

"Loud." But it is creativity gone mad. DON't take it seriously and you should be able to get through it. Relax and enjoy each playful page spread.

Is the year ahead looking much the same as the last? Another 365-day grind of meetings, dinner dates, and deadlines? 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. It's not the soft-hearted kind of book that's interested in what you have to say; rather it contains 365 daily orders, each one of which could turn your humdrum existence into a daily free-fall.

"If Life's Little Instruction Book, had an irreverent and bizarre younger brother, *This Book Will Change Your Life* would be it."—The Seattle Times
About the Author BENRIK are BEN CAREY and HENRIK DELEHAG. Ben was born in New Zealand and grew up in France. Henrik is Swedish. Both now live in London, where they tirelessly promote their cult of extreme self-improvement. Hundreds of thousands of Benrik followers worldwide converge on their website, then tour bookshops in a frenzy, flogging anyone who browses but doesn't buy. Benrik's mission is to remodel the current world into something more to their liking, adding idea by idea to the sum total of radical thinking and inspiration. They work across all forms of cultural production, looking for cracks, openings and other loopholes. Their bestselling *This Diary Will Change Your Life* series has sold over 400,000 copies worldwide.
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