A TE / LUSTFUL / AD VENTUROUS /**

Sensuality has exquisite skin and she appreciates it in others as well. There are other people whose skin is soft and clear and healthy but something about Sensuality’s skin announces that she is alive. When the sun bursts forth in May, Sensuality likes to take off her shirt and feel the sweet warmth of the sun’s rays brush across her shoulder. This is not intended as a provocative

gesture but other people are, as usual, upset. Sensuality does not understand why everyone else is so disturbed by her. As a young girl, she was often scolded for going barefoot.

Sensuality likes to make love at the border where time and space change places. When she is considering a potential lover, she takes him to the ocean and watches. Does he dance with the waves? Does he tell her about the time he slept on the beach when he was seventeen and woke up in the middle of the night to look at the moon? Does he laugh and cry and notice how big the sky is?

It is spring now, and Sensuality is very much in love these days. Her new friend is very sweet. Climbing into bed the first time, he confessed he was a little intimidated about making love with her. Sensuality just laughed and said, ‘But we’ve been making love for days.”

**J. Ruth Gendler - The Book of Qualities**

Blue is the male principle, stern and spiritual. Yellow the female principle, gentle, cheerful and sensual. Red is matter, brutal and heavy and always the colour which must be fought and vanquished by the other two.

**Franz Marc**

For me, electronic music is like cooking: it’s a sensual organic activity where you can mix ingredients.

**Jean-Michel Jarre**

I find cooking very sensual. I love getting in there with my hands instead of utensils. With all of the textures and everything, it’s very erotic. Also the time it takes to prepare, and the anticipation and the buildup, you know. Then finally, you get to eat.

**Jacqueline Obradors**

As if you were on fire from within.

The moon lives in the lining of your skin.

**Pablo Neruda**

Sensual excess drives out pity in man.



**What are you most passionate about?**

**Marquis de Sade**



] 77 [

# Extrovert

Stormy Series

**/ F ASHION ABLE / SHO W -OFF / SPLASHY / CHARA CTER /**

ORLAN is a performance artist who uses her own body and the procedures of plastic surgery to make “carnal art”. Her name is written all letters in majuscule because ORLAN doesn’t want to fit into the lines or the ranks. She is transforming her face, but her aim is not to attain a commonly held standard of beauty. ORLAN is the only artist working so radically with her own body, asking questions about the status of the body in society.

In 1990, on her 43rd birthday, she had the first of the operation- performances that completely altered her face. There were nine total surgeries from 1990 to 1993, and they were part of her project The Reincarnation of Saint-Orlan. All of the surgeries were carefully thought of, captured in video, and broadcasted in various institutions around the world, for example, the Sandra Gehring Gallery in New York and the Centre Georges Pompidou in Paris. The Reincarnation of Saint-Orlan began when she created a composite image, via morphing computer software, of her own face, combined Mona Lisa, Diana, Europa, Botticelli’s Venus, and François Pascal Simon Gérard’s Psyche.



**Where do I need my attention?**

I think performers are all show-offs anyway, especially musicians. Unless you show off, you’re not going to get noticed.

**Elton John**

People who shine from within don’t need a spotlight.

**Unknown**

You can have anything you want in life if you dress for it.

**Edith Head**

There is no such thing as a pure extrovert or a pure introvert. Such a man would be in the lunatic asylum.

**Carl Jung**

Character is higher than intellect. A great soul will be strong to live as well as think.

**Ralph Waldo Emerson**

I’ve never fooled anyone. I’ve let people fool themselves. They didn’t bother to find out who and what I was. Instead they would invent a character for me. I wouldn’t argue with them. They were obviously loving somebody I wasn’t.

**Marilyn Monroe**



] 78 [ ] 79 [

# Radical

Stormy Series

] 80 [

**/ FEARLESS / EXTREME / ON THE EDGE /**

Serbian-born artist Marina Abramovic’s most famous and self-enduring performance art piece, Rhythm 0, pushed her

endurance and mind to new limits. Over the span of six hours, she stood in a puppet-like state at the Museum of Modern Art in New York City. There was a sign giving her audience the instructions that the seventy-two items on the table were to be used on her “as desired,” her artist’s statement being, “I am the object. During this time I take full responsibility.” Some of the items included lipstick, perfume, a rose, a polaroid camera, scissors, a box of razor blades, and a gun with a single bullet. “I wanted to know, what is the public about?” The objects on

the table, things intended for both pain and pleasure, were used innocently at first. Eventually, things escalated to the point where the gun was being pointed at her. At the end of her performance, she stood up and began to approach the audience, at which time they “literally ran away”.

**Ciara Lanza**

You always get exaggerated notions about things you don’t know anything about.

**Albert Camus**

I have a deathly fear of mediocrity and that nips at my heels and gets me into a lot of trouble.

**Courtney Love**

Between two evils, I always pick the one I never tried before.

**Mae West**

You can become a winner only if you are willing to walk over the edge.

**Damon Runyon**

I want to stand as close to the edge as I can without going over. Out on the edge you see all kinds of things you can’t see from the center.

**Kurt Vonnegut - Player Piano**

To be radical is to grasp things by the root.



**How edgy are you?**

**Karl Marx**



] 81 [

# Wise

Calculated Series

**/ LIFE WISDOM / COMMON SENSE / WITH EXPERIENCE /**

Three prisoners were sitting together in prison: two wise men and one fool. In the prison, which was in a basement, it was dark all day long, and the prisoners were served a daily meal through a small hole in the wall.

The wise men managed to find their way and eat even in the darkness, but the fool could not. One of the wise men noticed this and decided to help him out: He found his way to the fool and with much effort, started feeding him, spoon by spoon.

Eventually he lost his patience and yelled at the other wise man: “Sir, why are you not helping me? Can’t you see that our friend cannot eat by himself and needs our help?”

”You are investing a great deal of effort into feeding him,” answered the second wise man, “but I’m putting my effort into something else: I am searching for a way to widen the hole so that light will enter and so that the fool will manage to eat on his own.”

**Eliezer Steinman**

And, oh, when I’m old and wise Bitter words mean little to me

Autumn winds will blow right through me



**What do you know?**

**The Alan Parsons Project - Old And Wise**

Scarecrow: I haven’t got a brain... only straw. Dorothy: How can you talk if you haven’t got a brain?

Scarecrow: I don’t know... But some people without brains do an awful lot of talking... don’t they?

**L. Frank Baum - The Wizard of Oz**

What we think, we become.

**Buddha**

Wisdom arises from experience, a deep heart, and willingness to learn.

**Angel Cards**

Knowledge shrinks as wisdom grows.

**Alfred North Whitehead**

It is the mark of an educated mind to be able to entertain a thought without accepting it.

**Aristotle**

The only true wisdom is in knowing you know nothing.

**Socrates**

] 82 [ ] 83 [

# Balanced

Calculated Series

**/ HARMONIOUS / ONE AND THE O THER / ST ABLE / GROUNDED /**

Once upon a time, Alexander the Great arrived at an Antique store, noticed an eye, and asked to purchase it. He asked for its price, and the seller answered that it will cost as much as it weighs in gold. Alexander agreed and asked to buy it. The

seller placed the eye on the scale, and Alexander added on the opposite side a few golden coins. To his surprise, the more coins Alexander added, the heavier the eye turned out to be. Alexander was shocked by the weight of the eye glaring at him. It even seemed to him as if the glare of the eye had a spark of victory in it, knowing it cannot be won over by his gold. An old man who was present stepped slowly towards the eye and poured a few grains of sand into the open eye, which shut – and suddenly, the scale shot up tumultuously.

