

This Book Will Change Your Life (Preview)

Benrik

2003

MEANING OF LIFE

MEANING OF WAR

MEANING OF PEACE

MEANING OF NOTHINGNESS

MEANING OF BEING

BREAKDOWNS OF MEANING

MEANING OF EVIL (AND WHO TO CALL IN CASE OF)

BED-WETTING: DRAMATIC RESULTS WITHIN WEEKS!

BEAT IT THROUGH BED-WETTING

THERE IS NOTHING YOU CANNOT DO PROVIDED THAT YOU CAN FIND WITHIN YOU THAT WHICH YOU CAN DO. THE CHOICE IS YOURS. IT'S NOW OR NEVER.

SELF-IMPROVEMENT

MONEY-BACK GUARANTEE

FIND THE POWER TO CREATE AND LIVE THE DREAM

FED UP WITH YOUR SELF? TIME FOR AN UPGRADE? LOOK NO FURTHER! FIND THE POWER TO CREATE AND LIVE THE DREAM

YOUR BODY IS YOUR TEMPLE! WORSHIP AT ITS ALTAR

THE BODY PERFECT

ALL FIVE SENSES THE 6TH SENSE

BONUS! A SEVENTH EXTRA SENSE!

LOVE LIFE

FIND THAT SPECIAL SOMEONE

SECRETS OF ATTRACTION!

NEED TO BE IN YOUR KISS YOUR SECRETARIES AT A SPECIAL FUNCTION

DREAMS

DAYDREAMS

WET DREAMS


TAKE THEM TO YOUR ADVANTAGE

FEARS

HOPES

SEXUAL LICENSE

MOODS



THIS BOOK WILL CHANGE YOUR LIFE

BY BENRIK LTD, AUTHORS OF WORKS OF LITERARY DISTINCTION AT COMMONSENSE PRICES

REWARD!

Stranger: If you find this Book please return it to me if I know the secret word (which is) and I will give you:

☐ \$1,000,000 ☐ \$10,000 ☐ \$100
☐ \$10 ☐ \$1 ☐ 10¢ ☐ Nothing

Name.....

Address.....

.....

.....

Telephone.....

e-mail.....

CHEWING GUM PAD

(Place gum here while working on the Book)

Important information about the owner of this Book in case of emergency:

Blood group.....

Allergies.....

.....

.....

Name of closest relative.....

Telephone.....

Cell phone.....

e-mail.....

IS THIS BOOK A GIFT?

DONOR: Explore reasons for giving it here

.....

.....

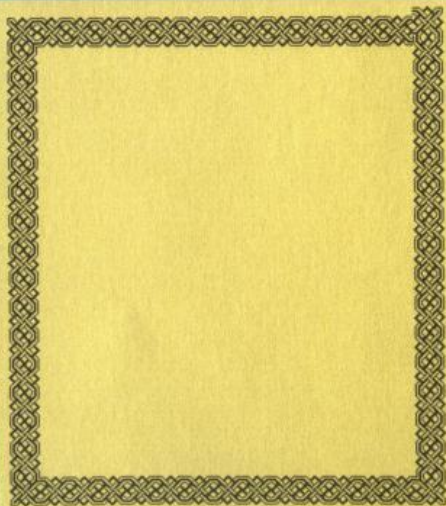
.....

RECIPIENT: Explore feelings on receiving it here

.....

.....

.....



DRAW YOUR PORTRAIT HERE

Fill in life preferences in case of amnesia

My favorite color.....

My favorite food.....

My lucky number.....

My sexual orientation.....

My best foot.....

My best friend.....

My most annoying habit.....

My favorite football team.....

My signature.....

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Fingerprints (right hand):

Copyrighted Material

Thumb	Index Finger	Middle Finger	Ring Finger	Little Finger
				

YOUR MENTORS

The people behind the Book are Ben and Henrik. They will be monitoring you throughout the year, keeping an eye on your progress and assessing your psychological stability as you follow their guidance day by day. It's best if you don't know too much about them, but we can perhaps reveal that Ben is naturally left-handed, and Henrik is prone to vertigo.



In case of sudden death

Should I die unexpectedly, please tell: My funeral:
 I want to be Buried ☐ Cremated ☐ Other ☐
 (telephone.....) Song to be played.....
 Confession (my worst sin): Epitaph.....
 I did..... Lasting regret.....
 to..... My stuff goes to.....

Dear..... (best friend), please go to my room and remove..... from..... before my poor mother finds it.

