

Truisms

A LITTLE KNOWLEDGE CAN GO A LONG WAY
A LOT OF PROFESSIONALS ARE CRACKPOTS
A MAN CAN'T KNOW WHAT IT'S LIKE TO BE A MOTHER
A NAME MEANS A LOT JUST BY ITSELF
A POSITIVE ATTITUDE MAKES ALL THE DIFFERENCE IN THE WORLD
A RELAXED MAN IS NOT NECESSARILY A BETTER MAN
A SENSE OF TIMING IS THE MARK OF GENIUS
A SINCERE EFFORT IS ALL YOU CAN ASK
A SINGLE EVENT CAN HAVE INFINITELY MANY INTERPRETATIONS
A SOLID HOME BASE BUILDS A SENSE OF SELF
A STRONG SENSE OF DUTY IMPRISONS YOU
ABSOLUTE SUBMISSION CAN BE A FORM OF FREEDOM
ABSTRACTION IS A TYPE OF DECADENCE
ABUSE OF POWER COMES AS NO SURPRISE
ACTION CAUSES MORE TROUBLE THAN THOUGHT
ALIENATION PRODUCES ECCENTRICS OR REVOLUTIONARIES
ALL THINGS ARE DELICATELY INTERCONNECTED
AMBITION IS JUST AS DANGEROUS AS COMPLACENCY
AMBIVALENCE CAN RUIN YOUR LIFE
AN ELITE IS INEVITABLE
ANGER OR HATE CAN BE A USEFUL MOTIVATING FORCE
ANIMALISM IS PERFECTLY HEALTHY
ANY SURPLUS IS IMMORAL
ANYTHING IS A LEGITIMATE AREA OF INVESTIGATION
ARTIFICIAL DESIRES ARE DESPOILING THE EARTH
AT TIMES INACTIVITY IS PREFERABLE TO MINDLESS FUNCTIONING
AT TIMES YOUR UNCONSCIOUS IS TRUER THAN YOUR CONSCIOUS MIND
AUTOMATION IS DEADLY
AWFUL PUNISHMENT AWAITS REALLY BAD PEOPLE
BAD INTENTIONS CAN YIELD GOOD RESULTS
BEING ALONE WITH YOURSELF IS INCREASINGLY UNPOPULAR
BEING HAPPY IS MORE IMPORTANT THAN ANYTHING ELSE
BEING JUDGMENTAL IS A SIGN OF LIFE
BEING SURE OF YOURSELF MEANS YOU'RE A FOOL
BELIEVING IN REBIRTH IS THE SAME AS ADMITTING DEFEAT
BOREDOM MAKES YOU DO CRAZY THINGS
CALM IS MORE CONDUCIVE TO CREATIVITY THAN IS ANXIETY
CATEGORIZING FEAR IS CALMING
CHANGE IS VALUABLE WHEN THE OPPRESSED BECOME TYRANTS
CHASING THE NEW IS DANGEROUS TO SOCIETY
CHILDREN ARE THE HOPE OF THE FUTURE
CHILDREN ARE THE MOST CRUEL OF ALL
CLASS ACTION IS A NICE IDEA WITH NO SUBSTANCE
CLASS STRUCTURE IS AS ARTIFICIAL AS PLASTIC
CONFUSING YOURSELF IS A WAY TO STAY HONEST
CRIME AGAINST PROPERTY IS RELATIVELY UNIMPORTANT
DECADENCE CAN BE AN END IN ITSELF
DECENCY IS A RELATIVE THING
DEPENDENCE CAN BE A MEAL TICKET