**Moti Barchan**

Next to love, balance is the most important thing.

**John Wooden**

Activity and rest are two vital aspects of life. To find a balance in them is a skill in itself. Wisdom is knowing when to have rest, when to have activity, and how much of each to have. Finding them in each other - activity in rest and rest in activity - is the ultimate freedom.

**Sri Sri Ravi Shankar - Celebrating Silence**

Happiness is when what you think, what you say, and what you do are in harmony.

**Mahatma Gandhi**

Life is a balance of holding on and letting go.

**Rumi**

The key to keeping your balance is knowing when you’ve lost it.

**Anonymous**



**Where do you**

**need some balance?**

 

] 84 [ ] 85 [

# Reliable

Calculated Series

**/ PERSON OF THEIR W ORD / THE ADULT IN CHARGE / RESPONSIBLE /**

In 1986, a sudden surge of power during a reactor systems test destroyed Unit 4 of Chernobyl’s nuclear power plant, spewing massive amounts of deadly radioactive material into the environment. The death toll was unknown and rumored to be anywhere from a few hundred to a few thousand.

While many perished, three clean-up volunteers – Alexi Ananenko, Valeri Bezpoalov and Boris Baronov – willingly met their fate.

During the well-documented disaster, a pool of water used for emergencies in case of a break in the cooling pumps or steam pipes became flooded with a highly radioactive liquid that was in danger of blowing up. These three men suited up in scuba gear and swam into the radioactive waters of the flooded chamber, knowing full well they would die as a result. They opened up a gate valve, which allowed the contaminated water to drain out. Days after reaching the surface all three men succumbed to radiation poisoning and were buried in lead coffins. If not for the bravery of the “Chernobyl Suicide Squad” a thermal explosion would have taken place resulting in unfathomable disaster.

**Marcus Blake**



Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility.

**Sigmund Freud - Civilization and Its Discontents**

The price of greatness is responsibility.

**Winston S. Churchill**

Do not take life too seriously. You will never get out of it alive.

**Elbert Hubbard**

The fault, dear Brutus, is not in our stars, but in ourselves.

**William Shakespeare - Julius Caesar**

Mama’s gonna keep you right here under her wing. She won’t let you fly, but she might let you sing.

Mama’s gonna keep baby cosy and warm.

**Pink Floyd - Mother**



**Do you take responsibility in your life?**

] 86 [ ] 87 [

# Mission Oriented

Calculated Series

**/ EFFICIENT / FOCUSED / HARD-W ORKING / DOER / PRAGMATIC /**

“I never did anything worth doing entirely by accident… Almost none of my inventions were derived in that manner. They were achieved by having trained myself to be analytical and to endure and tolerate hard work.”

Thomas Edison wasn’t about working smarter, just working harder. And that doesn’t come as much of a surprise to us today, given that one of Edison’s most famous quotes is “Genius is one percent inspiration, ninety-nine percent perspiration.”

But most people don’t realize that that’s only half the quote. There’s more to the quote than just the most frequently repeated bits. Here’s the whole Edison quote:

“Genius is one percent inspiration and ninety-nine percent perspiration. Accordingly, a ‘genius’ is often merely a talented person who has done all of his or her homework.”

**Tucker Cummings**

Found my coat and grabbed my hat Made the bus in seconds flat

Found my way upstairs and had a smoke, Somebody spoke and I went into a dream.

**The Beatles - A Day in the Life**

What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose.

**Margaret Thatcher**

Dreams don’t work unless you do.

**John C. Maxwell**

Whatever you think you can do or believe you can do, begin it. Action has magic, grace, and power in it.

**Julia Cameron - The Artist’s Way**

I never look at other people’s work.

My mind has to be completely focused on my own illusions.

**Alexander McQueen**

Beware the barrenness of a busy life.

**Socrates**

Take your pleasure seriously.

**Charles Eames**



**When was the last time you did something for yourself?**

] 88 [ ] 89 [

# Accurate

Calculated Series

] 90 [

**/ PERFECTIONIST / PED ANT / INT O DET AILS /**

“Hey Steve – this is Vic,” I said. “I’m sorry I didn’t answer your call earlier. I was in religious services, so I didn’t pick up.”

Steve laughed. “Vic, unless the Caller ID said ‘GOD’, you should never pick up during services.”

I laughed nervously. It was unusual for him to call me on Sunday and ask me to call his home. I wondered what was so important? “So Vic, we have an urgent issue, one that I need addressed right away. I’ve already assigned someone from my team to help you, and I hope you can fix this tomorrow,” said Steve.

“I’ve been looking at the Google logo on the iPhone and I’m not happy with the icon. The second O in Google doesn’t have the right yellow gradient. It’s just wrong and I’m going to have Greg fix it tomorrow. Is that okay with you?”

The CEO of Apple – the tech visionary who revolutionized personal computers, the way we listen to music and the way we think of mobile devices – was worried about the yellow in the second “O” in Google. Needless to say the problem was fixed, and Gundotra says it taught him a lesson on leadership and “passion and attention to detail”.

**Eyder Peralta - About Steve Jobs**



The more a daughter knows about the details of her mother’s life

- without flinching or whining - the stronger the daughter.

**Anita Diamant - The Red Tent**

He knew the precise psychological moment when to say nothing.

**Oscar Wild**

Perfectionism is the voice of the oppressor, the enemy of the people. It will keep you cramped and insane your whole life.

**Anne Lamott - Writing and Why Perfectionism Kills Creativity**

A man would do nothing, if he waited until he could do it so well that no one would find fault with what he has done.

**Cardinal Newman**

A writer should have the precision of a poet and the imagination of a scientist.

**Vladimir Nabokov**

**Do you cross the lines?**



] 91 [

# Intellectual

Calculated Series

**/ RA TION AL / SENSIBLE / EDUC A TED /**

Imagine a group of people living in a cave underneath the ground. They are sitting with their backs facing the opening of the cave, and their limbs are tied in such a way as to prevent them from seeing anything but the inside wall of the cave.

Behind them a fire is burning, and in its light, strange figures passing by cast different shapes on the wall of the cave. Since they have been sitting this way from the moment they were born, they believe that these shadows are all that exists.

Imagine now that one of the cave’s residents manages somehow to free himself from his ties. After his eyes will adjust to the

light he will start seeing how beautiful things are. And then he will see the sun in the sky, and will understand that it brings life to flowers and animals, just as the light of the fire created the shadows.

The lucky cave resident can now keep celebrating the freedom upon which he stumbled. He tries to convince his friends that the shadows are only blinking shadows of “actual” things. But they don’t believe him. Eventually they kill him.

**Plato’s Allegory of the Cave, as told in Jostein Gaarder’s “Sophie’s World”**

Being an intellectual creates a lot of questions and no answers.

**Janis Joplin**

Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.

**Kofi Annan**

I think; therefore I am.

**René Descartes**

It takes an extraordinary intelligence to contemplate the obvious.

**Alfred North Whitehead**

The empires of the future are empires of the mind.

**Winston Churchill**

You can never be overdressed or overeducated.

**Oscar Wilde**



**Are you a reader?**

] 92 [ ] 93 [

# Peaceful

Calculated Series

**/ C ALM / LEISUREL Y / SHANTI / A T EASE /**

I offer you peace. I offer you love.

I offer you friendship. I see your beauty.

I hear your need.

I feel your feelings.

My wisdom flows from the highest Source. I salute that Source in you.

Let us work together. For unity and peace.

**Mahatma Gandhi - Prayer For Peace**

You are the sky. Everything else – it’s just the weather.

