

“Poverty and mental health are not moral issues: New Zealand welfare benefits are deliberately pitched below the bread line”

“Oral culture and the scourge of the written word”

“Exit meetings: your chance to stick it to the man”

“Compassion fatigue”

“Survivor island: closing lid workplaces and human resources mind-sets”

“Patient beware: doctors, prescriptions and brain chemistry disasters”

“The difference between guilt and shame”

“Cooking your life: the application of Zen kitchen philosophies into rehabs”

“Rattling with pills, kitchen-floor death: careless clinical advice and a personal tragedy”

“The visionary gift of infancy: infants, synesthesia, ghosts and auras”

“Are we having fun yet? Workaholism and the arts: what is workaholism?”

“Medium-term relationships: does familiarity always breed contempt?”

“Post-natal distress and the cult of independence in the middle classes”

NB. Upcoming titles will be available on request. They will only be written if someone actually wants them, and if there is sufficient voluntary energy among the writers. Requests can be made on the Natural Selection website or to editors@naturalselection.org.nz.

Contributors to the first pamphlet series are:

Sean O'Reilly

AD Schierning

Chris Hill

James Deutsher

Layla Rudneva-Mackay

Dan Arps

Alice Planas

Rob Mckenzie

Paul Cullen

Gwynneth Porter

Matthew Crookes

Nova Paul

DAMP

Michael Morley

Cieran Begley

Paul Johns

David Hatcher

Judy Darragh

Louise Menzies

Jon Bywater

Bryce Galloway

Murray Hewitt

Tao Wells

André Richardson

Overcoming Loathing

Available pamphlets

“Overcoming Loathing” is a series of pamphlets published as an adjunct to *Natural Selection* 6, the Problems issue.

They are available for download and home assembly at:

www.naturalselection.org.nz.

Titles presently available are:

“Against pretty much everything really”
“A Beginner’s Guide to Empathy: understanding through song”
“Means outweighing Ends”
“Small Gardening: cultivating unsophisticated practice”
“Appropriate Cleaning methods #1: Prewash-Stack”
“The Art School Environment #1: the research cycle”
“Nice Feels Sexy – your valued feedback for a pet project”
“Now that I think about it, I really hope that libertarianism speaks about a core belief in our right to a deep, unfettered and true subjectivity.”
“16 Notes on Overcoming Gravity.”
“Grandmother, what a long nose you have: when your elders lie”
“Tips for petty crime”
“Put that in your pipe in smoke it: a traveller’s guide to smoking pot in New Zealand”
“May eels slither once again”
“No dependence on words or letters”
“The idiot’s guide to contemporary art exhibition titling”
“Understanding precedes forgiveness: the symptoms of Pre-menstrual Syndrome (PMS)”
“Don’t waste your late thirties!: the three-point test for prospective partners”

“Appropriate cleaning methods #2: botanicals and virgins”
“How to become invisible”
“Song advice from The Byrds: Every day blowin’ spray, in a dolphin’s smile”
“Some of my best friends are video artists”
“The burnt chop syndrome: overcoming guilt (associated with a Catholic upbringing)”, #1-3
“Advice and help: this booklet will help answer your questions”
“FAQs”
“ME: is it me?”
“Gen txt: I’d tell them they suck if they’d only listen”
“Why don’t I have fur or feathers”
“Happy when people die”
“I don’t look like me”
“Crushed ear syndrome”
“Universal Income”
“May eels slither again #2”
“Fallacious/Irrelevant PHD’s: Reader Beware!”

Upcoming titles include:

“Walk a mile in my slippers: soap operas appreciation for the unenthused”
“How to Stop Wanting to Kill Yourself, or Art Writing Crises: opportunities on ill winds”
“why Paris Hilton is important”
“god and cigarettes... two birds, one stone”

“contractors and lies, a history of projected developments”
“Travelling with the depressed”
“You and your bipolar disorder”
“Sense and sensimellia”
“Opium will become the opium of the masses by 2012”
“Breaking all dependencies”
“Burning bush: save the Winter Sweet”
“A spell for strengthening relationships”
“Giving up smoking”
“The evils of the refereed journal”
“Orgonomy in the home”
“The triangle of self-obsession”
“Nature is a whore: discuss”
“Unwanted advice”
“The characteristics of the patriarchal workplace”
“Constructing an ideal audience”
“Life management”
“Relentless optimism”
“Sculpture and gesture”
“The five signs that you are turning into a curator”
“No withholding labour: feminist parenting for men #1”
“I can’t do what I do without you, and you can’t do what you do without me: feminist parenting for men #2”