DESCRIPTION IS MORE VALUABLE THAN METAPHOR
DEVIANTS ARE SACRIFICED TO INCREASE GROUP SOLIDARITY
DISGUST IS THE APPROPRIATE RESPONSE TO MOST SITUATIONS
DISORGANIZATION IS A KIND OF ANESTHESIA
DON'T PLACE TOO MUCH TRUST IN EXPERTS
DRAMA OFTEN OBSCURES THE REAL ISSUES
DREAMING WHILE AWAKE IS A FRIGHTENING CONTRADICTION
DYING AND COMING BACK GIVES YOU CONSIDERABLE PERSPECTIVE
DYING SHOULD BE AS EASY AS FALLING OFF A LOG
EATING TOO MUCH IS CRIMINAL
ELABORATION IS A FORM OF POLLUTION
EMOTIONAL RESPONSES ARE AS VALUABLE AS INTELLECTUAL RESPONSES
ENJOY YOURSELF BECAUSE YOU CAN'T CHANGE ANYTHING ANYWAY
ENSURE THAT YOUR LIFE STAYS IN FLUX
EVEN YOUR FAMILY CAN BETRAY YOU
EVERY ACHIEVEMENT REQUIRES A SACRIFICE
EVERYONE'S WORK IS EQUALLY IMPORTANT
EVERYTHING THAT'S INTERESTING IS NEW
EXCEPTIONAL PEOPLE DESERVE SPECIAL CONCESSIONS
EXPIRING FOR LOVE IS BEAUTIFUL BUT STUPID
EXPRESSING ANGER IS NECESSARY
EXTREME BEHAVIOR HAS ITS BASIS IN PATHOLOGICAL PSYCHOLOGY
EXTREME SELF-CONSCIOUSNESS LEADS TO PERVERSION
FAITHFULNESS IS A SOCIAL NOT A BIOLOGICAL LAW
FAKE OR REAL INDIFFERENCE IS A POWERFUL PERSONAL WEAPON
FATHERS OFTEN USE TOO MUCH FORCE
FEAR IS THE GREATEST INCAPACITATOR
FREEDOM IS A LUXURY NOT A NECESSITY
GIVING FREE REIN TO YOUR EMOTIONS IS AN HONEST WAY TO LIVE
GO ALL OUT IN ROMANCE AND LET THE CHIPS FALL WHERE THEY MAY
GOING WITH THE FLOW IS SOOTHING BUT RISKY
GOOD DEEDS EVENTUALLY ARE REWARDED
GOVERNMENT IS A BURDEN ON THE PEOPLE
GRASS ROOTS AGITATION IS THE ONLY HOPE
GUILT AND SELF-LACERATION ARE INDULGENCES
HABITUAL CONTEMPT DOESN'T REFLECT A FINER SENSIBILITY
HIDING YOUR MOTIVES IS DESPICABLE
HOLDING BACK PROTECTS YOUR VITAL ENERGIES
HUMANISM IS OBSOLETE
HUMOR IS A RELEASE
IDEALS ARE REPLACED BY CONVENTIONAL GOALS AT A CERTAIN AGE
IF YOU AREN'T POLITICAL YOUR PERSONAL LIFE SHOULD BE EXEMPLARY
IF YOU CAN'T LEAVE YOUR MARK GIVE UP
IF YOU HAVE MANY DESIRES YOUR LIFE WILL BE INTERESTING
IF YOU LIVE SIMPLY THERE IS NOTHING TO WORRY ABOUT
IGNORING ENEMIES IS THE BEST WAY TO FIGHT
ILLNESS IS A STATE OF MIND
IMPOSING ORDER IS MAN'S VOCATION FOR CHAOS IS HELL
IN SOME INSTANCES IT'S BETTER TO DIE THAN TO CONTINUE
INHERITANCE MUST BE ABOLISHED
IT CAN BE HELPFUL TO KEEP GOING NO MATTER WHAT

IT IS HEROIC TO TRY TO STOP TIME
IT IS MAN'S FATE TO OUTSMART HIMSELF
IT'S A GIFT TO THE WORLD NOT TO HAVE BABIES
IT'S BETTER TO BE A GOOD PERSON THAN A FAMOUS PERSON
IT'S BETTER TO BE LONELY THAN TO BE WITH INFERIOR PEOPLE
IT'S BETTER TO BE NAIVE THAN JADED
IT'S BETTER TO STUDY THE LIVING FACT THAN TO ANALYZE HISTORY
IT'S CRUCIAL TO HAVE AN ACTIVE FANTASY LIFE
IT'S GOOD TO GIVE EXTRA MONEY TO CHARITY
IT'S IMPORTANT TO STAY CLEAN ON ALL LEVELS
IT'S JUST AN ACCIDENT THAT YOUR PARENTS ARE YOUR PARENTS
IT'S NOT GOOD TO HOLD TOO MANY ABSOLUTES
IT'S NOT GOOD TO OPERATE ON CREDIT
IT'S VITAL TO LIVE IN HARMONY WITH NATURE
JUST BELIEVING SOMETHING CAN MAKE IT HAPPEN
KEEP SOMETHING IN RESERVE FOR EMERGENCIES
KILLING IS UNAVOIDABLE BUT IS NOTHING TO BE PROUD OF
KNOWING YOURSELF LETS YOU UNDERSTAND OTHERS
KNOWLEDGE SHOULD BE ADVANCED AT ALL COSTS
LABOR IS A LIFE-DESTROYING ACTIVITY
LACK OF CHARISMA CAN BE FATAL
LEISURE TIME IS A GIGANTIC SMOKE SCREEN
LISTEN WHEN YOUR BODY TALKS
LOOKING BACK IS THE FIRST SIGN OF AGING AND DECAY
LOVING ANIMALS IS A SUBSTITUTE ACTIVITY
LOW EXPECTATIONS ARE GOOD PROTECTION
MANUAL LABOR CAN BE REFRESHING AND WHOLESOME
MEN ARE NOT MONOGAMOUS BY NATURE
MODERATION KILLS THE SPIRIT
MONEY CREATES TASTE
MONOMANIA IS A PREREQUISITE OF SUCCESS
MORALS ARE FOR LITTLE PEOPLE
MOST PEOPLE ARE NOT FIT TO RULE THEMSELVES
MOSTLY YOU SHOULD MIND YOUR OWN BUSINESS
MOTHERS SHOULDN'T MAKE TOO MANY SACRIFICES
MUCH WAS DECIDED BEFORE YOU WERE BORN
MURDER HAS ITS SEXUAL SIDE
MYTHS CAN MAKE REALITY MORE INTELLIGIBLE
NOISE CAN BE HOSTILE
NOTHING UPSETS THE BALANCE OF GOOD AND EVIL
OCCASIONALLY PRINCIPLES ARE MORE VALUABLE THAN PEOPLE
OFFER VERY LITTLE INFORMATION ABOUT YOURSELF
OFTEN YOU SHOULD ACT LIKE YOU ARE SEXLESS
OLD FRIENDS ARE BETTER LEFT IN THE PAST
OPACITY IS AN IRRESISTIBLE CHALLENGE
PAIN CAN BE A VERY POSITIVE THING
PEOPLE ARE BORING UNLESS THEY'RE EXTREMISTS
PEOPLE ARE NUTS IF THEY THINK THEY ARE IMPORTANT
PEOPLE ARE RESPONSIBLE FOR WHAT THEY DO UNLESS THEY'RE INSANE
PEOPLE WHO DON'T WORK WITH THEIR HANDS ARE PARASITES
PEOPLE WHO GO CRAZY ARE TOO SENSITIVE