**Pema Chödrön**

Out beyond ideas of wrongdoing and rightdoing there is a field. I’ll meet you there.

**Rumi**

You cannot find peace by avoiding life.

**Virginia Woolf**

War is over... If you want it.

**John Lennon**

It’s calm under the waves in the blue of my oblivion.

**Fiona Apple**

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.

**Thích Nhâ´t Hanh**

**˙**

There are times when we stop, we sit still. We listen and breezes from a whole other world begin to whisper.

**James Carroll**



**Is your spirit peaceful?**



] 94 [ ] 95 [

# Reserved

Calculated Series

] 96 [

**/ DIST ANT / GU ARDED / STERILE / AP A THETIC /**

Basil Fawlty: Your \*name\*, please, could I have your name? Lord Melbury: Melbury. [the phone rings; Basil picks it up] Basil Fawlty: [to Melbury] One second please. [to phone] Basil Fawlty: Hello?... Ah, yes Mr O’Reilly, well it’s perfectly simple. When I asked you to build me a wall I was rather hoping that instead of just dumping the bricks in a pile you might have found time to cement them together... you know, one on top of another, in the traditional fashion. [to Melbury, testily] Basil Fawlty: Could you fill it in,

please? [to phone] Basil Fawlty: Oh, splendid! Ah, yes, but \*when\*, Mr O’Reilly? [to Melbury, who is having difficulty with the register] Basil Fawlty: there - there! [to phone] Basil Fawlty: Yes, but when? Yes, yes... ah!... the flu! [to Melbury] Basil Fawlty: \*Both\* names, please. [to phone] Basil Fawlty: Yes, I should have guessed, Mr.

O’Reilly that and the potato famine I suppose... Lord Melbury: I beg your pardon? Basil Fawlty: Would you put \*both\* your names, please?... [to phone] Basil Fawlty: Well, will you give me a \*date\*? Lord Melbury: Er... I only use one. Basil Fawlty: [with a withering look] You don’t have a first name? Lord Melbury: No, I am \*Lord\* Melbury, so I simply sign myself “Melbury”. [there is a long, long pause] Basil Fawlty: [to phone] Go away. [puts phone down] Basil Fawlty: ... I’m \*so\* sorry to have kept you waiting, your lordship... I

\*do\* apologize, \*please\* forgive me. Now, was there something, is there something, anything, I can do for you? Anything at all?

**Fawlty Tower - John Cleese**

You can knock on a deaf man’s door forever.

**Nikos Kazantzakis - Zorba the Greek**

There is safety in reserve, but no attraction.

**Jane Austen**

Son, we live in a world that has walls and those walls have to be guarded by men with guns. Who’s gonna do it? You!?

**Jack Nicholson - A few good men**

All the hardest, coldest people you meet were once as soft as water.

**Iain Thomas**

I don’t like to be out of my comfort zone, which is about a half an inch wide.

**Larry David**

The essence of the way is detachment.

**Bodhidharma**



**What do you keep with yourself?**



] 97 [

# Desperate

Lost Series

] 98 [

**/ CONFUSED / INDECISIVE / AL W A YS SEARCHING /**

It happens that a man is born into a foreign country. That although he has a father and a mother, brothers and sisters, language and culture – he is really from a different place, and he does not know it. He suffers all his life, until he understands, and begins his journey back to his country of origin, where

no one has ever been and no one can promise him whether it really exists. This sort of man is born into hell, and at first does not know he is in hell. He goes on living his life and stumbling repeatedly, and only after a long time something happens: a moment of grace, where he earns a glimpse of a vision, just for a moment, of his own place. A snippet of a postcard from his place. Or someone from there passes by him, smiling – a moment which changes his life, because once and for all he

understands that this place exists. That he is not dreaming. That there are lives better than his current life. And of course, in that moment he also understands that he is living in hell.

**Uzi Weill**

How I wish, how I wish you were here We’re just two lost souls

Swimming in a fish bowl

**Pink Floyd - Wish You Were Here**

You need to learn how to select your thoughts just the same way you select your clothes every day.

**Elizabeth Gilbert - Eat, Pray, Love**

Hold fast to dreams For if dreams die

Life is a broken-winged bird That cannot fly.

**Langston Hughes - Dreams**

It could become much worse.

**Thomas Mann**

Desperation is like stealing from the Mafia:

you stand a good chance of attracting the wrong attention.

**Douglas Horton**

In life you need either inspiration or desperation.

**Tony Robbins**



**What makes you desperate?**

] 99 [

# Anxious

Lost Series

**/ SC ARED / DEPRESSED / MELANCHOLIC / W ORRIES /**

George: I hate this mall, there are never any spaces here... Kramer: Why don’t you park in front of the hydrant?

George: What if there’s a fire?

Kramer: Now what are the chances of that?

**Seinfeld s04e20**

Do one thing every day that scares you.

**Eleanor Roosevelt**

What worries you, masters you.

**John Locke**

I’ll tell you what freedom is to me: no fear.

**Nina Simone**

Anxiety is nothing but repeatedly re experiencing failure in advance. What a waste.

**Seth Godin**

The beautiful thing about fear is when you run to it, it runs away.

**Robin Sharma**



**What is your biggest fear?**



] 100 [ ] 101 [

# Victim

Lost Series

**/ ANGUISHED / UNSA TISFIED / C ASTS BLAME /**

“How are you?” said Winnie-the-Pooh.

“Not very how,” answered Eeyore the donkey. “I don’t seem to have felt at all how for a long time.”

“Dear, dear,” said Pooh, “I’m sorry about that. Let’s have a look at you.” So Eeyore stood there, gazing sadly at the ground, and Winnie-the-Pooh walked all round him once.

“Why, what’s happened to your tail?” he said in surprise. “What has happened to it?” said Eeyore.

“It isn’t there!” “Are you sure?”

“Well, either a tail is there or it isn’t there. You can’t make a mistake about it. And yours isn’t there!”

“Then what is?” “Nothing.”

“Let’s have a look,” said Eeyore, and he turned slowly round to the place where his tail had been a little while ago, “I believe you’re right. That accounts for a Good Deal,” said Eeyore gloomily. “It explains Everything. No Wonder.”

“You must have left it somewhere,” said Winnie-the-Pooh. “Somebody must have taken it,” said Eeyore.

“How Like Them,” he added, after a long silence.

**A. A. Milne - Winnie the Pooh**

All self-pity is rooted in people taking themselves too seriously.

**Tom Robbins**

We love heroes who, although horribly and unjustly injured, smile through their tears.

**Gerry Spence**

Every person can be a king, every person can be a victim. The easy choice is to be a victim.

**Gabi Nitzan - Badolina**

Don’t be angry at life. It is not life that is frustrating you, it is you who are not listening to life.

**Osho**

When something negative happens to you, there is a deep lesson concealed within it.

**Eckhart Tolle**

No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.



**How responsible are you about your life?**

**Buddha**

] 102 [ ] 103 [

# Passive

Lost Series

**/ SUBMISSIVE / MAN A GED / INDIFFERENT / BYST ANDER /**

A beautiful girl in the village was pregnant. Her angry parents demanded to know who was the father. At first resistant to confess, the anxious and embarrassed girl finally pointed to Hakuin, the Zen master whom everyone previously revered for living such a pure life. When the outraged parents confronted Hakuin with their daughter’s accusation, he simply replied “Is that so?”

When the child was born, the parents brought it to the Hakuin, who now was viewed as a pariah by the whole village. They demanded that he take care of the child since it was his responsibility. “Is that so?” Hakuin said calmly as he accepted the child.