HOW TO USE THIS BOOK

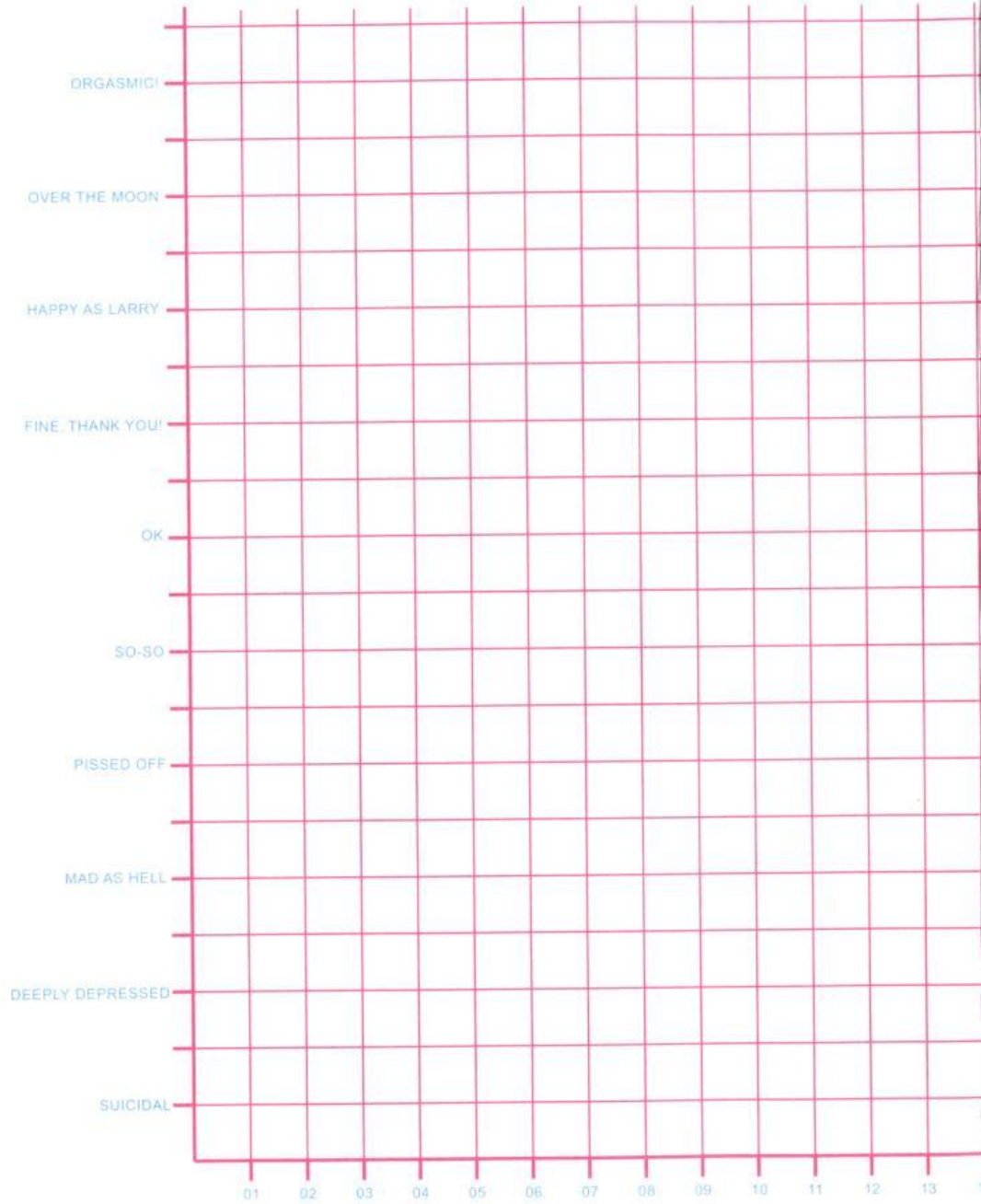
The Book will only help you if you want to be helped. Welcome it into your life and who knows what or who you'll be by this time next year. Ignore it and your life will continue in its current orbit. Now, of course, not everyone will be in a position to follow the instructions to the letter every day, and some are more demanding than others. But make the effort and your reward will be a year to remember, the first of many. Do not underestimate the difficulty of following the Book. Its dictates may seem arbitrary, but only thus can we counter the arbitrariness of fate.

The writers and publishers of THIS BOOK WILL CHANGE YOUR LIFE are not legally responsible for crimes, misdemeanors or actions of any kind undertaken as a result of reading or hearing of any part or extract of this publication. Any communications should be directed to www.thiswebsitewillchangeyourlife.com.

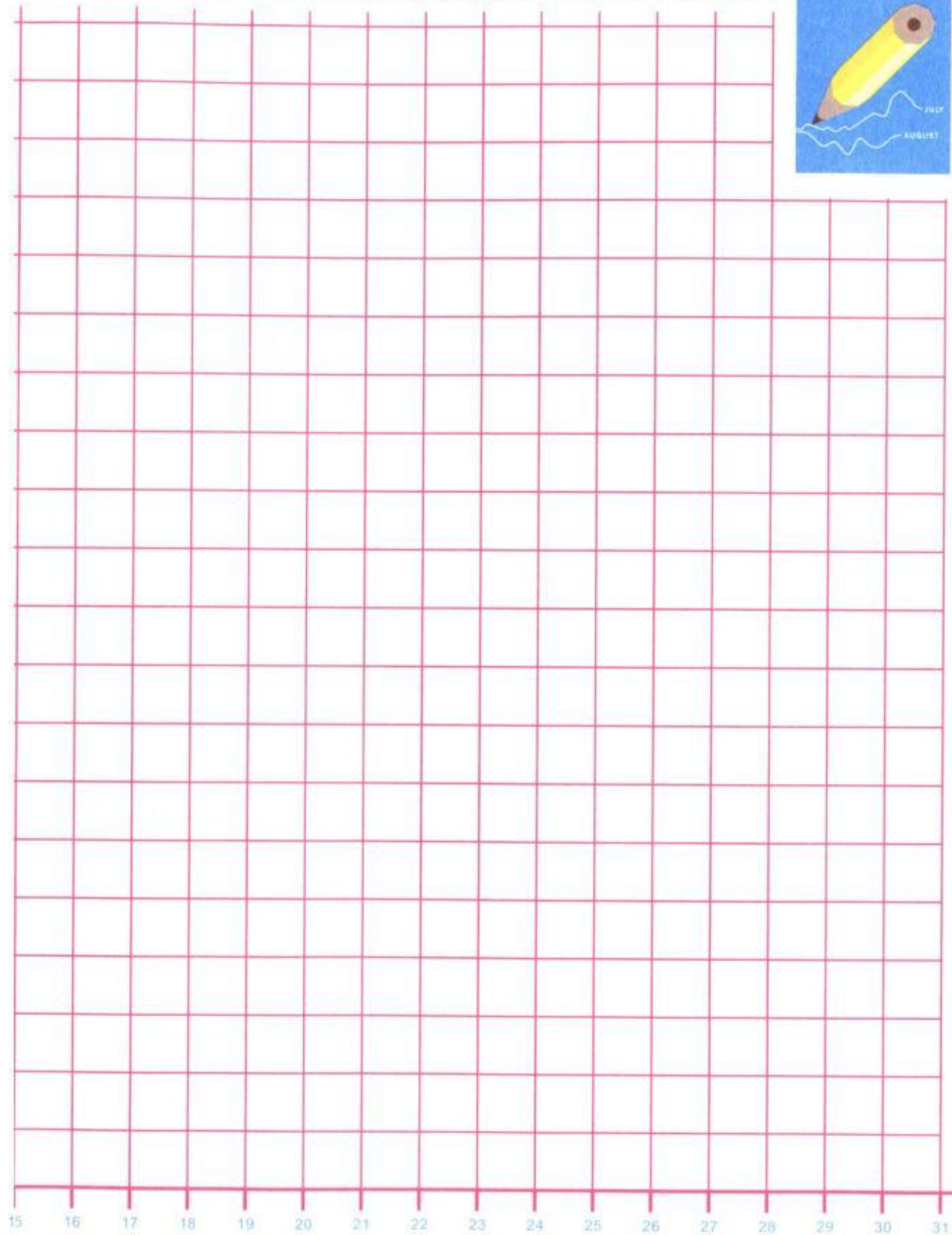
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37		49		61	
38		50	Party	62	
39		51		63	
40	Party	52		64	
41		53		65	
42		54		66	
43		55		67	
44	Midlife crisis	56		68	
45	Take up golf	57		69	
46		58		70	Party
47		59	Pay off mortgage	71	
48		60	Retirement party	72	
Other					