PEOPLE WON'T BEHAVE IF THEY HAVE NOTHING TO LOSE
PHYSICAL CULTURE IS SECOND-BEST
PLANNING FOR THE FUTURE IS ESCAPISM
PLAYING IT SAFE CAN CAUSE A LOT OF DAMAGE IN THE LONG RUN
POLITICS IS USED FOR PERSONAL GAIN
POTENTIAL COUNTS FOR NOTHING UNTIL IT'S REALIZED
PRIVATE PROPERTY CREATED CRIME
PURSUING PLEASURE FOR THE SAKE OF PLEASURE WILL RUIN YOU
PUSH YOURSELF TO THE LIMIT AS OFTEN AS POSSIBLE
RAISE BOYS AND GIRLS THE SAME WAY
RANDOM MATING IS GOOD FOR DEBUNKING SEX MYTHS
RECHANNELING DESTRUCTIVE IMPULSES IS A SIGN OF MATURITY
RECLUSES ALWAYS GET WEAK
REDISTRIBUTING WEALTH IS IMPERATIVE
RELATIVITY IS NO BOON TO MANKIND
RELIGION CAUSES AS MANY PROBLEMS AS IT SOLVES
REMEMBER YOU ALWAYS HAVE FREEDOM OF CHOICE
REPETITION IS THE BEST WAY TO LEARN
RESOLUTIONS SERVE TO EASE YOUR CONSCIENCE
REVOLUTION BEGINS WITH CHANGES IN THE INDIVIDUAL
ROMANTIC LOVE WAS INVENTED TO MANIPULATE WOMEN
ROUTINE IS A LINK WITH THE PAST
ROUTINE SMALL EXCESSES ARE WORSE THAN THE OCCASIONAL DEBAUCH
SACRIFICING YOURSELF FOR A BAD CAUSE IS NOT A MORAL ACT
SALVATION CAN'T BE BOUGHT AND SOLD
SELF-AWARENESS CAN BE CRIPPLING
SELF-CONTEMPT CAN DO MORE HARM THAN GOOD
SELFISHNESS IS THE MOST BASIC MOTIVATION
SELFLESSNESS IS THE HIGHEST ACHIEVEMENT
SEPARATISM IS THE WAY TO A NEW BEGINNING
SEX DIFFERENCES ARE HERE TO STAY
SIN IS A MEANS OF SOCIAL CONTROL
SLIPPING INTO MADNESS IS GOOD FOR THE SAKE OF COMPARISON
SLOPPY THINKING GETS WORSE OVER TIME
SOLITUDE IS ENRICHING
SOMETIMES SCIENCE ADVANCES FASTER THAN IT SHOULD
SOMETIMES THINGS SEEM TO HAPPEN OF THEIR OWN ACCORD
SPENDING TOO MUCH TIME ON SELF-IMPROVEMENT IS ANTISOCIAL
STARVATION IS NATURE'S WAY
STASIS IS A DREAM STATE
STERILIZATION IS A WEAPON OF THE RULERS
STRONG EMOTIONAL ATTACHMENT STEMS FROM BASIC INSECURITY
STUPID PEOPLE SHOULDN'T BREED
SURVIVAL OF THE FITTEST APPLIES TO MEN AND ANIMALS
SYMBOLS ARE MORE MEANINGFUL THAN THINGS THEMSELVES
TAKING A STRONG STAND PUBLICIZES THE OPPOSITE POSITION
TALKING IS USED TO HIDE ONE'S INABILITY TO ACT
TEASING PEOPLE SEXUALLY CAN HAVE UGLY CONSEQUENCES
TECHNOLOGY WILL MAKE OR BREAK US
THE CRUELEST DISAPPOINTMENT IS WHEN YOU LET YOURSELF DOWN
THE DESIRE TO REPRODUCE IS A DEATH WISH