For many months he took very good care of the child until the daughter could no longer withstand the lie she had told. She confessed that the real father was a young man in the village whom she had tried to protect. The parents immediately went to Hakuin to see if he would return the baby. With profuse apologies they explained what had happened. “Is that so?” Hakuin said as he handed them the child.

**Zen Story**

] 104 [

He or she who does not turn things topsy-turvy, who is unhappy at work,

who does not risk certainty for uncertainty, to thus follow a dream,

those who do not forego sound advice at least once in their lives, die slowly.

**Martha Medeiros**

Passivity may be the easy course, but it is hardly the honorable one.

**Noam Chomsky**

When you don’t decide, others decide for you.

**Marty Rubin**

I like to complain and do nothing to make things better.

**Kurt Cobain**

Science may have found a cure for most evils; but it has found no remedy for the worst of them all – the apathy of human beings.

**Helen Keller**





**What makes me active?**

] 105 [

# Pleaser

Lost Series

**/ OKA Y WITH EVER YTHING / NICE PERSON / CLINGY /**

An old Miller and his Son were on their way to market with an Ass which they hoped to sell. As they walked along the highway some travelers laughed at them. “What foolishness! To walk when they might as well ride.” The Miller told his son to climb up and ride. Three merchants passed by. “Respect old age, young man! Get down, and let the old man ride.” The Miller made

the boy get down and climbed up to ride. At the next turnstile, they saw some women. “Look at the old fool,” exclaimed one of them. “Perched on the Ass, while that boy has to walk.” The miller told the Boy to climb up behind him. A loud shout went up from another company of people on the road. “What a crime, to load up a poor beast like that!” The Miller and his Son

quickly scrambled down, and a short time later, the market place was thrown into an uproar as the two came along carrying the Donkey slung from a pole. The Ass began to kick and bray, and just as they were crossing a bridge, the ropes that held him gave way, and down he tumbled into the river.

**Jean de La Fontaine**

Since the social and cultural revolutions of the 60s and 70s, we’ve generally taught boys and men to avoid confrontation and conflict and to instead nurture their “feminine side.” The result is the Nice Guy; the man who will avoid confrontation and

aggression even when confrontation and aggression are justified.

[**www.artofmanliness.com**](http://www.artofmanliness.com/)

The eyes of others our prisons; their thoughts our cages.

**Virginia Woolf**

I’d been doing everything to please everyone else and some imaginary me.

**Jolene Stockman**

There is only one way to avoid criticism: do nothing, say nothing, and be nothing.

**Aristotle**

I’ll tell ya, I’m a genuinely nice guy. I really am. A real nice guy. But I think I’m temperamental.

**Lou Reed**

**Who is pleasing you?**







] 106 [ ] 107 [

# Naive

Lost Series

**INNOCENT / CHILD / ANGEL / GULLIBLE /**

“Does Mister God love us truly?”

“Sure thing” I said. “Mister God loves everything.”

“Oh” she said. “well then, why does he let things get hurt and dead?” Her voice sounded as if she felt she had betrayed a sacred trust, but the question had been thought and it had to be spoken.

“I don’t know,” I replied. “There’re a great many things about Mister God, we don’t know about?”

“Well then,” she continued, “if we don’t know many things about Mister God, how do we know he loves us?”

She was silent for a little while. Later I thought that at this moment she was taking her last look at babyhood. Then she went on. “Fynn, Mister God doesn’t love us.” She hesitated. “He doesn’t really, you know, only people can love.” It sounded to me like a death knell. “Damn and blast,” I thought. “Why does this have to happen to people? Now she’s lost everything.”

But I was wrong.

She had got both feet planted firmly on the next stepping stone. “No,” she went on, “no, he don’t love me, not like you do, its different, it’s millions of times bigger.”

**Fynn - Mister God, This is Anna**

Only the most naive of questions are truly serious.

**Milan Kundera - The Unbearable Lightness of Being**

(On getting married at 19)

We told ourselves we had forever and we never looked back. The problem was that we never really looked ahead.

**Crystal Woods - Write like no one is reading**

Innocence is always unsuspicious.

**Joseph Joubert**

A naive man is nothing better than a fool. But you women contrive to be naive in such a way that in you it seems sweet, and gentle, and proper, and not as silly as it really is.

**Anton Chekhov**

Too many people get lost in the game of having a good time and being naive about things.

**Steve Brown**



**Do you still have innocent moments?**







] 108 [ ] 109 [

# Wounded

Lost Series

**/ BRUISED / HUR T / MESSED UP /**

I carried my broken heart in a dripping white bag back to the store and demanded a refund.

“But lady, excuse me, you got it half off. And you told me yourself, although you’ve been warned, that you won’t regret it, no matter how bold. It hurts? WHY OF COURSE. It’s a fine beating heart. It shines now and then, and it hurts all the time. Don’t you lower your head, don’t you cover your eyes! Not for nothing you brightened your days with bright stars, with pink

pixie dust, with dreams and with trust! ‘Cause you’ve been there, remember? This wasn’t some cheat. You smiled and you hovered before you were “teased”. You enjoyed the great taste and you sipped on the bliss. Why should you cry and declare it’s a miss? The heart, as all flowers, is seasonal, dear. It feeds on the sun rays and blossoms! Quite clear. And then - it decays, as all life tends to act. It’s sad and it’s painful - but baby, that’s that! So here, take your bag, and go wander back home. It might not be easy, but there’s a nice view. Be very patient, clear out your head - let your heartbeats declare if they’re living or dead.”

**Mika Ben-Shaul - Come to the Deep End**



**What is your wounded part?**

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.

**Kahlil Gibran**

The world breaks everyone, and afterward, some are strong at the broken places.

**Ernest Hemingway**

The truth is, everyone is going to hurt you. You just got to find the ones worth suffering for.

**Bob Marley**

The more fucked up you are, the more I like you. As long as you’ve managed to hold onto your identity through all the shit, then it won’t matter how twisted you are. I will love you more for it.

**Ashly Lorenzana**

It has been said, ‘time heals all wounds.’ I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone.

**Rose Fitzgerald Kennedy**

] 110 [ ] 111 [

# Survivor

Lost Series

**/ RESILIENCE / INNER STRENGTH / STREET SMAR T /**

Wherever you are in your journey, I hope you, too, will keep encountering challenges. It is a blessing to be able to survive them, to be able to keep putting one foot in front of the other—to be in a position to make the climb up life’s mountain, knowing that the summit still lies ahead. And every experience is a valuable teacher.”

**Oprah Winfrey - What I Know For Sure**



**Are you still a surviv**o**r?**





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Being divorced is like being hit by a Mack truck. If you live through it, to the right and to the left. You start looking very carefully.

**Jean Kerr**

Fear begets fear. Power begets power. I willed myself to beget power. And it wasn’t long before I actually wasn’t afraid.

**Cheryl Strayed - Wild**

Sometimes you wake up. Sometimes the fall kills you. And sometimes, when you fall, you fly.

**Neil Gaiman - The Sandman**

The flower that blooms in adversity is the rarest and most beautiful of all.

**Walt Disney Company - Mulan**

I can be changed by what happens to me. But I refuse to be reduced by it.

**Maya Angelou**

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# Individualist

Knowing Series

**/ UNIQ UE / DIFFERENT / NONCONFORMIST / UN AFFECTED /**

I ask myself what making it really means. I know I want to make my living solely as a musician, but I also want to be recognized as someone unique, defined by my voice, by my abilities as a songwriter, to have the world know my songs and my melodies just as they had known and acknowledged the songs of the Beatles. I want to do this on my own terms, I want to be singular, and if that means being marginalized, then so be it. I will become stronger, and even if no one else knows who I am, I shall know myself…

**Sting**

But I’m a creep, I’m a weirdo, What the hell am I doing here? I don’t belong here.