MOOD-CHART



Plot mood level every day of the month against vertical axis. Show one year's results to psychotherapist.



Check www.thiswebsitewillchangeyourlife.com for the World Mood-Chart



As this is your first day, you should warm up with an easy task that will only change your life a little bit.

Choose one of the following options:

- Do one press-up.
- Perform a striptease (in private).
- Triple-tie your shoelaces.
- Learn to play »chopsticks« on the piano.
- Increase your typing speed by three words a minute.
- Jaywalk in a pedestrian zone.
- Set all your clocks to exactly the right time.
- Whisper a white lie when no one's listening.
- Fantasize about your partner.
- Use a different thickness comb.
- Say »yo« instead of »hello«.
- Hold the phone up to your other ear.
- Tell someone your middle name.
- Try a new sandwich filling.
- Leave work five minutes early.
- Bookmark a new website.
- Give your genitalia pet names.
- Decide which one of your toes is the prettiest.
- Insult an insect.
- Go on a one-minute hunger strike.

And for those crazy individuals who want to dive in at the deep end: open this Book at random and perform that Day's task.

If you follow this Book's instructions, in a year's time you will be famous. People will be writing all sorts of stuff about you, and will want to know exactly how the Book's advice changed you. So make sure you note all changes day by day in these practical boxes, conveniently headed NOTES. Then just hand over to your biographers at the end of the year.

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DAY 2: THE LOVE OF YOUR LIFE

Today, gaze at everyone wondering whether they might be the one true love of your life, the one destined for you and you alone, and whether you might be passing them by forever... Act in consequence.



Notes

A series of horizontal lines for taking notes, located in the bottom left corner of the page.

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Today throw something away that you like.

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DAY 5

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NOTES



Mass social experiment. Cut out and stick this sign on any item of public infrastructure you might encounter today, including, but not limited to: elevators, escalators, planes, phone booths, toilets, ventilation units, escalators, entrances to subway stations. The aim is to achieve comprehensive social breakdown across the US.

"It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife." *Pride and Prejudice*, Jane Austen

• Mother died today. •
L'ETRANGER, ALBERT CAMUS

Longtemps, je me suis
couché de bonne heure.
A la recherche du temps
perdu, Marcel Proust

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 «All happy families resemble each other; each unhappy family is unhappy in its own way.» *Anna Karenina*, Tolstoy

»The past is a foreign country; they do things differently there.« The Go-Between, L.P. Hartley

»Call me Ishmael.« Moby Dick, Herman Melville

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

"Someone must have been telling lies about Joseph K., for without having done anything wrong he was arrested one fine morning." The Trial, Franz Kafka

»LOLITA, light of my life,
fire of my loins.« Lolita,
Vladimir Nabokov

"The snow in the mountains was melting and Bunny had been dead for several weeks before we came to understand the gravity of our situation." The Secret History, Donna Tartt

»Stately, plump Buck
Milligan came from
the stairhead, bearing
a bowl of lather on
which a mirror and a
razor lay crossed.«
Ulysses, James Joyce

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WOMEN:

Dark storm clouds were gathering over the Alpine mountain top as Emma finally reached the refuge. Where were the others? Where was her husband Edward? Perhaps they had fallen behind and taken the safe track back toward *St-Paul-des-Clercs* and civilization, she wondered. Well there was no point in panicking now. Night was falling fast, and she would have to spend it up here all alone at the mercy of these peaks. Exhausted, she entered the deserted cabin and barely had time to strip off her drenched clothes and slip into the thermal sleeping bag that Edward had thoughtfully given her for their sixth anniversary, before a deep slumber overtook her naked body.

As even the moon retreated from the inhospitable horizon, strange and fitful dreams came upon her. She tossed and turned in the night, her feverish brow victim to wild imaginings, full of visions of werewolf-like creatures creeping around the cabin, circling, surrounding her with deep-breathing low whistles that seemed to hiss and crackle like FIRE?!!! Emma opened her eyes and shrieked in the empty night. There, across the room, stood the tall, dark stranger. She held her breath in terror as he looked up from the fire he had lit in the wide hearth and stared at her inscrutably. His eyes seemed to contain worlds beyond her ken.