THE FAMILY IS LIVING ON BORROWED TIME
THE IDEA OF REVOLUTION IS AN ADOLESCENT FANTASY
THE IDEA OF TRANSCENDENCE IS USED TO OBSCURE OPPRESSION
THE IDIOSYNCRATIC HAS LOST ITS AUTHORITY
THE MOST PROFOUND THINGS ARE INEXPRESSIBLE
THE MUNDANE IS TO BE CHERISHED
THE NEW IS NOTHING BUT A RESTATEMENT OF THE OLD
THE ONLY WAY TO BE PURE IS TO STAY BY YOURSELF
THE SUM OF YOUR ACTIONS DETERMINES WHAT YOU ARE
THE UNATTAINABLE IS INVARIABLY ATTRACTIVE
THE WORLD OPERATES ACCORDING TO DISCOVERABLE LAWS
THERE ARE TOO FEW IMMUTABLE TRUTHS TODAY
THERE'S NOTHING EXCEPT WHAT YOU SENSE
THERE'S NOTHING REDEEMING IN TOIL
THINKING TOO MUCH CAN ONLY CAUSE PROBLEMS
THREATENING SOMEONE SEXUALLY IS A HORRIBLE ACT
TIMIDITY IS LAUGHABLE
TO DISAGREE PRESUPPOSES MORAL INTEGRITY
TO VOLUNTEER IS REACTIONARY
TORTURE IS BARBARIC
TRADING A LIFE FOR A LIFE IS FAIR ENOUGH
TRUE FREEDOM IS FRIGHTFUL
UNIQUE THINGS MUST BE THE MOST VALUABLE
UNQUESTIONING LOVE DEMONSTRATES LARGESSE OF SPIRIT
USING FORCE TO STOP FORCE IS ABSURD
VIOLENCE IS PERMISSIBLE EVEN DESIRABLE OCCASIONALLY
WAR IS A PURIFICATION RITE
WE MUST MAKE SACRIFICES TO MAINTAIN OUR QUALITY OF LIFE
WHEN SOMETHING TERRIBLE HAPPENS PEOPLE WAKE UP
WISHING THINGS AWAY IS NOT EFFECTIVE
WITH PERSEVERANCE YOU CAN DISCOVER ANY TRUTH
WORDS TEND TO BE INADEQUATE
WORRYING CAN HELP YOU PREPARE
YOU ARE A VICTIM OF THE RULES YOU LIVE BY
YOU ARE GUILLESS IN YOUR DREAMS
YOU ARE RESPONSIBLE FOR CONSTITUTING MEANING
YOU ARE THE PAST PRESENT AND FUTURE
YOU CAN LIVE ON THROUGH YOUR DESCENDANTS
YOU CAN'T EXPECT PEOPLE TO BE SOMETHING THEY'RE NOT
YOU CAN'T FOOL OTHERS IF YOU'RE FOOLING YOURSELF
YOU DON'T KNOW WHAT'S WHAT UNTIL YOU SUPPORT YOURSELF
YOU HAVE TO HURT OTHERS TO BE EXTRAORDINARY
YOU MUST BE INTIMATE WITH A TOKEN FEW
YOU MUST DISAGREE WITH AUTHORITY FIGURES
YOU MUST HAVE ONE GRAND PASSION
YOU MUST KNOW WHERE YOU STOP AND THE WORLD BEGINS
YOU ONLY CAN UNDERSTAND SOMEONE OF YOUR OWN SEX
YOU OWE THE WORLD NOT THE OTHER WAY AROUND
YOU SHOULD STUDY AS MUCH AS POSSIBLE
YOUR ACTIONS ARE POINTLESS IF NO ONE NOTICES
YOUR OLDEST FEARS ARE THE WORST ONES

Living

IT IS UNFAIR TO TEAR SOMEBODY APART WHEN HER HEALTH AND EXUBERANCE THREATEN YOU.

THE HEART CAN STOP WHEN YOU HEAR SOMETHING NOT MEANT FOR YOUR EARS. THE CONSOLATION IS THAT THIS MIGHT BE THE TRUTH.

YOU WONDER IF THE PAIN IN THE SIDE YOU GET FROM MILD EXERTION WOULD GO AWAY IF YOU WERE BEING CHASED BY SOMEONE WITH A BROKEN BOTTLE.

YOU'RE HOME FREE AS SOON AS NO ONE KNOWS WHERE TO FIND YOU.

MANY INDIVIDUALS PRACTICE SELF-LIMITATION. THEY ATTEMPT LITTLE OF WHAT THEY COULD REALIZE INTELLECTUALLY OR PRACTICALLY. WHETHER THIS IS A RESULT OF OPPRESSION OR A NATURAL PHENOMENON REMAINS UNCLEAR.

SOMETIMES THE MOST DECADENT FIND PLEASURE IN GIVING AWAY THEIR PRIVILEGES AND EVEN THEIR LIVES SO A BALANCE IS STRUCK.

YOU HAVE A SICK ONE ON YOUR HANDS WHEN YOUR AFFECTION IS USED TO PUNISH YOU.

HOW CONCISE THAT YOU CAN CRY FROM AWFUL WOUNDS, DESERTION, HAPPINESS, MEMORIES, HUMILIATION, DISAPPOINTMENT OR GRANDEUR.

LARGE FORTUNES CAN BE BUILT ON SMALL ITEMS. ENOUGH CANDY CAN BE PARLAYED INTO HOUSES, FAT ANIMALS AND LANDSCAPING.

PETS CAN BE CHOSEN BY THEIR ABILITY TO EXPRESS GREAT EXCITEMENT, AFFECTION AND GRATITUDE. REPTILES DON'T SHOW MUCH BUT ARE VALUED AS EXOTICA.