**Radiohead - Creep**



**What makes you different?**

When you don’t dress like everyone else, you don’t have to think like everyone else.

**Iris Apfel**

Be the weirdo who dares to enjoy.

**Elizabeth Gilbert - Big Magic**

I’ve always been suspicious of collective truths.

**Eugene Ionesco**

Man, sometimes it takes you a long time to sound like yourself.

**Miles Davis**

In order to be irreplaceable one must always be different.

**Coco Chanel**

I think the reward for conformity is that everyone likes you except yourself.

**Rita Mae Brown**

Individualism is rather like innocence: there must be something unconscious about it.

**Louis Kronenberger**



] 114 [ ] 115 [

# Ambitious

Knowing Series

**/ GO AL ORIENTED / SUCCESSFUL / T AKES INITIA TIVE /**

Churchill was, to a marked extent, forcing himself to go against his own inner nature: a man who was neither naturally strong, nor naturally particularly courageous, but who made himself both in spite of his temperamental and physical endowment. The more one examines Winston Churchill as a person, the more one is forced to the conclusion that his aggressiveness, his courage, and his dominance were not rooted in his inheritance, but were the product of deliberate decision and iron will.

**Anthony Storr**

Continuous effort—not strength or intelligence—is the key to unlocking our potential.

**Winston Churchill**

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

**Michelangelo**

It always seems impossible until it’s done.

**Nelson Mandela**

I’m tough, I’m ambitious, and I know exactly what I want. If that makes me a bitch, okay.

**Madonna**

That’s the secret...never think you’ve got it all.

**Clint Eastwood**

The day you stop racing, is the day you win the race.

**Bob Marley**

I love it when people doubt me. It makes me work harder to prove them wrong.

**Derek Jeter**



**What is your drive?**



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# Leader

Knowing Series

**/ PURPOSEFUL / VISION AR Y / CHARISMA TIC / PRO A CTIVE /**

In the 1930’s there was a young boy who had become addicted to and obsessed with eating sugar. His mother decided to get help and took the long and hot journey with her son walking many miles and hours under the scorching sun.

She finally reached Gandhi and asked him to tell her son to stop eating sugar, it wasn’t good for his health. Gandhi replied, “I cannot tell him that. But you may bring him back in a few weeks and then I will talk to him.” The mother was confused and upset and took the boy home.

Two weeks later she came back. This time Gandhi looked directly at the boy and said “Boy, you should stop eating sugar. It is not good for your health.” The boy nodded his head and promised he wouldn’t. The boy’s mother was puzzled. She asked

“Why didn’t you tell him that two weeks ago when I brought him here to see you?”

Gandhi smiled and said “Mother, two weeks ago I was eating a lot of sugar myself.”

**Source Unknown**

Real leadership is when everyone else feels in charge.

**Bono**

Lead me, follow me, or get out of my way.

**General George Patton**

A genuine leader is not a searcher for consensus but a molder of consensus.

**Martin Luther King, Jr.**

Innovation distinguishes between a leader and a follower.

**Steve Jobs**

If you want to test a man’s character give him power.

**Abraham Lincoln**

Leadership is lifting a person’s vision to high sights, the raising of a person’s performance to a higher standard, the building of a personality beyond its normal limitations.

**Peter Drucker**





**Who is your leader?**

] 118 [ ] 119 [

# Idealist

Knowing Series

**/ ETHIC AL / W OR THY / LO Y AL /**

A woman stepped outside her house and spotted three men with long white beards sitting in her yard. She did not recognize any of them. She said to them: “I do not know you, but you are probably hungry. Please come into my house for a small meal.” ”We are not entering together.” one of the men explained: “This is Wealth,” he pointed at one of his friends, “that is Success, and I am Love. Now go to your husband and discuss with him which of us you would like in your home.” “Great!!” the husband said. “In that case, we’ll invite Wealth in. He will fill our home with abundance!” His wife did not agree. “Darling, why don’t we invite in Success?” Their daughter in law, who overheard the conversation from the room next door, suggested: “Would it not be better if we invite Love inside?” “Our house will be flooded

with Love! Maybe we should listen to her advice. Go outside and invite Love to be our guest.” He asked his wife. Love got up and started walking towards the house. The two other men got up as well and followed his steps. Surprised, the woman asked Wealth and Success: “I invited Love in, why are you two entering as well?” The three men answered together: “If you would have invited in Wealth or Success, the other two would have stayed outside. But since you invited Love… Everywhere Love goes, we follow.

**Unknown**

] 120 [

The greatness of a nation and its moral progress can be judged by the way its animals are treated.

**Mahatma Gandhi**

People seldom do what they believe in. They do what is convenient, then repent.

**Bob Dylan**

There are two types of people in this world, good and bad. The good sleep better, but the bad seem to enjoy the waking hours much more.

**Woody Allen**

Integrity is doing the right thing even when no one is watching.

**C.S. Lewis**

Inside every cynical person, there is a disappointed idealist.

**George Carlin**



**What is ethical to you?**



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# Dominant

Knowing Series

**/ THE BOSS / BULL Y / TYRANT / PO WERFUL /**

**Meadow Soprano:** Are you in the Mafia?

**Tony Soprano:** Am I in the what?

**Meadow Soprano:** Whatever you want to call it. Organized crime.

**Tony Soprano:** That’s total crap, who told you that?

**Meadow Soprano:** Dad, I’ve lived in the house all my life. I’ve seen the police come with warrants. I’ve seen you going out at three in the morning. **Tony Soprano:** So you never seen Doc Cusamano going out at three in the morning on a call?

**Meadow Soprano:** Did the Cusamano kids ever find $50,000 in krugerrandts and a .45 automatic while they were hunting for Easter eggs? **Tony Soprano:** I’m in the waste management business. Everybody immediately assumes you’re mobbed up. It’s a stereotype. And it’s offensive. And you’re the last person I would want to perpetuate it... There is no Mafia.

**Meadow Soprano:** Fine. **Tony Soprano:** Alright look, Mead, you’re a grown woman, almost. Some of my money comes from illegal gambling and whatnot. How does that make you feel?

**Meadow Soprano:** At least you don’t keep denying it, like Mom. Kids in school think it’s actually kinda neat.

**The Sopranos**

A tiger never loses sleep over the opinion of sheep.

**Ziad K. Abdelnour**

I’m not bossy. I’m the boss.

**Beyonce**

The best feeling in the world is performing in front of a live audience who like what you’re doing. I can understand why people become dictators just because of the thrill they get making the speeches.

**Steve Coogan**

People respond well to those that are sure of what they want.

**Anna Wintour**

When somebody challenges you, fight back. Be brutal, be tough.

**Donald Trump**



**When are you dominant?**

 

 

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# Courageous

Knowing Series

**/ BRA VE / GUTSY / RISK T AKER / D ARING /**

Mulan was washing clothes when she heard that the army was recruiting new soldiers. She knew that her father was too old and too ill to survive the war, so she decided to disguise herself as a man to go in his place. The tale continues with Mulan leaving

for the battlefield carrying the sword inherited from the ancestors of the family. She fought for ten or twelve years and gained

high merit, but refused any reward and retired to her hometown instead. During the war, she met an officer, who is normally named Jin Yong, with whom she fell in love. Legends say that after 10 years on the battlefield Mulan was promoted to general. When Jin Yong learned that Mulan was a woman, he became more attached to her. In many versions of the story both Mulan and Jin Yong dream about getting married to each other. One day, before a very difficult battle, Mulan decided to go onto the battlefield in women’s clothing so her soldiers would realize her true identity. The reaction of the soldiers was one full of respect and admiration. They were overwhelmed by her bravery, grace, and wisdom. After another heroic triumph, the emperor wanted to reward Mulan. He was surprised that the bravest of his soldiers was a female. However, Mulan asked for nothing but a horse to ride home.