»Who - who are you? What do you want?» she cried. The man made no reply, but simply tossed another log onto the fire with barely a flicker of his powerful deep-veined forearm. He breathed in deeply, closing his eyes. Emma's voice was trembling.

»Look, now, I don't know what is going on but...«

He silenced her with a look from his piercing green eyes that seemed to cut right through her. Before she even realized what she was doing, Emma raced through the door in a mad dash for freedom, through the door and out into a thick curtain of rain lashing down over her exposed skin. He caught up with her easily, his strong arms grabbing her by the waist and hauling her back into the cabin. She writhed desperately in his grip until she could no more. He held her still, stared into her eyes and finally spoke in halting English, in the manner of one who seemed above words.

»Don't. It is too dangerous out there for you. You are safe here with me.«

And somehow she knew that this was so.

The fire dispensed a warm glow to the room. Before she had even recovered from the onslaught of the elements, she was trapped in an embrace as powerful as any of Nature's Furies. As the storm raged on outside, she stared into the infinite depth of his eyes. And then he was upon her, touching her deep within, roughly of course but with infinite tenderness. Suddenly lightning struck a tree nearby, while its thunder covered her animal moans. He held her tight for what seemed an eternity, until the first light of dawn broke the enchanting spell the mountain Gods had woven around them. And he was gone, as swiftly as he had come. Was it but a dream? Emma wondered wistfully, as she drifted off back to sleep smiling, her brow no longer troubled.

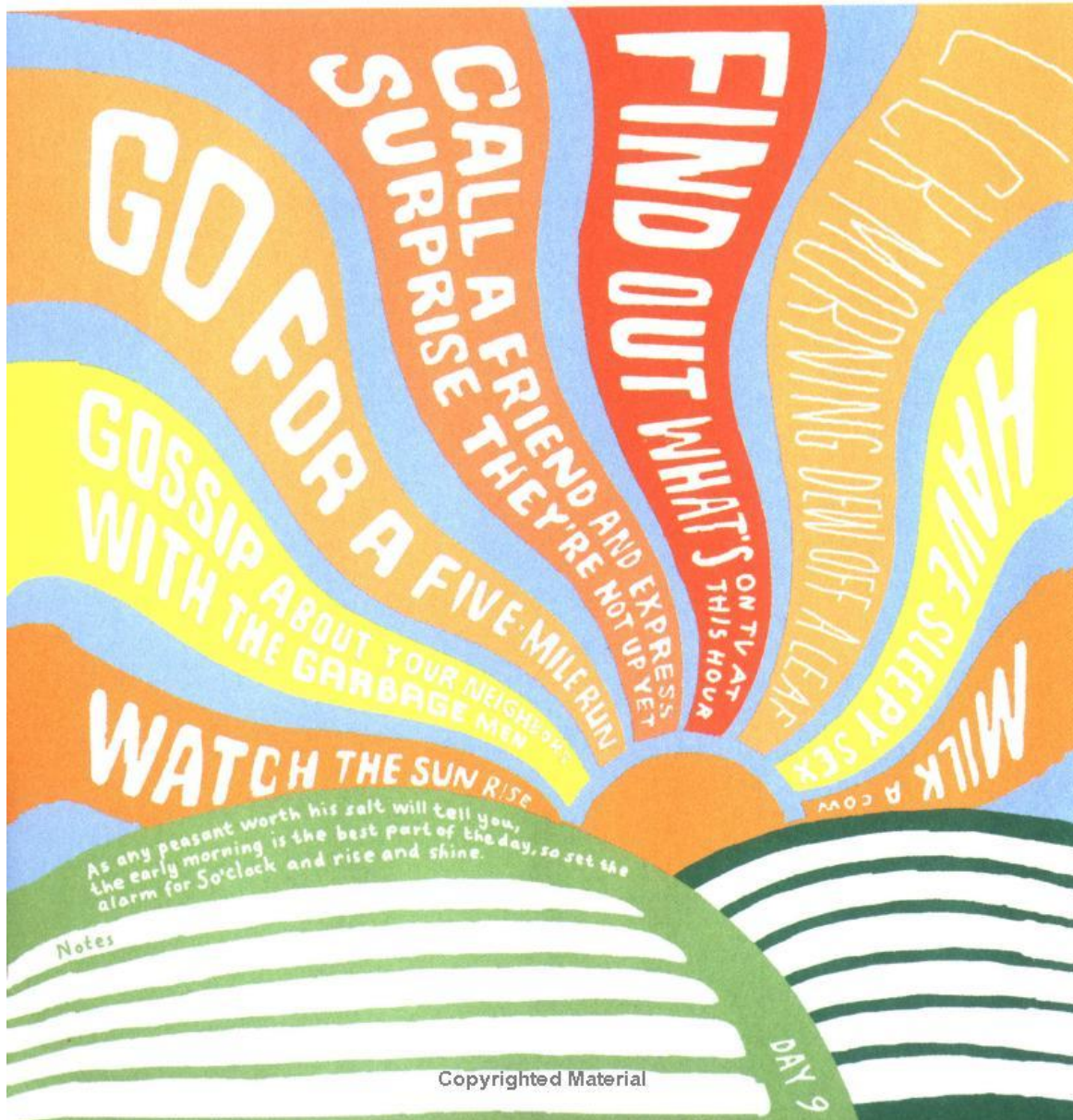
MEN:

Two blondes. Doing it. Together.

Notes		

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DO SOMETHING BEFORE BREAKFAST TODAY



Addiction-Free Day

Your body is your temple. Cut out addictive substances for the day and see how much purer you feel.

Notes

SPECIAL TIP FOR ANY BOOK OWNERS ADDICTED TO CRACK COCAINE: You may not feel purer immediately. Stick at this one for at least a couple of months to see the full lifestyle benefits.



DAY 10!

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MEET JONAS DAY!

