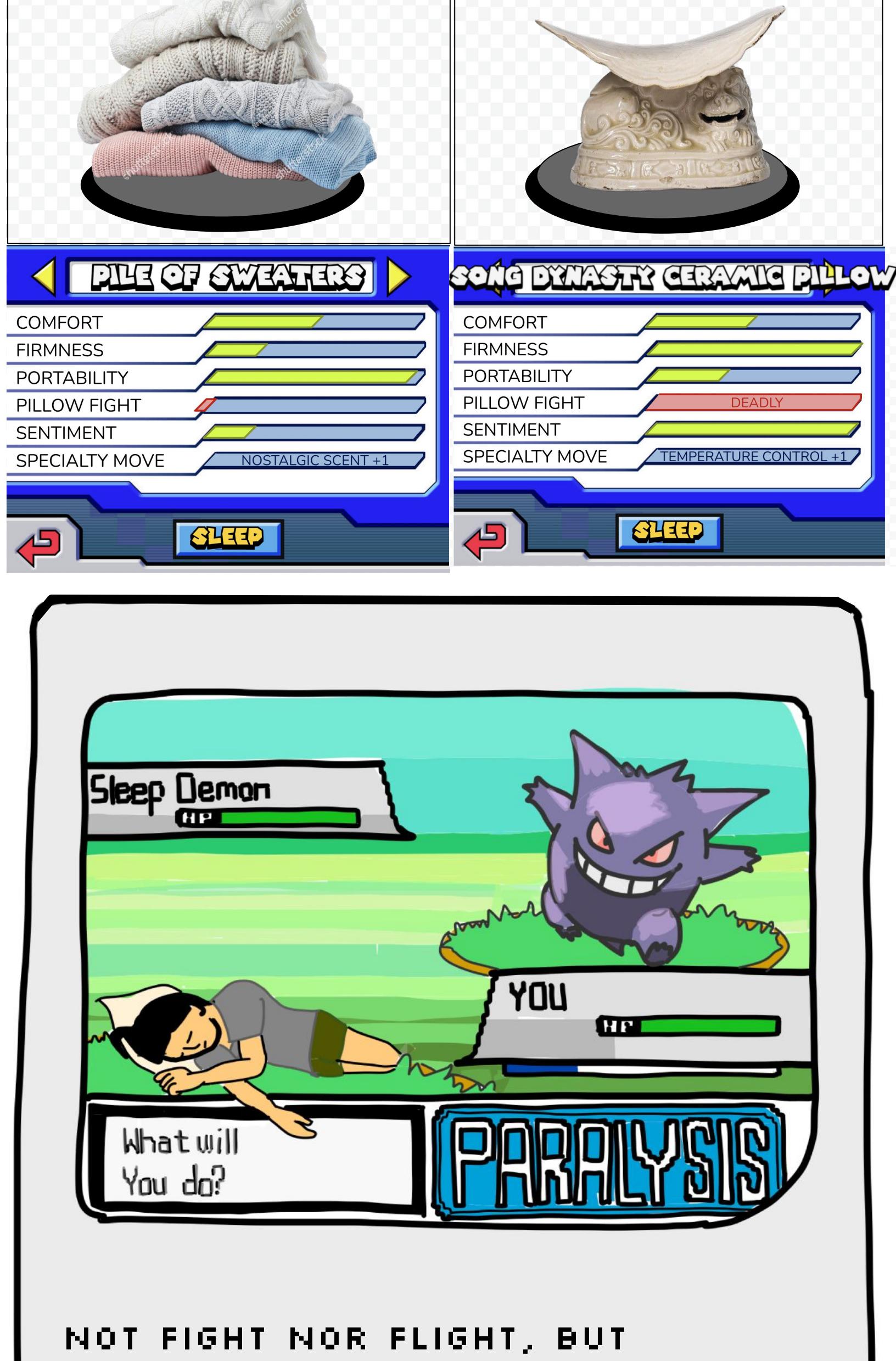




I find myself increasingly around aggressive, almost obsessive, people. I love them, and have the pleasant surprise of meeting them in many aspects of life: colleagues turn late hours into high research throughput, sporty friends train for tournaments to qualify for harder tournaments, the organically inclined are AWOL for weeks at a time in the mountains. Obsession is eventually interrupted by the need for rest.

Rest takes many forms, as we explore on the cover of this zine. We invite the reader to think of the nonobvious ways in which they rest, especially from their "obsessions." What tools help us rest best? Efforts to rest can end up being jarringly painful or terrifying.

Still we learn to try again and again to rest, because without it we cannot continue our obsessions.



NOT FIGHT NOR FLIGHT, BUT
STILLNESS IS THE MOVE

IT'S BREATHAKING YOU KNOW
SO FEARSOME, HE'S LEERING

A MOMENT PASSES, CHEST RELAXES,
BREATH WHISTLES, EYES TEARY

