## Spring 2024

Mark Young & Thomas Fink

from
100 Titles From Tom Beckett

paintings by Thomas Fink

poems by Mark Young

#48: Embrace Your Format



Embrace Your Power. A womans guide to loving yourself.

Embrace Your Elegant Power. Carve a path to success.

Embrace Your Power to Stay. Overwhelmed & over it?

Embrace Your Greatness. It's time to start feeling good about yourself!

Embrace Your Non-Linear Career. Just because you've always been or done one thing doesn't mean you can't evolve & grow into a new rôle.

Embrace Your Vibrance. Vibrancy activation offers the ABCs of living.

Embrace Your Silhouette. Gain confidence by trying something new.

Embrace Your Weirdness. Immerse yourself in a world of heartfelt emotions & genuine connections as you create unforgettable digital scrapbook pages.

Embrace Your Inner Sherlock Holmes. Build on the important work of previous national multicultural mental health projects.

Embrace Your Imperfections. Find the positive side in your flaws.

Embrace Your Body — you've only got one!

Embrace Storms. Calm music for chaotic times.

Embrace Your Feminessence. Learn how our co-authors have navigated adversity & chosen to reclaim their power by tapping into their Feminessence.

Embrace Your Inner Drag Queen. Set your own path & try new things. Your technique should serve your artistic intentions.

Embrace Your Fears. Turn the paper into landscape format & divide the page into three columns.

Embrace The Afterlife. Enjoy grand festivities as you honor your loved ones at Day of the Dead Festival.

Embrace Integrated Pest & Disease Management. An African proverb says: Do not throw away your water just because you heard it will be raining.

Embrace Rich Media Format. It is easy to plan a chartered yacht vacation.

Embrace Your Format. A must read for everyone.

Embrace Yourself. No other formats or editions found.

#51: Shadow Rhymes



Plum blossoms —
the sound of a three-penny
flute.
— Issa.

The puppeteers—working as a trio — manipulate arms, legs, mouth, eyes, hands, head — nothing else exists. Beneath the costumes all is emptiness — of their charges. The Padawan puppeteers enfold themselves in

black hoods & costumes to create the shadows they inhabit. The master stays visible — since he is whom the audience has come to see. In concert, it is the trio's gift to make the almost life-sized puppets seem alive. The

puppets do not speak. Nor do the puppeteers. Nearby a shamisen. Also a *reciteur*, not of the *Quran*, but rather a narrator & rôle-player, many-voiced, who both tells the story & speaks the component parts. Not spoken of

is the length of time it takes to truly learn the craft, to come out from the shadow. Ten years for the feet, ten more years for the left hand. Working with rods as the shamisen controls the tempo of the play. It alone has strings.

#62: Surrounded by a Lack of Invagination



He thought cell division was a branch of mathematics. Couldn't

imagine it to be anything else. That is until he stood at the vegetal pole

looking across at the animal pole & realized that meiosis had occurred

but, as yet, no inward movement of any portion of the blastula's wall

had started the folding back on itself that begins the formation of a gastrula.

#97: Wholesale Identity Crisis Discount Warehouse Burns into the Night



Senescence is for the old, & usually doesn't come cheaply. Not that many places to shop for options, & most of those take advantage of their clientele, suggesting outlandish refits to disguise the who-am-I? symptoms that are taking over the self. In another theater,

cosmetic surgery runs a parallel path. That is why the arrival of the WICiD stores caused such a stir. Simple to shop in, many persona to choose from, courteous & well-informed staff who are more interested in recreating an identity than selling something simply

for the sake of profit. Hatred from the psych+ industry as they see their oligopoly start to crumble. Their febrile minds together. Just one thing for it. Hastily-convened conferences out of town which they all attend; & in their absence the WICiD warehouse goes up in flames.