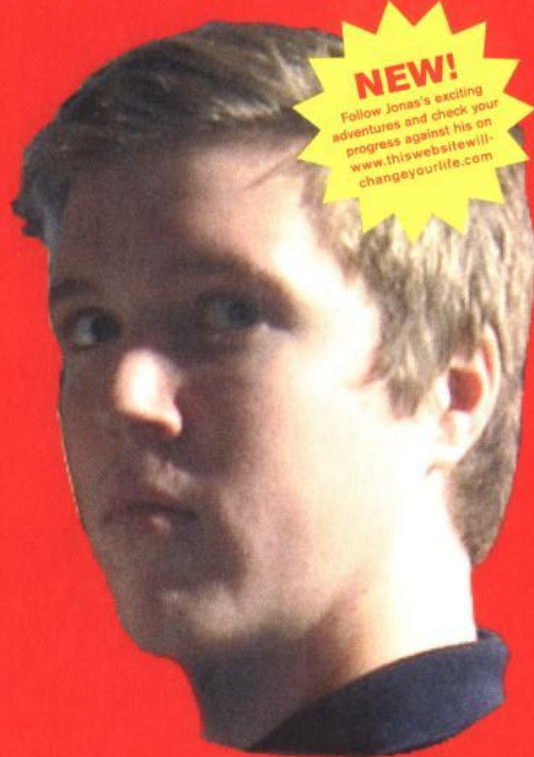
This is Jonas Jansson, a courageous young fellow who has agreed to follow the Book's injunctions to the letter. In this, his first week, he has already been arrested once and lost his girlfriend. Go Jonas!

Jonas was born in 1982, in the small village of Gävle in Sweden. He grew up, went to school, made some friends, studied a bit, got drunk a couple of times, got a job – but something was still lacking in his otherwise eventful life. One day last year, the authors of the Book spotted him playing pinball in his local mall. Something about his style



and look caught their eye. They approached him and asked Mr. Jansson if he would play the guinea pig for their venture. He said he'd think about it, and before he knew it, his life was totally and utterly transformed. It's only been a few days since Jonas has been following the Book but already it's pepped up his life no end. Only a week ago,

he read the «love of your life» page, and followed it a bit too far. First he chucked his girlfriend Magda, even though nothing was said about getting rid of current loves. Then he thought he spotted the love of his life, 59-year-old Canadian tourist Bibi Jeanmaire, busy enjoying a coffee in downtown Stockholm with ex-Mountie husband Pierre-Louis. Jonas approached her, showed her the relevant Book page, and proceeded to woo her with a passionate kiss. That's the spirit Jonas! Local police agreed to drop all charges the next day, but not without fining him a substantial 1000 crowns. Better luck next time!



NEW!

Follow Jonas's exciting adventures and check your progress against his on www.thiswebsitewillchangeyourlife.com

Jonas will be discussing his adventures during the year on www.thiswebsitewillchangeyourlife.com; be sure to compare his experiences to yours.

Notes

VISIT US ON WWW.THISWEBSITEWILLCHANGEYOURLIFE.COM!

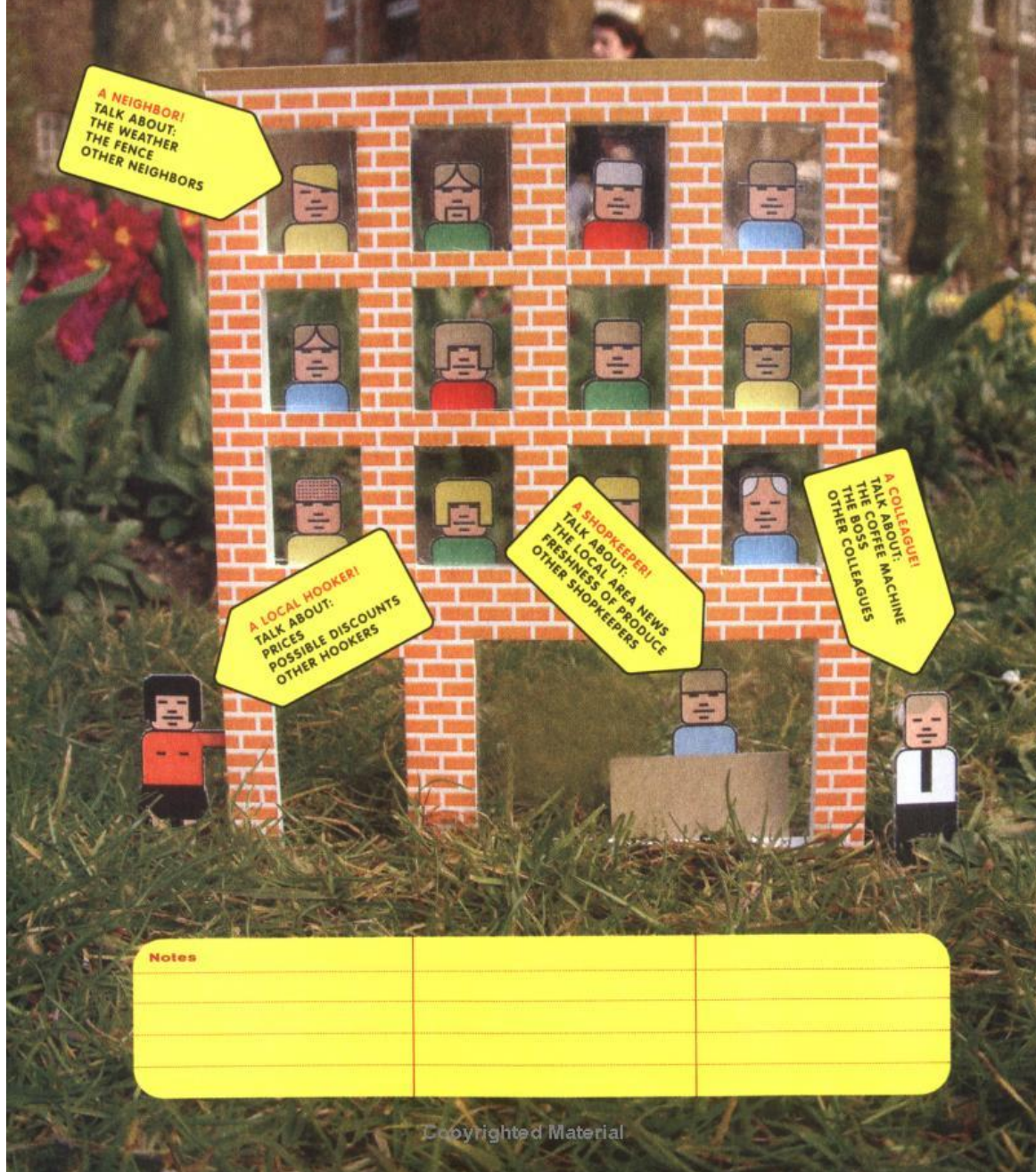
FULL OF ALL THE GOOD STUFF WE COULDN'T GET AWAY WITH PUBLISHING IN THIS FAMILY-FRIENDLY EDITION!