A SINGLE RELATIONSHIP CAN POISON EVERY MINUTE OF THE DAY, WAKING OR SLEEPING. WHEN THIS DRAGS ON, YOU HAVE TO QUESTION THE SANITY OR THE CRIMINALITY OF THOSE INVOLVED.

A FAMILIAR HILLSIDE LOOKS TENDER IN THE WINTER WHEN THERE ARE BARE TREES STICKING UP. THE SAME GOES FOR A BODY WITH STUBBLE WHEN YOU'RE SENTIMENTAL ABOUT A SHAVED PERSON.

FEW CAN IGNORE A BABY'S CRIES, EVEN IF THE RESPONSE IS IRRITATION. THIS IS ONE OF THE BUILT-IN SAFEGUARDS THAT IS SUPPOSED TO GUARANTEE THE SURVIVAL OF THE RACE.

UP TO A CERTAIN AGE, MANY PEOPLE TAKE PLEASURE IN MARKING AND SCARRING THEMSELVES. THEN COMES A TIME WHEN THE SAME INDIVIDUALS START TO CONSERVE THEIR STRENGTH AND BEAUTY.

IT'S NICE WHEN YOU DECIDE YOU LIKE SOMEONE AND WITHOUT DECLARING YOURSELF DO WHAT'S POSSIBLE TO FURTHER HIS HAPPINESS. THIS CAN TAKE THE FORM OF GIFTS, LOVELY FOOD, PUBLICITY OR ADVANCE WARNING.

WHEN YOU'RE TRYING SOMETHING NEW, YOU'RE TORN BETWEEN ANTICIPATING A DELIGHTFUL SURPRISE AND THINKING YOU'RE A FOOL TO IGNORE WHAT YOU KNOW YOU LIKE.

SOMETIMES YOU HAVE NO OTHER CHOICE BUT TO WATCH SOMETHING GRUESOME OCCUR. YOU DON'T HAVE THE OPTION OF CLOSING YOUR EYES BECAUSE IT HAPPENS FAST AND ENTERS YOUR MEMORY.

HAVING TWO OR THREE PEOPLE IN LOVE WITH YOU IS LIKE MONEY IN THE BANK.

THE SMALLEST THING CAN MAKE SOMEBODY SEXUALLY UNAPPEALING. A MISPLACED MOLE OR A PARTICULAR HAIR PATTERN CAN DO IT. THERE'S NO REASON FOR THIS BUT IT'S JUST AS WELL.

YOU CAN WATCH PEOPLE ALIGN THEMSELVES WHEN TROUBLE IS IN THE AIR. SOME PREFER TO BE CLOSE TO THOSE AT THE TOP AND OTHERS WANT TO BE NEAR THOSE AT THE BOTTOM. IT'S A QUESTION OF WHO FRIGHTENS THEM MORE AND WHOM THEY WANT TO BE LIKE.

IT'S NO FUN WATCHING PEOPLE WOUND THEMSELVES SO THAT THEY CAN HOLE UP, NURSE THEMSELVES BACK TO HEALTH AND REPEAT THE CYCLE. THEY DON'T KNOW WHAT ELSE TO DO.

HANDS-ON SOCIALIZATION PROMOTES HAPPY INTERPERSONAL RELATIONS. THE DESIRE FOR AND THE DEPENDENCE UPON FONDLING ENSURE REPEATED ATTEMPTS TO OBTAIN CARESSES AND THE WILLINGNESS TO RECIPROCATE.

THE MOUTH IS INTERESTING BECAUSE IT'S ONE OF THOSE PLACES WHERE THE DRY OUTSIDE MOVES TOWARD THE SLIPPERY INSIDE.

THE RICH KNIFING VICTIM CAN FLIP AND FEEL LIKE THE AGGRESSOR IF HE THINKS ABOUT PRIVILEGE. HE ALSO CAN FIND THE CUT SYMBOLIC OR PROPHETIC.

HOW DO YOU RESIGN YOURSELF TO SOMETHING THAT WILL NEVER BE? YOU STOP WANTING THAT THING, YOU GO NUMB OR YOU KILL THE AGENT OF DESIRE.

I SAW THEM STRIP A MAN SO THAT IN A MATTER OF SECONDS HE LAY CURLED AND NAKED ON THE SIDEWALK.

IF YOUR CLOTHES CATCH ON FIRE, DROP DOWN IMMEDIATELY, ROLL UP IN A BLANKET, COAT OR RUG TO SMOTHER THE FLAMES, REMOVE ALL SMOLDERING CLOTHING AND CALL A DOCTOR OR AMBULANCE.

YOU HAVE TO MAKE THOUSANDS OF PRECISE AND RAPID MOVEMENTS TO PREPARE A MEAL. CHOPPING, STIRRING AND TURNING PREDOMINATE. AFTERWARDS, YOU STACK AND MAKE CIRCULAR CLEANING AND RINSING MOTIONS. SOME PEOPLE NEVER COOK BECAUSE THEY DON'T LIKE IT, SOME NEVER COOK BECAUSE THEY HAVE NOTHING TO EAT. FOR SOME, COOKING IS A ROUTINE, FOR OTHERS, AN ART.

