

**UKASFP 2016**  
**Guy Shennan & Rob Black**  
**Liveable S\*\*\***  
**Pre-workshop slides**

# PEANUTS



**Although the world is full of  
suffering, it is also full of the  
overcoming of it**

**Helen Keller**

**In the darkest winter, I  
discovered within me an  
endless summer**

**Albert Camus**

**The thief hanging on the Cross  
could bring back the joy of life  
and the courage of confident  
hope, though perhaps he had  
not more than an hour to live**

**Anton Chekhov**

**The mule suddenly sat down under the priest... It is one of the strange discoveries a man makes that life, however you lead it, contains moments of exhilaration: there are always comparisons which can be made with worse things: even in danger and misery the pendulum swings**

***The Power and the Glory,*  
Graham Greene**

**Entombed in a secure prison,  
thinking our situation quite  
hopeless, we may find  
unutterable joy in the  
information that there is, after  
all, the slimmest possibility of  
escape**

**Gretchen Weirob in John  
Perry's *A Dialogue on Personal  
Identity and Immortality***

**The task is to stay engaged  
with others even if one feels  
rotten inside**

**Richard Sennett**



**Ever tried. Ever failed. No  
matter. Try Again. Fail again.  
Fail better**

**Samuel Beckett**

**And the day came when the risk  
to remain tight in the bud was  
more painful than the risk it  
took to blossom**

**Anaïs Nin**

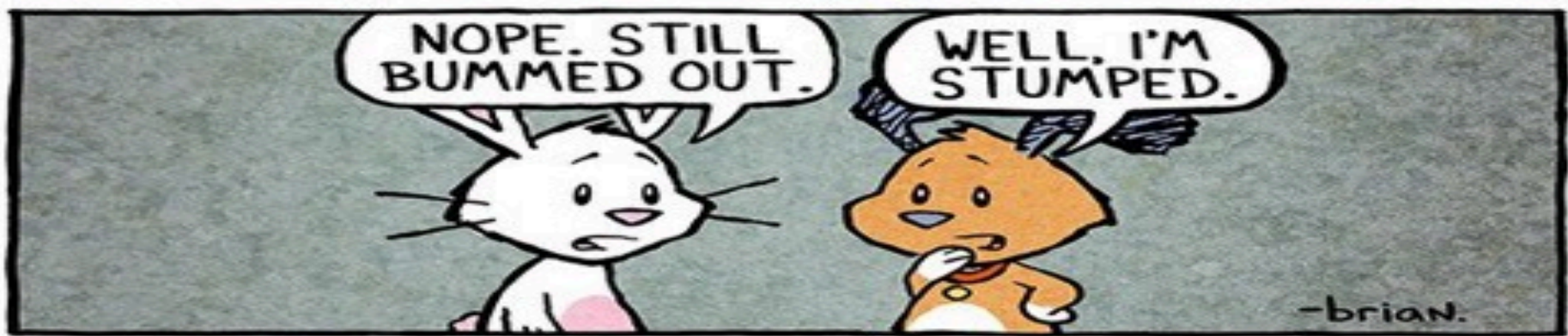
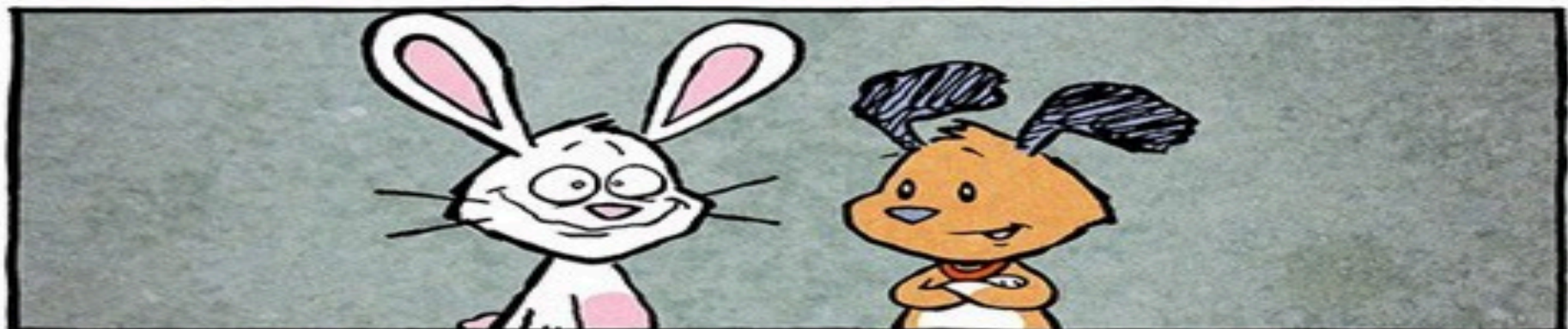
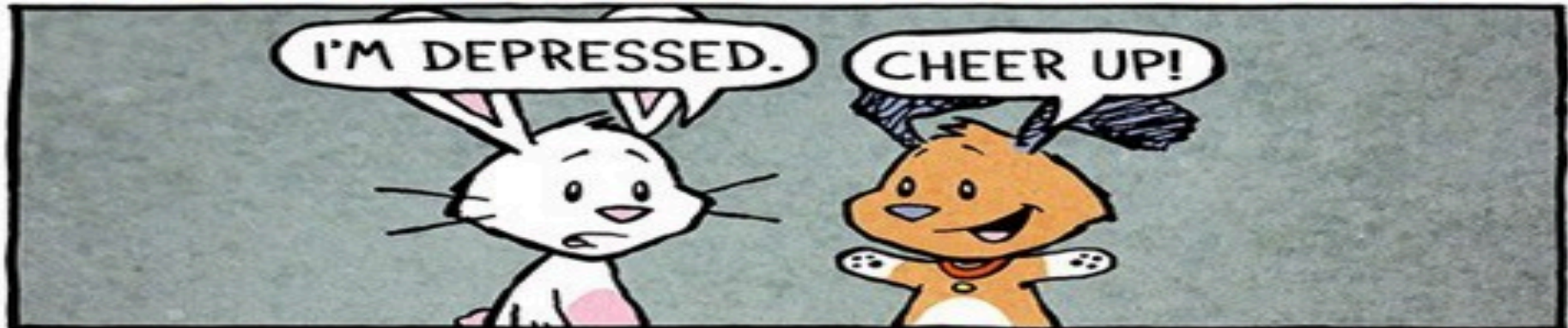
**I wish I could show you  
When you are lonely or in  
darkness,  
The Astonishing Light  
Of your own Being!**

**Hafiz**

**The surest place in which to  
conceal a chest of treasure is in  
a pit of mud and slime**

**Rabbi Mendel**

# AMATEUR THERAPY



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