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Day 11

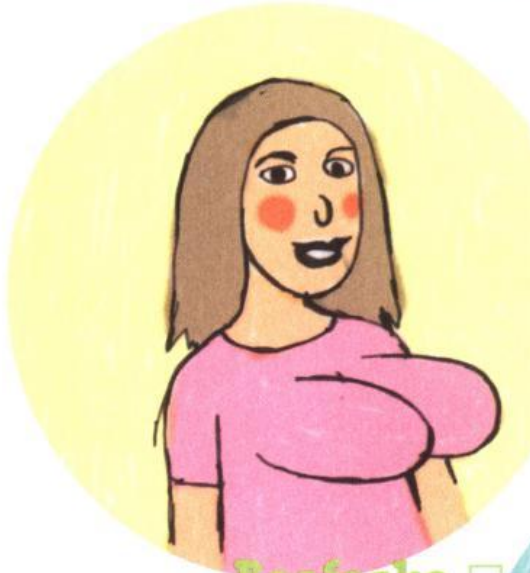
Today introduce yourself
to someone you know but
never speak to.



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DAY 12: WHAT'S YOUR TYPE?

Tick it here today as reminder at drunken parties



- ☐ **Dumb blonde**
- ☐ **Clever brunette**
- ☐ **Wild redhead**
- ☐ **Lesbian**
- ☐ **Nag**
- ☐ **Cold Fish**

- ☐ **Beefcake**
- ☐ **Mr. Nice Guy**
- ☐ **Loaded**
- ☐ **Married with kids**
- ☐ **Sleazeball**
- ☐ **Handsome prince**



Notes

DAY 13: SEND A LETTER TO A MASS MURDERER

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Richard Ramirez (USA, 1960-)
16 victims
Nickname: «The Night Stalker»
Death Row, San Quentin Penitentiary,
San Quentin, CA 94974, USA



David Berkowitz (USA, 1953-)
6 victims
Nickname: «Son of Sam»
King's County Hospital,
Brooklyn, NY 11212, USA



Peter Sutcliffe (UK, 1943-)
13 victims
Nickname: «The Yorkshire Ripper»
Broadmoor Special Hospital,
Crowthorne, RG45 7UG Berkshire, UK



Dennis Nilsen (UK, 1943-)
15 victims
Nickname: «----»
1X Parkhurst Rd,
Holloway, London N7 9TK, UK



Edmund Kemper (USA, 1948-)
10 victims
Nickname: «The Co-Ed Killer»
California Medical Facility, PO BOX 20007,
Vacaville, CA 95695-0007, USA



Charles Manson (USA, 1934-)
6+ victims
Nickname: «----»
California State Prison, B-15970, TA 4B-23,
PO BOX 3476, Corcoran, CA 96212, USA



Angel Resendez (MEXICO, 1960-)
9 victims
Nickname: «The Railroad Killer»
Death Row, Polunski Unit, 12022 FM,
350 South Livingston, TX 77351, USA



Theodore Kaczynski (USA, 1942-)
3 victims
Nickname: «The Unabomber»
Florence Admax USP, PO BOX 8500,
5880 HWY 675, Florence, CO 81226, USA



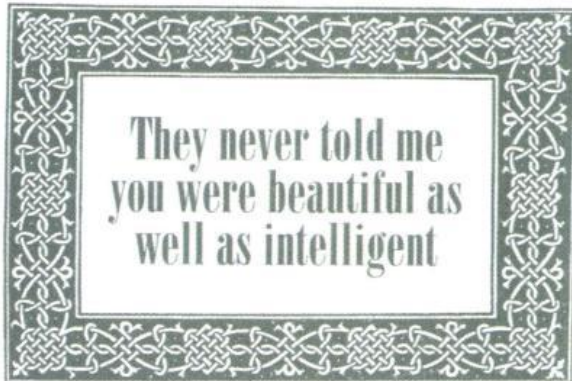
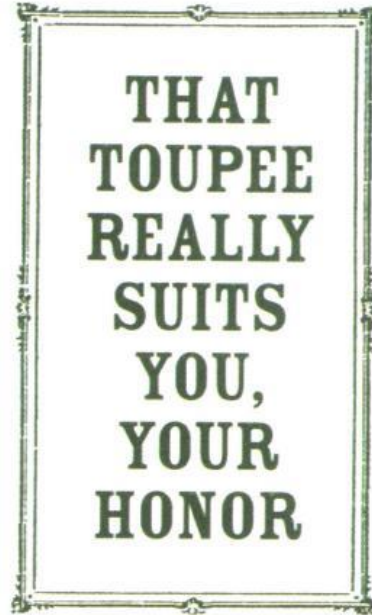
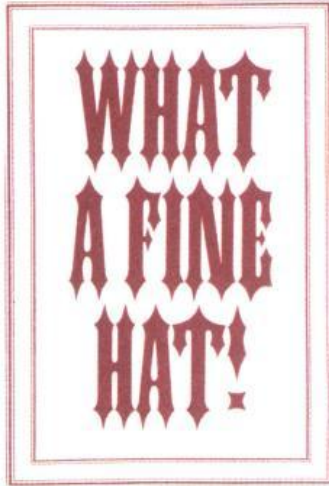
Robert Lee Yates Jr. (USA, 1943-)
14+ victims
Nickname: «The Spokane Serial Killer»
Death Row, Washington State Penitentiary,
1313 S. 13th, Walla Walla, WA 99362, USA