IF YOU'RE SMART, YOU WATCH FOR CHANGES IN COLOR. THIS CAN APPLY TO SEEING THAT FRUIT IS RIPE OR NOTICING THE FLUSH THAT GOES WITH FEVER, DRUNKENNESS OR FURY.

WHEN YOU'RE ON THE VERGE OF DETERMINING THAT YOU DON'T LIKE SOMEONE, IT'S AWFUL WHEN HE SMILES AND HIS TEETH LOOK ABSOLUTELY EVEN AND FALSE.

IT CAN BE STARTLING TO SEE SOMEONE'S BREATH, LET ALONE THE BREATHING OF A CROWD. YOU DON'T BELIEVE THAT PEOPLE EXTEND THAT FAR.

IT IS HARD TO KNOW WHAT SOMEONE WANTS BECAUSE YOU CAN'T ACTUALLY FEEL HIS NEEDS. YOU DEVELOP WAYS TO READ OR ANTICIPATE DEMANDS, OR YOU WAIT UNTIL YOU'RE ASSAULTED AND THEN HIS REQUIREMENTS BECOME TANGIBLE.

YOU REALIZE THAT YOU'RE ALWAYS SHEDDING PARTS OF THE BODY AND LEAVING MEMENTOS EVERYWHERE.

AFFLUENT COLLEGE-BOUND STUDENTS FACE THE REAL PROSPECT OF DOWNWARD MOBILITY. FEELINGS OF ENTITLEMENT CLASH WITH THE AWARENESS OF IMMINENT SCARCITY. THERE IS RESENTMENT AT GROWING UP AT THE END OF AN ERA OF PLENTY COUPLED WITH A REASSESSMENT OF CONVENTIONAL MEASURES OF SUCCESS.

IF SOMEONE IS WILD, PUNISHMENT WILL LEAVE HIM SULLEN AND WILL ONLY MAKE HIM WAIT FOR ANOTHER CHANCE. HE DOESN'T HAVE THE IDEA THAT UNACCEPTABLE BEHAVIOR CAUSES PAIN AND MUST, AT ALL COSTS, BE AVOIDED.

YOU SHOULD LIMIT THE NUMBER OF TIMES YOU ACT AGAINST YOUR NATURE, LIKE SLEEPING WITH PEOPLE YOU HATE. IT'S INTERESTING TO TEST YOUR CAPABILITIES FOR A WHILE BUT TOO MUCH WILL CAUSE DAMAGE.

IT'S AN EXTRAORDINARY FEELING WHEN PARTS OF YOUR BODY ARE TOUCHED FOR THE FIRST TIME. I'M THINKING OF THE SENSATIONS FROM SEX AND SURGERY.

WHEN SOMEONE IS BREATHING ON YOU, YOU FEEL COOL AIR PULLED ACROSS YOUR SKIN FOLLOWED BY MOIST WARM AIR PUSHED IN THE OPPOSITE DIRECTION. THIS OCCURS AT REGULAR INTERVALS AND MAKES A PERFECT TEMPERATURE.

MORE PEOPLE WILL BE BUILDING HIDING PLACES IN THEIR HOMES, SMALL REFUGES THAT ARE UNDETECTABLE EXCEPT BY SOPHISTICATED DEVICES.

AFTER DARK IT'S A RELIEF TO SEE A GIRL WALKING TOWARD OR BEHIND YOU. THEN YOU'RE MUCH LESS LIKELY TO BE ASSAULTED.

YOU LEARN THE HARD WAY TO KEEP A FINGER ON YOUR NIPPLE WHEN SHAVING YOUR BREAST.

YOUR BODY REFUSES TO OBEY WHEN YOU'RE VERY SICK. THE WORST IS WHEN YOU'RE ALERT BUT INCAPABLE OF WILLING YOURSELF ERECT.

IT'S AN ODD FEELING WHEN YOU TRIGGER INSTINCTIVE BEHAVIOR, LIKE NURSING, IN SOMEONE. IT'S FUNNY TO BE IN HIS PRESENCE WHILE A DIFFERENT PART OF THE NERVOUS SYSTEM TAKES OVER AND HIS EYES GET STRANGE.

BY YOUR RESPONSE TO DANGER IT IS EASY TO TELL HOW YOU HAVE LIVED AND WHAT HAS BEEN DONE TO YOU. YOU SHOW WHETHER YOU WANT TO STAY ALIVE, WHETHER YOU THINK YOU DESERVE TO AND WHETHER YOU BELIEVE IT'S ANY GOOD TO ACT.

EFFIGIES LET YOU STUDY OR ACT UPON SOMEONE WITH IMPUNITY. THEY ARE GOOD FOR PRACTICE.

A LITTLE GIRL HAD BEEN IN A COMA FOR WEEKS BUT SMILED AND CAME OUT OF IT WHEN HER FRIENDS SANG SONGS.

IT'S SCARY WHEN THE VEINS ARE SO CLOSE TO THE SURFACE THAT THEY'RE VISIBLE AND EVEN PROTUBERANT. ACCESS IS EASY TO THE BLOOD THAT TRANSPORTS THE NECESSARY CHEMICALS.

