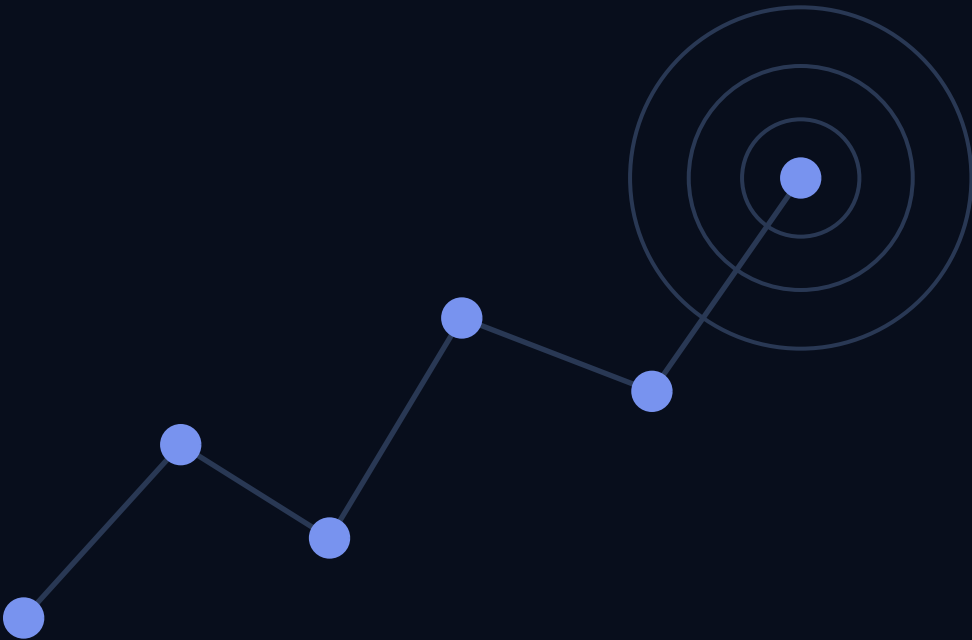


Shahzad Ali.

LEARN / THE ILLUSTRATED EDITION

A Goal *of Your Own*

Notes on understanding yourself, choosing a direction and doing the work.



Collected by Shahzad Ali

104 CARDS · SIX CHAPTERS · FREE DOWNLOAD

FROM SHAHZAD

Why I made these cards.

I believe in understanding yourself and giving yourself a goal. Once you choose a goal, distractions appear. Working through them is part of the battle. That is how I see the hero's journey.

I made these cards to help myself learn. I am sharing them because an idea can be useful to someone else. Take whatever helps you and put it to use.

ABOUT THIS EDITION

An edited collection from 117 handwritten source pages. These pages bring together personal reminders, reading notes and philosophical ideas. The public edition contains 104 cards, grouped by theme. Wording has been simplified, sources credited and unclear or private material set aside. Card numbers refer to the original collection. Spiritual ideas retain their philosophical context. Unverified names on the original cards are identified where relevant.

Each card brings together a new concept illustration, the edited reading and the original handwritten scan. Source credits and context remain beside the reading. Illustrations are visual interpretations of the ideas.

This book is available as a free download. Quotations, reading notes and third-party material retain their original credits and rights.

Use the contents, chapter bookmarks or the original-card index to move through the collection.

A way through the notes.

Begin with a chapter that speaks to you.
Return to a card when it becomes useful.

CARD NUMBERS FOLLOW THE ORIGINAL NOTEBOOK

01	Understand yourself	004
----	---------------------	-----

02	Choose a direction	036
----	--------------------	-----

03	Meet resistance	045
----	-----------------	-----

04	Do the work	064
----	-------------	-----

05	Live with others	086
----	------------------	-----

06	Keep your perspective	094
----	-----------------------	-----

	Sources and credits	114
--	---------------------	-----

	Find an original card	116
--	-----------------------	-----

01

Understand yourself



The collection begins with the person making the choices. Approval, habit, desire and incomplete information all appear in these cards. A repeated concern is the ease with which a familiar thought becomes a settled opinion. The notes return to examining that process: noticing a reaction, considering another view and leaving room to learn.

Some cards use the language of mind and intellect drawn from philosophy. Others use images such as a dog and its trainer, a lens or a computer firewall. Together they introduce the book’s first thread: understanding the patterns behind a choice before deciding where to direct your effort.

ORIGINAL CARD 003

An audience of one



A compass keeps its direction when the surrounding audience fades.

