

SEANKELLY

Harris, Gareth. "January Book Bag: from Marina Abramović's instructions for rebooting your life to Paul Nash's little-known design work." *The Art Newspaper*, January 11, 2022.



## THE ART NEWSPAPER

**Our roundup of the latest art publications**

**The Marina Abramović Method: Instruction Cards to Reboot Your Life, Katya Tylevich and Marina Abramovic, Laurence King, 30 cards, £16.99, February**

Improve your life, the Marina Abramović way. The Belgrade-born godmother of performance art reveals her tips "for reaching a higher consciousness and confronting life's challenges" on a series of 30 instruction cards, which include directions such as "complain to a tree", "walk backwards with a mirror" and "drink a glass of water as slowly as you can". Key works by Abramović include *Rhythm 5* (1974), where she lay in the centre of a burning five-point star and *The Artist Is Present* (2010) when she sat and locked eyes with hundreds of visitors to the Museum of Modern Art in New York.