EVEN WITH YOUR EYES CLOSED YOU CAN SEE SOMEONE APPROACHING. HIS SHADOW SHOWS ON THE INSIDES OF YOUR EYELIDS.

IT MAKES A DIFFERENCE WITH WHOM YOU'RE INTIMATE AND UPON WHOM YOU DEPEND. FRIENDS WILL ONLY TOLERATE CERTAIN ACTIONS AND THIS INFLUENCES WHAT YOU BELIEVE TO BE POSSIBLE OR DESIRABLE.

GIFTED CHILDREN – THOSE WITH AN IQ OF 125 OR ABOVE – ARE PRONE TO FEELINGS OF ALIENATION, FRUSTRATION AND BOREDOM. THESE FEELINGS CAN CULMINATE IN VIOLENCE IF THE CHILDREN ARE NOT ENCOURAGED AND CHALLENGED.

THERE IS A TERRIBLE PHASE WHEN ABUSED ANIMALS OR CHILDREN ACT POLITELY AND TRY TO DO EVERYTHING RIGHT. BY THIS STAGE, THOUGH, THEY ARE SO OBVIOUSLY WEAK AND UNAPPEALING THAT THEY GET LITTLE RESPONSE. IF THEY DON'T DIE THEY BECOME SAVAGE.

IT TAKES A WHILE BEFORE YOU CAN STEP OVER INERT BODIES AND GO AHEAD WITH WHAT YOU WERE TRYING TO DO.

IT'S A SAFE GAME TO PLAY WITH YOUR NOSE, SHUTTING OFF THE AIR AND LETTING IT FLOW AGAIN. THEN YOU CAN ESCALATE AND SEE HOW LONG YOU LAST UNTIL YOU PASS OUT, YOUR HAND RELAXES AND YOU BREATHE NORMALLY AGAIN.

IT'S EASY FOR YOU TO FEEL BETRAYED WHEN YOU'RE WAVING YOUR ARMS AROUND AND THEY COME CRASHING DOWN ON A SHARP OBJECT.

JUST ONE ROTTEN SPOT IN YOUR HEAD CAN MAKE EVERY MOVEMENT PAINFUL. YOU CAN'T ROLL YOUR EYES, BEND DOWN OR JUMP AND LAND WITH IMPUNITY. EVEN THINKING HURTS.

ANY NUMBER OF ADOLESCENT GIRLS LIE FACE DOWN ON THE BED AND WORK ON ENERGY, HOUSING, LABOR, JUSTICE, EDUCATION, TRANSPORTATION, AGRICULTURE AND BALANCE OF TRADE.

THERE IS A PERIOD WHEN IT IS CLEAR THAT YOU HAVE GONE WRONG BUT YOU CONTINUE. SOMETIMES THERE IS A LUXURIOUS AMOUNT OF TIME BEFORE ANYTHING BAD HAPPENS.

MORE THAN ONCE I'VE AWAKENED WITH TEARS RUNNING DOWN MY CHEEKS. I HAVE HAD TO THINK WHETHER I WAS CRYING OR WHETHER IT WAS INVOLUNTARY, LIKE DROOLING.

THERE IS PLEASURE IN STAYING HOME TO ADJUST EACH PHYSICAL DETAIL SO THAT WHEREVER THE EYE FALLS, THERE IS HARMONY. THEN YOU GO OUTSIDE AND DO THE SAME.

SOME DAYS YOU WAKE AND IMMEDIATELY START TO WORRY. NOTHING IN PARTICULAR IS WRONG, IT'S JUST THE SUSPICION THAT FORCES ARE ALIGNING QUIETLY AND THERE WILL BE TROUBLE.

SOMEONE WANTS TO CUT A HOLE IN YOU AND FUCK YOU THROUGH IT, BUDDY.

IF THINGS WERE A LITTLE DIFFERENT YOU WOULD DIGEST YOURSELF THROUGH A CUT IN YOUR MOUTH. IT'S A RELIEF TO KNOW THERE ARE PROVISIONS AGAINST THIS.

THE FOND OLD COUPLE WAS DISAPPEARING TOGETHER THROUGH SUCCESSIVE AMPUTATIONS.

SOMETHING HAPPENS TO THE VOICES OF PEOPLE WHO LIVE OUTSIDE. THE SOUNDS ARE UNNATURALLY LOW AND HOARSE AS IF THE COLD AND DAMPNESS HAVE ENTERED THE THROAT.

THERE ARE PLACES THAT ARE SCARRED AND THE SKIN IS PULLED AROUND, LIKE THE NAVEL OR THE HEAD OF THE PENIS, THAT LEAVE YOU THINKING THE BODY IS FRAGILE.

IN A PARADISIAC CLIMATE EVERYTHING IS CLEAR AND SIMPLE WHEN YOU ARE PERFORMING BASIC ACTS NECESSARY FOR SURVIVAL.

IT CAN BE HELPFUL TO THINK OF THEM EATING THEIR FAVORITE FOODS AND OCCASIONALLY THROWING UP AND GETTING BITS STUCK IN THEIR NOSES.