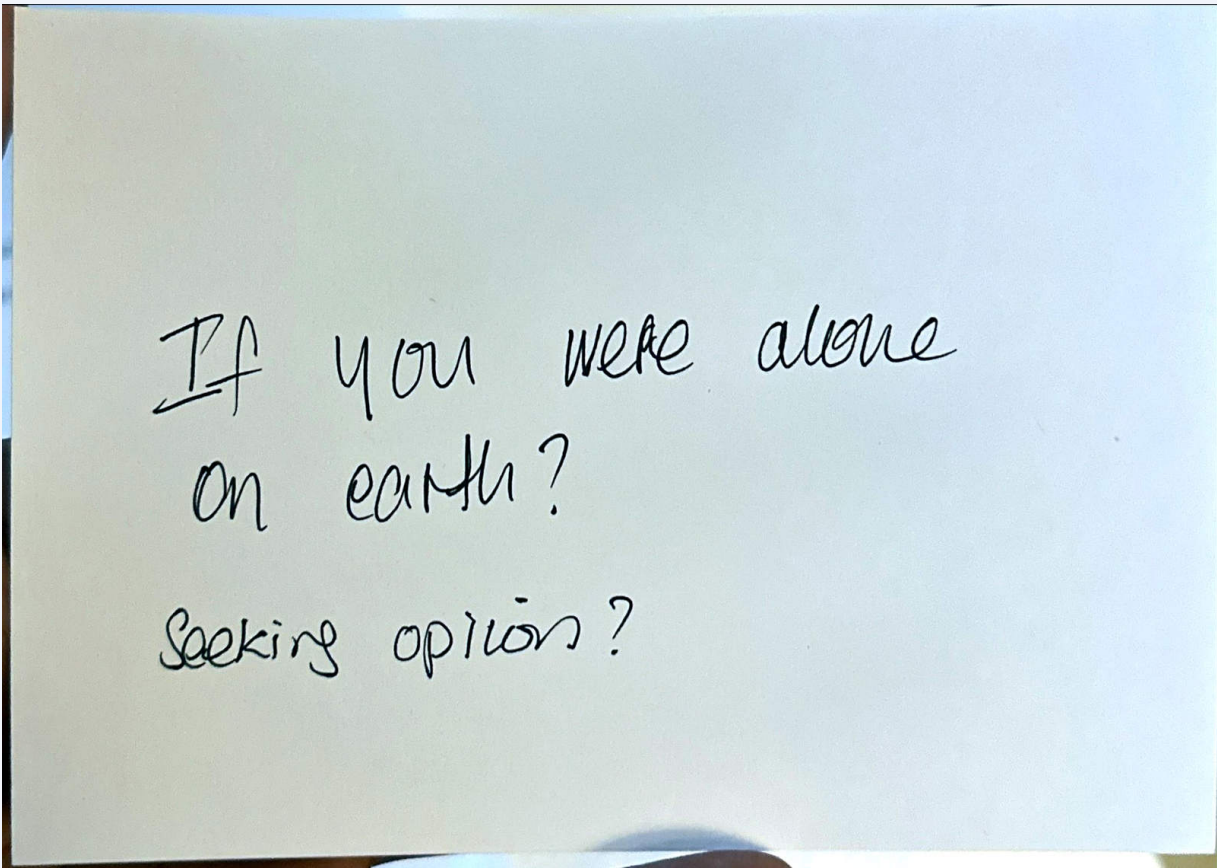
VISUAL INTERPRETATION

EDITED READING

Imagine being alone on earth. Consider which choices would still matter to you when nobody was there to approve of them.