**Natalia Klimczak**

Fear, to a great extent, is born of a story we tell ourselves, and so I chose to tell myself…

**Cheryl Strayed - Wild**

Be brave. Take risks. Nothing can substitute experience.

**Paulo Coelho**

Courage is the most important of all the virtues because without courage, you can’t practice any other virtue consistently.

**Maya Angelou**

Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, “I will try again tomorrow.”

**Mary Anne Radmacher**

Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.

**Brene Brown**

All our dreams can come true, if we have the courage to pursue them.



**Where do you need courage right now?**

**Walt Disney**







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# Independent

Knowing Series

**/ SELF-RELIANT / PRO A CTIVE /**

And I realized that some things just don’t work that way. Life isn’t a fairytale. And the person you fall in love with doesn’t always love you back. But that’s ok, because at the very least it makes you stronger. And brings you to a place where you can fall in love with yourself. And that to me is more important than finding someone that only makes you complete when they are around. It’s really about finding the person that will teach you all the lessons you need to know... so that you feel complete all by yourself.

**Bethany Brookbank - Write Like No One is Reading**



**Are you more dependent or independent?**

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I have not lived as a woman. I have lived as a man. I’ve just done what I damn well wanted to, and I’ve made enough money to support myself, and ain’t afraid of being alone.

**Katharine Hepburn**

The greatest gifts you can give your children are the roots of responsibility and the wings of independence.

**Denis Waitley**

The proactive approach to a mistake is to acknowledge it instantly, correct and learn from it.

**Stephen Covey**

Freedom (n.): To ask nothing. To expect nothing. To depend on nothing.

**Ayn Rand - The Fountainhead**

I want to live my life, not record it.

**Jacqueline Kennedy**

I am asking you to believe. Not in my ability to bring about change – but in yours.

**Barack Obama**

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# Content

Knowing Series

**/ PLEASED / SA TISFIED / HAPPY /**

You may not be her first, her last, or her only. She loved before she may love again. But if she loves you now, what else matters? She’s not perfect—you aren’t either, and the two of you may never be perfect together but if she can make you laugh, cause you to think twice, and admit to being human and making mistakes, hold onto her and give her the most you can. She

may not be thinking about you every second of the day, but she will give you a part of her that she knows you can break—her heart. So don’t hurt her, don’t change her, don’t analyze and don’t expect more than she can give. Smile when she makes you happy, let her know when she makes you mad, and miss her when she’s not there.

**Bob Marley**

I see skies of blue and clouds of white

The bright blessed day, the dark sacred night And I think to myself what a wonderful world.

**Louis Armstrong - What a Wonderful World**

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True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.

**Seneca**

Don’t cry because it’s over, smile because it happened.

**Dr. Seuss**

There are two ways to get enough. One is to continue to accumulate more and more. The other is to desire less.

**G.K. Chesterton**

He who is not satisfied with a little, is satisfied with nothing.

**Epicurus**

Happiness in intelligent people is the rarest thing I know.

**Ernest Hemingway - The Garden of Eden**



**What is it that makes you happy?**













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# Working with Faces First Encounter



* Introduction
* First Encounter
* Working 1:1
* Group activity

To those of you who are already familiar with us - **Faces** is based on the exact same working method as the one used in **The Coaching Game** and in **Punctum**. Photo cards, word cards, an inspirational book and process maps. However, the work with **Faces** is entirely different than with the two other games – which are based on the elements of Phototherapy and metaphors.

Faces is obviously a Phototherapeutic tool as well, but the observation of images of faces, of facial features, of expressions, leaves us staring directly, with no mediators or metaphors. We are observing something external, but the processing of it is emotional. With Faces we can look deeply into ourselves, into our meaningful relationships and into people in general. We can observe our family trees, define ideal partners we would like to invite into our lives, use the tool as an asset in recruiting new employees, or observe our way of leading and managing. This

is just a small taste. You are welcome to join our workshops and deepen your understanding of the tool and its many possibilities. Faces is a deep, surprising and fascinating journey inwards.

## Enjoy the journey…

You can work in many ways with **Faces**. For your first encounter with the game, we offer a short process: Card of the day.

Lay the Photo cards and the Reflection cards in front of you - facing up. When you go over all of them carefully, ask yourself: **How am I feeling today?** Choose one Photo card and one Reflection card which best depict your current mood.

## Observe the Photo card:

Why did you choose this face? What does this face express? What kind of character is he/she? What would you like to say to the character in front of you? What is it trying to tell you? What do you feel when you look at it? Who does this character remind you of? Does it look like anyone you know?

## Observe the Reflection card:

Which emotions, feelings, memories does it bring out of me? How does the word connect to the image I chose?

## Deepening the Inspiration

Open the book on the page number mentioned on the Reflection card. Read the various types of content and try to answer the original questions using new points of view.

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# Working 1:1

The process map is designed for personal work or for 1:1 work. The map enables connecting several cards to guiding questions which lead a thought process.

The map is double sided and you can twist it and turn it around in order to go from process to process:

Side A:

## “The Child In Me”

**“What makes me who I am?”**

2 Maps to examine one character.

Side B:

## “Back to reality” “Nobody’s Perfect”

2 Maps to examine relationships with significant others.

1. Choose the map which suits your interest best. Read the questions and focus on the relevant character or relationship.
2. Choose 3 Photo cards and 3 Reflection cards (facing up/down

- your choice.) Place the cards in the marked spots on the map.

1. Go over each question separately and observe the cards you chose. What does each card express? How do the cards connect to each other? How do the cards answer the question?
2. Open the book at the page numbers that are written on your chosen Reflection cards. During the process of going over the information in the book, try to look at the question from different points of view.
3. At the end of the process, take the mirror card in your hands, look into your own eyes and ask yourself - what is the most meaningful insight I am taking with me from this process?

\* There are two ways of working with the cards: when they are faced down - **hidden cards**, or when they are faced up - **exposed cards**. Both ways create interesting dynamics, and eventually achieve the same goals. Working with exposed cards enables a fascinating process of choosing, while working with hidden cards enables letting go and adds an element of surprise.

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# Group activity

## “My Facebook profile picture”

**About the process**

A group observational process, which deals with the differences in the way we see ourselves versus the way other people see us. A deep process which starts out lightly and gradually turns from being cognitive to being emotional.

## Number of participants

8-20 participants (if larger, we recommend dividing into smaller groups)

## Time frame

120 minutes (for a group of up to 20 participants)

## What do you need?

1 set of **Faces**

A notebook and something to write with for each participant Sticky notes (about 25 for each participant)

## Preparation

Before the workshop, make sure to organize the Faces Photo cards facing up in the middle of the room.

## Introduction

Say to the participants: Today we will work with Faces, a new game by Points of You. A direct and powerful way to get to know ourselves through the observation of others.

## Choosing a Photo card

After introducing the process, invite the participants to “change” their profile pictures on Facebook - and choose the photo which expresses them best according to this moment. Tell them to try to make their choice as intuitive as possible - to just choose an image that they like (3 minutes to choose.) After everyone chose cards, pick up the ones that were not chosen.