NOTES

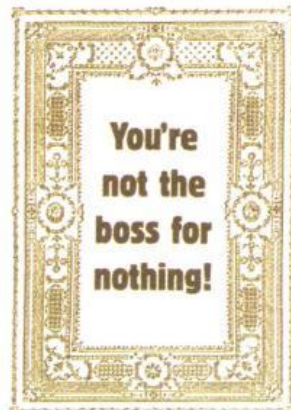
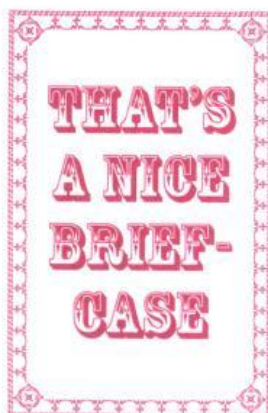
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DAY 14: A DAY OF COMPLIMENTS

Flatter someone today and see if it does indeed get you anywhere.



NOTES



DAY 15

Be gay for a day!

As James Dean said, why go through life with one hand tied behind your back? Here are some hints on how to experience your other side in just one day.



8am During rush hour, try to brush up gently against someone in public transport. This is just to get yourself used to the idea of same-sex contact. Do not push this too far as technically it is known as frottage and could get you arrested.

11am The office coffee machine is the ideal casual flirting situation. Wait for the object of your affection to help themselves to a coffee before bumping into them. Their beverage will spill over them, providing you with the perfect opportunity to caress their chest with a kitchen towel.

1pm Because of social conventions, it is much easier to find a gay mate if you are officially on the lookout. Use your lunch hour to compose a carefully worded all-staff e-mail in which you come out of the closet. (You will always be able to claim it was a misunderstanding tomorrow.)

3pm By now you should have had plenty of responses to your flirting overtures, but you also need to start planning your evening. Ring a close same-gender friend

and say you have something important to tell them. Arrange to meet in a romantic bar or restaurant. Candlelight is best.

5pm The end of the office day. As tomorrow you will be able to explain everything, why not turn up the heat a little by squeezing someone's bottom playfully on your way out. (If possible pick someone with a sense of humor.)

8pm By now your date should be going well. After a few drinks, some inadvertent touching and a lot of eye contact, you will have told your close friend that you think that your relationship could be taken to the next level. They may act unconvinced at first, even play 'hard to get,' so don't be shy of forcing them to deal with their feelings by grabbing their hand or even French kissing them.

11pm Only one hour left to explore the outer shores of your new sexuality. After today's gradual physical emotional build-up, the last inhibitions shouldn't be too difficult to shed. The rest is up to you...

GAYS: be straight for a day! Adapt the above guidelines, only making it clear you're heading into the closet.

Notes		

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DAY 16
Discreetly give the finger
to people all day today



FIG. A: What's in my eye?!



FIG. B: Just chilling out...



FIG. C: Hmm... I wonder...



FIG. D: Everything's in order, officer



FIG. E: Sure, take the last seat!



FIG. F: Rich pickings...



FIG. G: Is there something in my teeth?



FIG. H: I like to stay informed



FIG. I: Business is business.

NOTES

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DAY 17: Eat nothing
but asparagus all day long
to ascertain just how noxious
your pee can get.



Been there
done that? Try one
of the lesser urine-
affecting vegetables:
fennel, eggplant,
okra, turnip,
ginger.