THERE'S NO REASON TO SLEEP CURLED AND BENT. IT'S NOT COMFORTABLE, IT'S NOT GOOD FOR YOU AND IT DOESN'T PROTECT YOU FROM DANGER. IF YOU'RE WORRIED ABOUT AN ATTACK YOU SHOULD STAY AWAKE OR SLEEP LIGHTLY WITH LIMBS UNFURLED FOR ACTION.

THERE'S THE SENSATION OF A LOT OF FLESH WHEN EVERY SINGLE HAIR STANDS UP. THIS HAPPENS WHEN YOU ARE COLD AND NAKED, AROUSED OR SIMPLY TERRIFIED.

MANY DOGS RUN WILD IN THE CITY. SOME ARE ABANDONED BY THEIR OWNERS AND OTHERS ARE BORN TO LOST DOGS. STRAYS HAVE A LIMITED LIFE EXPECTANCY EVEN WHEN THEY BAND TOGETHER IN PACKS. THEY ARE PREY TO DISEASE, PARASITES, WEATHER AND AUTOMOBILES. THEY TEND TO BE FRIGHTENED AND VICIOUS. THEY ARE UNABLE TO PROTECT THEMSELVES OR ANYONE ELSE.

WITH SOPHISTICATED RECORD KEEPING IT IS POSSIBLE TO PROVE THAT YOU DID SOMETHING WRONG, AND INCORRECT INFORMATION CAN BE STORED AND SPREAD. IN BOTH CASES YOU HAVE LESS OF A CHANCE TO SAY THERE WAS A MISTAKE.

HOW DO YOU FIND THE RIGHT POSITION TO LIE DOWN WITH PEOPLE OR EVEN ANIMALS? OFTEN ONE OF THE PARTNERS IS SMOTHERED OR CONTORTED. WHEN DONE PROPERLY, THOUGH, EVERYONE IS VERY HAPPY.

POSSIBLY THE WORLD'S YOUNGEST MURDERER IS A TWO-YEAR-OLD BOY WHO CRUSHED HIS PLAYMATE'S SKULL.

GOING WHERE YOU'RE NOT SUPPOSED TO GO IS ALWAYS ENTERTAINING, BUT SOMETIMES YOU'RE STUCK WITH SOMEBODY WHO REFUSES TO COME.

ONCE YOU KNOW HOW TO DO SOMETHING YOU'RE PRONE TO TRY IT AGAIN. AN UNHAPPY EXAMPLE IS COMPULSIVE MURDER. THIS IS NOT TO BE CONFUSED WITH USEFUL SKILLS ACQUIRED THROUGH YEARS OF WORK.

DAMAGE IS DONE BY THE TACIT UNDERSTANDING THAT CERTAIN ASPIRATIONS ARE UNSUITABLE FOR PARTICULAR GROUPS OF PEOPLE.

TWO CREATURES CAN WANT TO MOVE AND REST IN CLOSE PROXIMITY EVEN IF THEY ARE AFRAID OF EACH OTHER. I'M THINKING OF A WILD ANIMAL FOLLOWING SOMEONE IN THE WOODS.

TUNNELING IS GOOD FOR TRANSPORTATION, CLANDESTINE MOVEMENT AND THE DUAL PROSPECT OF SAFETY AND SUFFOCATION.

USUALLY YOU COME AWAY WITH STUFF ON YOU WHEN YOU'VE BEEN IN THEIR THOUGHTS OR BODIES.

WHAT A SHOCK WHEN THEY TELL YOU IT WON'T HURT AND YOU ALMOST TURN INSIDE OUT WHEN THEY BEGIN.

WHEN YOU'VE BEEN SOMEPLACE FOR A WHILE YOU ACQUIRE THE ABILITY TO BE PRACTICALLY INVISIBLE. THIS LETS YOU OPERATE WITH A MINIMUM OF INTERFERENCE.

WITH BLEEDING INSIDE THE HEAD THERE IS A METALLIC TASTE AT THE BACK OF THE THROAT.

WITHOUT WARNING YOUNG ADULTS CAN HEMORRHAGE AND DIE. ANEURYSMS – WEAK BALLOON-LIKE SECTIONS OF ARTERIES – ARE THE CAUSE. IF THE BALLOON BREAKS, UNCONTROLLABLE BLEEDING OCCURS. A PARTICULARLY DANGEROUS ANEURYSM IS FOUND IN THE HEAD.

YOU CAN MAKE YOURSELF ENTER SOMEWHERE FRIGHTENING IF YOU BELIEVE YOU'LL PROFIT FROM IT. THE NATURAL RESPONSE IS TO FLEE BUT YOU DON'T ACT THAT WAY ANYMORE.

EXERCISE BREAKS AT STRATEGIC POINTS DURING THE DAY ENHANCE PRODUCTIVITY AND PROVIDE SIMULTANEOUS SENSATIONS OF RELIEF AND REJUVENATION.

IF YOU WISH TO LIVE ANONYMOUSLY, SUCCESS IS CONTINGENT ON FORGOING THE MANY BENEFITS ATTACHED TO IDENTIFICATION, AND YOU MUST NEVER BE SCRUTINIZED OR CAPTURED.