## Writing a profile

Ask everyone to look at the image as if it were a mirror, then ask: Who’s in the image? What are their names? Where are they from? Where do they live? In the village? In the city? How many children do they have, if any? What do they do? What do they love? Who do they love? What was the last thing they posted on their wall? What books do they read?

You then invite the participants to each write his/her own Facebook Profile for the person on the card. (10 minutes) During the time given for writing, you may continue guiding the participants with questions.

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## Gathering in a circle

Ask the participants to take with them their profile pictures and to organize the chairs in a tight circle and have the back of them facing the center of the room. Hand each participant a stack of sticky memo notes.

## A round of points of view

Explain to the participants: I will soon ask each of you to pass your card to the participant sitting to your right. The card will be in the hands of the new participant for 3 minutes before again passing right, until it is back where it started. During the 3 minutes in which you will be holding the card, you will have to do three things:

**First minute:** Just observe. **Second minute:** Write in your notebook intuitively. **Third minute:** Choose a word or a sentence to be a title to the image, and write it down on one of the sticky memo notes. Then stick it to the back of the card. When the time is up, pass the card to the right, with the notes that are on it. You then start the activity. Make sure to measure time and give out clear directions. You should soothe the observational stage with guiding questions: What was your first reaction

when you received this image? What does this face express? Which character do you see? What would you like to say to the

character in front of you? What is it trying to tell you? What do you feel when you look at it?What do you like or dislike about it? What is this character hiding? Do you trust it? Could you be friends? If you allow yourself to be judgmental - what would you say about it? Who does it look like? Who does it remind you of?

## Sharing

The round ends when each participant receives his/her own profile picture once again. Once this happens, everyone can go back to sitting in their original spots. You then ask the participants to each open up a 2-page spread in their notebooks and stick inside all the memo notes, then proceed to read his/her initial Facebook profile, the intuitive writing and the “titles” gathered for them on the notes. You then start the sharing part of the process. You tell the participants that they may share about anything they experienced during the process. During the sharing part, you may ask: Which memo note was your favorite? Which didn’t you like? How well does your profile reflect who you are?

## Closing

In this last round of sharing, you ask them to share what he/she is taking away from the workshop. Before you part, ask the participants to write the character a letter.

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# Thank You

We wish to thank all the photographers whose creative work is part of this project.











**Adam**

USA

“Lighting test” Card

**Aditya Doshi** India “Trapped” Pg. 103

**Adrian Brady** Ireland “Artist”

Pg. 16

**Ahmad Hammoud**

Egypt

“Who am I?” “The night falls” Pg. 98, 99

**Alan Turkus**

USA

“Help! 5D problem” Card

**Alessandro Bonvini**

Italy

“Joan as a policewoman” Pg. 119

**Alex**

USA

“Time” Pg. 97

**Alexander Lyubavin** “Reading a book in train” Pg. 26

**Alisha Vargas**

“Making funny faces (34)” Pg. 110

**Alli Day**

Card

**Anathea Utley**

“Peek” Pg. 14

**Andrea Allen**

USA

“Portrait of a genius” Pg. 93





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**andriuXphoto**

Untitled Card

**Anne Worner**

Norway

“Scent of a baby” “Chess on the square” “Riding high”

“Somewhere in between (Re- worked)”

Pg. 39, 90, 100, 113

**Anthony**

Canada

“Week #52 my favourite shot of 2012 [52 of 2012]”

Card

**Anthony Kelly**

United Kingdom

“India at Norbury junction” Pg. 138 + card

**Audrey** Russia “Scarf”

Pg. 152 + card

**Bodie Strain** Australia No title

Pg. 66

**Bradley Gordon**

USA

“Sad looking woman” Pg. 58

**Bryan Ledgard**

United Kingdom “Piccadilly Gardens 1970”

Pg. 82

**calamity\_sal**

USA

“Happy birthday” Pg. 114

**Children at Risk Foundation**

Brazil Untitled Card

**Chris Maki**

Canada

“514 - Finish line” Pg. 31

**Chris Sacca**

San Francisco

“Faces helped by charity: Water” Card

**Circus Roncalli** “Giang brothers” Pg. 84

**Claudio Gennari**

Italy

“The innocence of a look…” Card

**Dacian Dorca** “Rock star” “Hey you!!”

Pg. 68, 152 + cards

**DaiLuo**

“L1008977 Tibetan cowboys; he’s a cowboy up to the brim, cocking his hat back as he swallows that gin, not so innocent you can see from that grin; but he’s clearly a fun loving cowboy deep from within.” “L1008988 Friendly Tibetan resident”

Pg. 47, 128

**Daily Sunny** “Crying girl” Card

**Danumurthi Mahendra**

Indonesia “Street circus” Pg. 125

**David Dennis**

USA

“Girl in San Jorge, Rivas, Nicaragua”

Pg. 20

**David Hodgson**

UK

“Bench sitters” Pg. 65

**David M. Goehring**

USA

“Fuzzy and warm” “Guilty as charged”

“My uncle in Bakersfield” Pg. 60 , 35, 121

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**Dean Groom** “Teachers in front” Pg. 101

**Denise Mattox**

USA

“WK21: From above” Pg. 147 + card

**DongWha Seo** South Korea “SP002”

Card

**DVIDSHUB**

“Commandos, USSF clear insurgents from Barg-e Matal District, Nuristan province” Card

**Eric**

Netherlands

“Castlefest 2011. Alice” Pg. 12 + card

**Ernest Duffoo**

USA

Untitled Pg. 50

**Erovikova Foto** “Girl with flower” Pg. 150 + card

**FDR Presidential Library & Museum**

“09-109(14)”

Card

**Felipe Pilotto**

Brazil

“Passe Livre Rio de Janeiro by Felipe Pilotto Photography 152” “JMJ by Felipe Pilotto Photography 161”

“Passe Livre Rio de Janeiro by Felipe Pilotto 252”

“WYD JMJ “

Pg. 137, Card

**Franco Folini**

“Folsom street fair: Big colorful girl”

Pg. 17

**Frank Kovalchek**

“Mandi looks great in b&w as well as in color (IMG\_1167b)”

Pg. 79

**Funk Dooby** “It’s been years” Pg. 34

**Gaudencio Garcinuño**

“El arado se vuelve espada para luchar el martillo se torna en arma de libertad”

Pg. 71

**Georgie Pauwels**

Germany

“I’m skeptical” “People of Lebanon” Pg. 146 + cards

**Greg Westfall**

USA

“(Scream)” “1FBK4101”

Untitled

Pg. 67, 107, 141 + card

**Gregory Gill**

USA

“Laugh as the sun comes” Pg. 4 + card

**Guian Bolisay**

USA

“Wait, who happened?” Pg. 59

**Holly Lay** Indiana “Day 035.”

“Day 011.”

Pg. 104 , card

**idreamlikecrazy**

“Peculiar” Pg. 95

**istolethetv**

USA

“Bocca piccola” Pg. 51

**Jack the Tripper**

“Timeout.” Pg. 115

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**Jake Stimpson**

Romania

“Help me fill out this application...”

Pg. 40

**Jasper Hauser** Netherlands “Look”

Pg. 3 + card

**Jay DeFehr**

USA

“My beautiful niece, Macy.”

