

SOFT ADDICTIONS: INSTRUCTIONAL

*3D microphone to tuning fork
left side - left side - left side
Right side- right side- right side*

HOLD THE SPINE IN THE PALM OF ONE HAND AND GENTLY HOLD THE LEAFS OPEN WITH THE FINGERS OF THE OTHER HAND. ALTERNATE.

SWEEP YOUR HANDS UP FROM THE BASE OF THE BACK, EITHER SIDE OF THE SPINE, OVER THE SHOULDERS AND STROKE SMOOTHLY DOWN WITH YOUR FINGERTIPS TO THE START (THE LOWER BACK). ALTERNATE HANDS.

WE ARE TRANSMITTERS, MALLEABLE AGENTS, POTENTIAL OBJECTS. EVERYTHING IS ATOMISED WITH AN INTRINSIC FAILURE, INEVITABLE AND PLANED OBSOLESCE.

~~16 reasons why 17 new things 29 ways to 17 of the worst 38 problems~~

TRY TO MAKE YOURSELF FEEL PRESENT IN THIS MOMENT. ENCODED AND TRANSFORMED UNDERNEATH OUR HUMAN SAMENESS THE LEXICON OF A COMMON AND RETICENT LANGUAGE.

GRASPING AN OBJECT, LIKE A PENCIL, OR LIGHTLY CLENCHING YOUR FIST. EITHER COULD BE SUBSTITUTED FOR NAIL BITING OR HAIR PULLING. SWIPE SELECT.

There is a date seed in my pocket that is polished smooth, every time I turn it over in my hand. I do not throw it away because it feels some how significant.

*left side- left side- left side
right side- right side- right side*

We are irritants. Rubbing away at the surface.

~~19 conversation tips 21 of the best 14 photos~~

MEMORY IS DIFFERENT TO HABIT, CREATURES OF THE COMMON PLACE. WE HAVE ARCHIVED OURSELVES IN A FUTURE ARCANES ALLIANCE WITH THE FUNCTIONAL. KEEP A VARIATION BETWEEN GESTURE AND REST. DISAPPEARING BODIES WITHIN A MUTE AND DISTORT LANGUAGE.

IS THE FIXATION ON ONE UNHINGED ACTION A VALIDATION OF OUR BEING IN THE WORLD? ALL THE GRIT YOU LEFT BEHIND. THE DIRTY RINGS ON THE KEYS, INDENTS FOR YOUR FINGERS.

HAND- EYE COORDINATION, BODY SCHEMA PLASTICITY, CAUSAL REASONING, FUNCTION REPRESENTATION, EXECUTIVE CONTROL, SOCIAL LEARNING, TEACHING, SOCIAL INTELLIGENCE.

*The boundaries are blurred, the characters are spreading;
In hand next to the thigh our features integrate and disappear.*

~~6 revelations 13 radical facts 19 flawless moments~~

**Distinguish analysis" from "measurements." "Analysis" simply means to separate a whole into its constituent parts.*

**ORGANISMS ARE INHERENTLY PLASTIC AND ADAPTABLE.
MORE THAN A SET OF PROCESSES FIT TO PURPOSE.
FUNCTIONAL KNOWLEDGE REGULATES OUR USE OF FAMILIAR TOOLS HOWEVER
CAUSALLY OBSCURE.**

**YOUR WRISTS AND FOREARMS STRAIGHT AND LEVEL WITH THE FLOOR.
LEARN TO GET A BALANCE BETWEEN "SHOULD" AND "WANT".**

**OUR SCHEMA IS ELASTIC.
ADJUSTED TO A MORE FLUENT TOOL USE.**

**DEFINE THE BOUNDARY AROUND OUR ENVELOPE KEEP TRACK OF ANY CHANGES IN
BODY SHAPE AND POSTURE. INCORPORATE USEFUL EXTERNAL OBJECTS.**

Hot breath on cold shells. Doing the ground work. Researching the contours.

**KEEP YOUR WRIST STRAIGHT AND AVOID AWKWARD BENDING.
LEARN TO MENTALLY REHEARSE HOW AND WHEN YOU CAN
CONTROL SIMPLE HABITS.**

~~39 invaluable ways to 32 people 18 of the best 7 moments~~

**HOLD THE PAPER IN YOUR RIGHT HAND WHEN READING THE PAGES ON THE LEFT
AND ALTERNATE TO THE OTHER HAND WHEN READING THE PAGES ON THE RIGHT.**

**I DEFINE THE DISTANCE WITH YOUR ARMS.
EXTEND THE ARM FORWARD. IT SHOULD NOT TOUCH ANYTHING.**

**WE ESTABLISH CAUSAL INFERENCES BY DIAGNOSING THE UNEXPECTED OUTCOMES
OF OUR GOALS AND DIRECTED ACTIONS.
UNIFORMITY OF FIGURES UNFURLING.
PLASTIC AND ADAPTABLE, SEQUENCE OF AEROBIC ACTIVITY**

Working memory, inhibitory control,

~~22 signs you 71 of the most the 15 most 24 stages~~

**REPEAT ACTION
THERE IS NO RHYTHM WITHOUT REPETITION
WE ARE BALANCED BETWEEN TANGIBLE FOLDS OF BREATH
OBSERVE THE BAD HABIT IN MINUTE DETAIL.**

**HOLD THE BOOK CLOSED IN BOTH HANDS AND THEN LEAN THE COVER OF THE BOOK
INTO YOUR LEFT HAND. THEN USE YOUR LEFT THUMB TO OPEN THE BOOK.**

Learn to substitute an acceptable but incompatible action in place of bad habits.