Notes

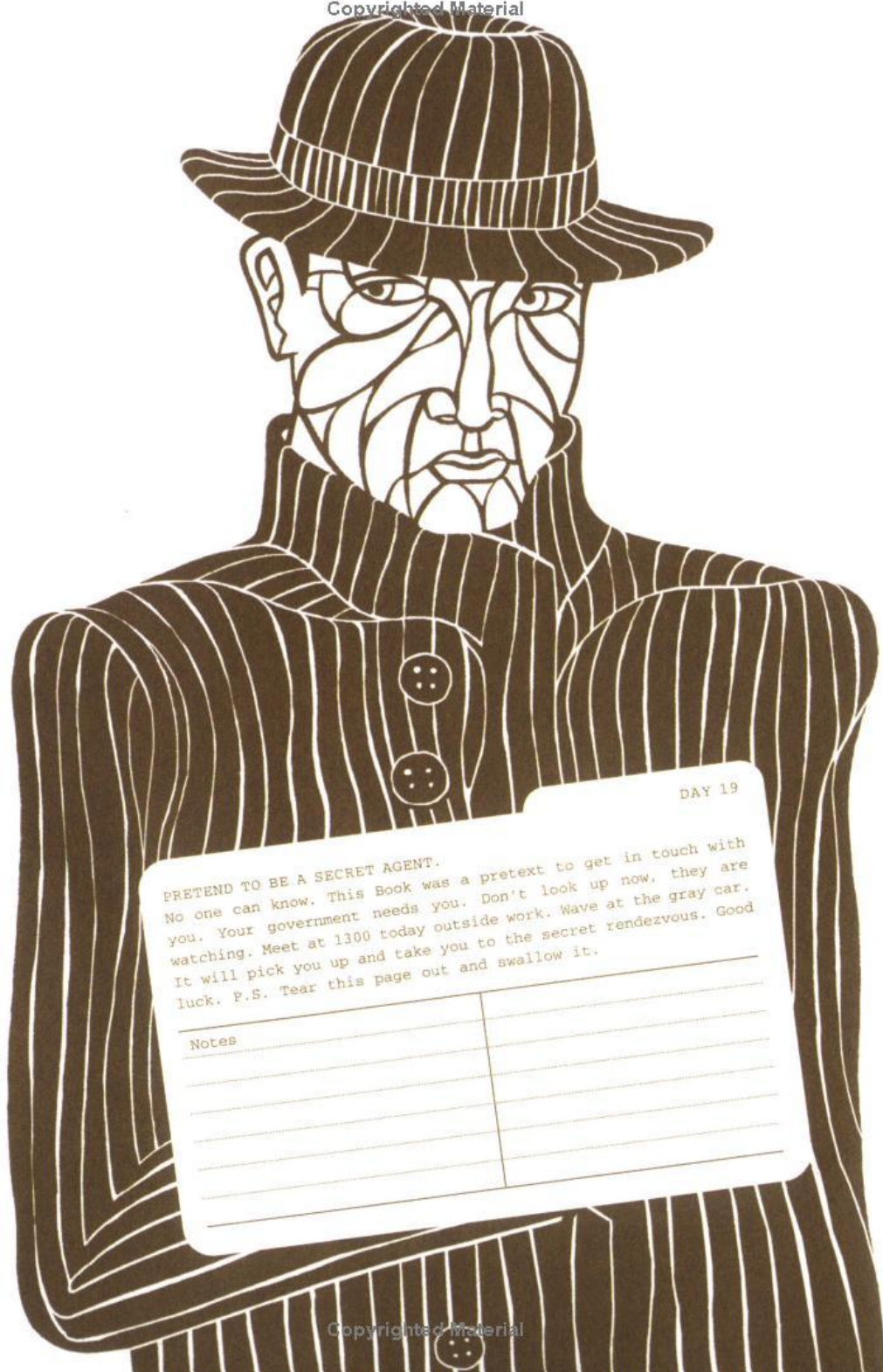
KILL SOMETHING DAY

So-called »Western civilization« suppresses our legitimate aggressive impulses. Cast off the chains of narrow morality and stamp out the sad life of a member of some inferior species today: an ant, or perhaps a gnat of some kind. Indulge your dark urges before they overwhelm you. After all, as top Russian anarchist Mikhail Bakunin declared: *the passion for destruction is also a creative passion...*

NOTES



DAY 18



DAY 20

Today everyone is to send in a line to create the world's longest poem. They will be collated as they are e-mailed to www.thiswebsitewillchangeyourlife.com, and the result published across the whole world as soon as a suitable final line is deemed to have been found and we think of a good title. The opening line is:

»MERCY, CRIED THE POPINJAY TO THE POPE«

[illegible]

THE IAMBIC PENTAMETER FOR IDIOTS. This oeuvre is to be composed in iambic pentameters, undoubtedly the most versatile form in the English poetic idiom. The iambic pentameter runs ti-tum ti-tum ti-tum ti-tum ti-tum, its ten syllables tripping off the tongue effortlessly, thus enabling the poet to propel his meaning forth. William Shakespeare wrote mostly in iambic pentameters: Shall I compare thee to a summers day? Thou art more lovely and more temperate, and so on and so forth. If it was good enough for him, it's good enough for you. Happy composing.

[illegible]

☆☆☆☆/5

UNITED KINGDOM

LANGUAGE: English.
ANTHEM: God Save The Queen.
MILITARY RECORD: Good, though the English Channel has undoubtedly helped.
PATRIOTIC POTENTIAL: Wide choice of tones, from Churchill to football hooliganism.

CHINA★ 中国 / 5

CHINA ★ ★ ★
LANGUAGE: Mandarin.
ANTHEM: March of the
MILITARY RECORD: Stre
PATRIOTIC POTENTIAL:
 your patriotism tinged w
 this could be for you.

Notes

NIGERIA

LANGUAGE: English/Yoruba/Hausa
ANTHEM: Arise O Comrades!
MILITARY RECORD: Very good at fighting each other.
PATRIOTIC POTENTIAL: Limited, except during soccer World Cups.

5/ 5

5/ 學學學

WOLDOVA

LANGUAGE: Moldovan.
ANTHEM: Awaken, Three Romania!
MILITARY RECORD: Nothing yet, but evidence of anti-Russian rowdiness.
PATRIOTIC POTENTIAL: Still all to play for!

5 / 5

RUSSIA

LANGUAGE: Russian.
 ANTHEM: The Patriotic Song (no words).
 MILITARY RECORD: Defeated Hitler, but lost Cold War.
 PATRIOTIC POTENTIAL: Never a dull moment.



Life



Is the year ahead looking much the same as the last? Another 365-day grind of meetings, dinner dates, and not-to-forget-birthdays? If so, try this book. Part instruction manual, part therapy, part religious cult, part sheer anarchy, **THIS BOOK WILL CHANGE YOUR LIFE** will help you poke a stick in the spokes of your routine and make every day of the next year the first day of your new life.

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Benrik

This Book Will Change Your Life (Preview)

2003

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“Benrik are Ben Carey and Henrik Delehag, authors, artists and all-round creative pundits. Benrik’s goal is to create an alternative to the current rationalistic collective imagination, turning everyday life on its head before bashing it in. Once this alternative worldview has been seeded in enough readers’ minds, it will be child’s play to take over the state, the army, the media and most of the major multilateral institutions. Watch this space.”

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