Untitled

“Juliet in shirt and tie” “Pinket rose on Tmax 100” Pg. 37 + cards

**Jayel Aheram**

“Aheram in Fedora”

“Smoke break in Okinawa II” Pg. 53, 73

**Joel Müller** Switzerland “Portrait of myself” Card

**Joel Bombardier**

USA

“Face the strange” Card

**John Ragai**

Malaysia

“Street portrait: Boy” “Street portrait | Bicycle?” Pg. 7, 49 + card

**John S. and James L. Knight Foundation**

USA

“BMe Billy Stanfield, Positive Impact Movement\_D”

Pg. 116

**Johnny Silvercloud** “The sunshine” “Street passion”

“Orange rhymes with orange” “Just knowing she got it”

“I run this soccer field”

“I wanna learn to smile like that” “Mighty Megan”

“Chill man, just chill”

Pg. 19, 42, 61, 72, 88, 117, 124,

card

**Jon Collier**

USA

“Bobby - Portrait 5” Card

**Jörg Mollowitz**

Germany

“Black and white in black and white”

Pg. 48

**Katherine Johnson**

USA

“Emily”

“Drama queen and her jester” Pg. 45, 54

**Kris Krüg** Canada “Help me!” Card

**Kristaps Bergfelds**

Latvia

“Watching angels” Pg. 8 + card

**Kyrre Gjerstad**

“There’s nothing like a good book”

Pg. 126

**Leishangthem**

Card

**LMAP**

“Single teared emotion” Pg. 111

**Luca Volpi** Italy “Sharp” Card

**Luigi Morante**

“Portrait” Pg. 91

**MacGeekGrl**

USA

“My face: Day 335” Card

**Magdalena Roeseler**

No title Pg. 14

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**Maria Morri** Tampere “Face BW” Pg. 52

**Mark Fischer** “Shy woman” Card

**Martin Hricko**

“Passion” Pg. 43

**martinak15** “344/365” Pg. 24

**Matt Pratter**

“Distaste for photography” Pg. 70

**Matteo Bagnoli**

Italy “hassie\_400tx\_apr2015\_8” Pg. 108

**Max-Leonhard von Schaper**

Germany

“Dong Dong at Harajuku”

Card

**micadew** “Street fun” “Barrel racing” “Prom night” Pg. 75, 80, 106

**miken69er** “One wish.” Pg. 10 + card

**MONUSCO Photos**

Congo

“Woman potrait at Walikale” Card

**Mr. Theklan** “Ainara portafotos” Front cover + card

**Municipal Archives of Trondheim**

Norway

“Avgangsklasse ved Byåsen skole (1930)”

Pg. 41

**NATO Training Mission**

Afghanistan

“An Afghan national policewoman (ANP) stands at attention during a pass and review formation”

Pg. 89

**Nestor Ferraro**

“HULK” Pg. 57

**Never Edit**

“Rock’n’roll never dies” Pg. 69

**Nicolas Alejandro**

Argentina

“San Bernardo, AR #5” Untitled

Untitled Untitled

“What happens?” “Einstein”

Pg. 94, 140, 149, 151 + cards

**Oliver Stevenson**

USA

“Michael Farcebender” Card

**Pedro Ribeiro Simões**

Portugal

“A very beautiful old lady II” “Interaction”

“Kiss”

Pg. 6, 56, 77 + card

**Petras Gagilas** United Kingdom “\*\*\*”

“Makin’ faces” Pg. 64, Card

**Petteri Sulonen**

“Sensei Sante Poromaa” Pg. 118

**Philip Dean**

Portugal

“Grace - Mirror” Pg. 137 + card

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**poolski**

United Kingdom Card

**Preconscious Eye**

USA

“Faces 58” Card

**PROAustin Kirk**

“Upside down Mono”

Pg. 105

**psyberartist**

Card

**Rajarshi MITRA** India “Bemused!”

Pg. 13 + card

**Randen Pederson**

“Elijah in black and white” “Boyer Trucks”

Pg. 15, 18

**Raúl González**

Spain “\*\*\*”

“Bea”

Pg. 55, Card

**rawartistsmedia**

“IMG\_8136”

Pg. 2 + card

**Robert Bejil**

USA

“The rugged spud - Summerfest” “Memoirs of a blackened sky - Summerfest”

Pg. 74, 78

**Robert Montgomery**

“RGML5124”

Pg. 144 + card

**Robin Miller**

USA

“Devotion” Pg. 120

**Rod Waddington**

Australia

“Oromo man, Ethiopia” “Dizi Tribe, Ethiopia” “Hi IQ, Jimma, Ethiopia” “Street, Addis, Ethiopia” “Village girl, Ethiopia”

“Belly laugh, Dassanech, Ethiopia”

“Ethiopia” “Village boy”

“Woman, Wolayta, Ethiopia” “Karo woman, Ethiopia”

Untitled

“Surmi warrior, Tulgit”

Pg. 21, 25, 28, 44, 83, 111, 112,

127, 143, back cover + cards

**Roland Szilagyi** Hungary “Szilágyi”

Card

**Rolands Lakis** “Armins & Marika” Pg. 151 + card

**Rui Fernandes**

Portugal

“Girl reading with a discreet smile.”

Pg. 85

**Sascha Kohlmann** Berlin, Deutschland “./.”

Pg. 62

**See-ming Lee**

China

“Juni Ng / 20080108.10D.47051

/ SML”

“Maya Nayak with window farms by Britta Riley”

“J. F. Bautista, Brooklyn Art Project HQ / Dumbo Arts Center: Art Under the Bridge Festival 2009 / 20090926.10D.54672.

P1.L2.SQ.BW / SML”

Pg. 63, cards

**Stefan Magdalinski**

Travelling, originally from Britain “Lovely B’anna”

Card

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**stephane** “Self portrait” Card

**Stewart Black** British Isles “Ryan” “Chris“ “Keith” “Hamish” “Wet walkies” “Dom”

Pg. 27, 33, 81, 86, 92 + cards

**Swaminathan**

Singapore

“Cute kid (Explore)” Pg. 130 + card

**T.J. Lentz**

USA

“Keegan” Card

**Theodor Hensolt** Germany “Dreaming”

Inside front cover + card

**theUdødelig**

USA

“Gus” Pg. 38

**Thomas Hemmings**

“Me” Pg. 109

**Thomas Leuthard** Switzerland “Candid blue eyes”

“Candid is the candy…”

No title

“No photo...” “Stylish & different”

No title

“Why I love Beirut...?”

No title “F... You”

“Lisboa #23”

“Granny goes candid...” “Tattooed…”

No title

“100 Strangers - No. 5” “The COOPH field jacket”

Pg. 5, 11, 36, 96, 122, 131, 135,

136, 145, 148 + cards

**threephin** “Voiceless:01” Pg. 102

**Tim Caynes**

“11:56”

Back cover + card

**Toomore Chiang**

“Guiguan PyCon / Sigma 35mm / Canon 6D”

Pg. 22

**Trey Ratcliff** “This is Andrew” Pg. 142 + card

**U.S. Department of Agriculture** USA “3926150681\_8d556b1c32\_o”

Pg. 32

**vanes\_hud**

“Cute boy with down jacket in the park”

“Sweet hooded guy - hoodie boy - looks like an ecko ad”

Pg. 123, Card

**Viewminder**

“Elle me confia un secret” Pg. 9 + card

**Vincent Diamante**

“Waiting for sushi to be made...” Pg. 46

**Vinoth Chandar**

India

“The look!” Pg. 87

**web4camguy**

“DSC\_4660”

“Let’s dance, let’s shout.” “Melissa Vargas #91 of 100 Strangers”

“Nikki #54 of 100 Strangers”

“Grace #40 of 100 Strangers”

“Susann #49 of 100 Strangers”

Pg. 1, 76, 129, cards

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] 152 [