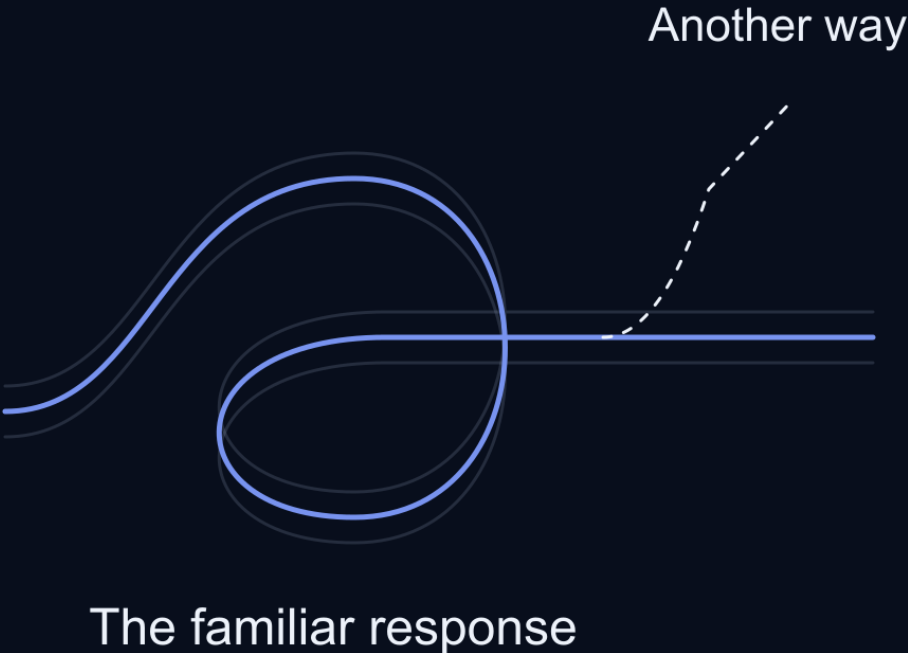
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 003

Familiar patterns

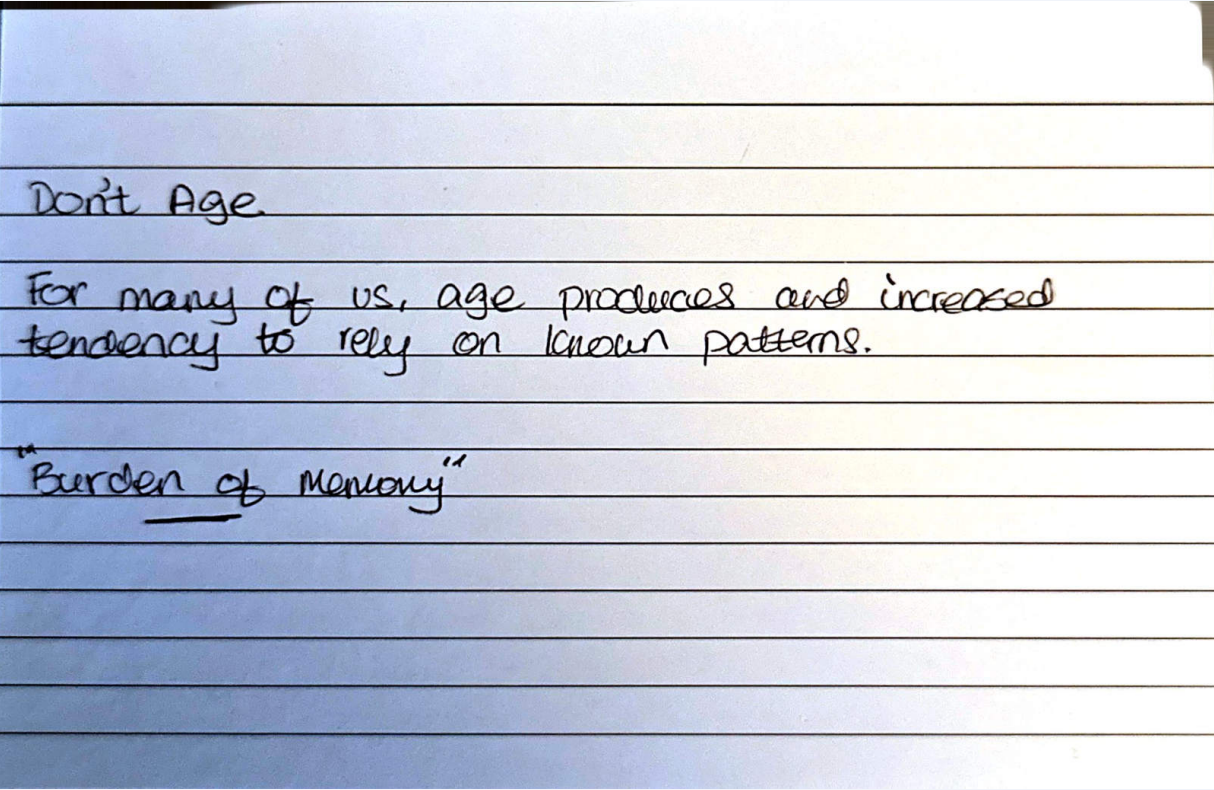


A familiar route loops through memory while another response remains possible.

Familiar patterns can become easier to rely on as we grow older. Notice when memory is deciding the response for you.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 010

Knowing your limits



A small area of knowledge sits within a much larger space for learning.

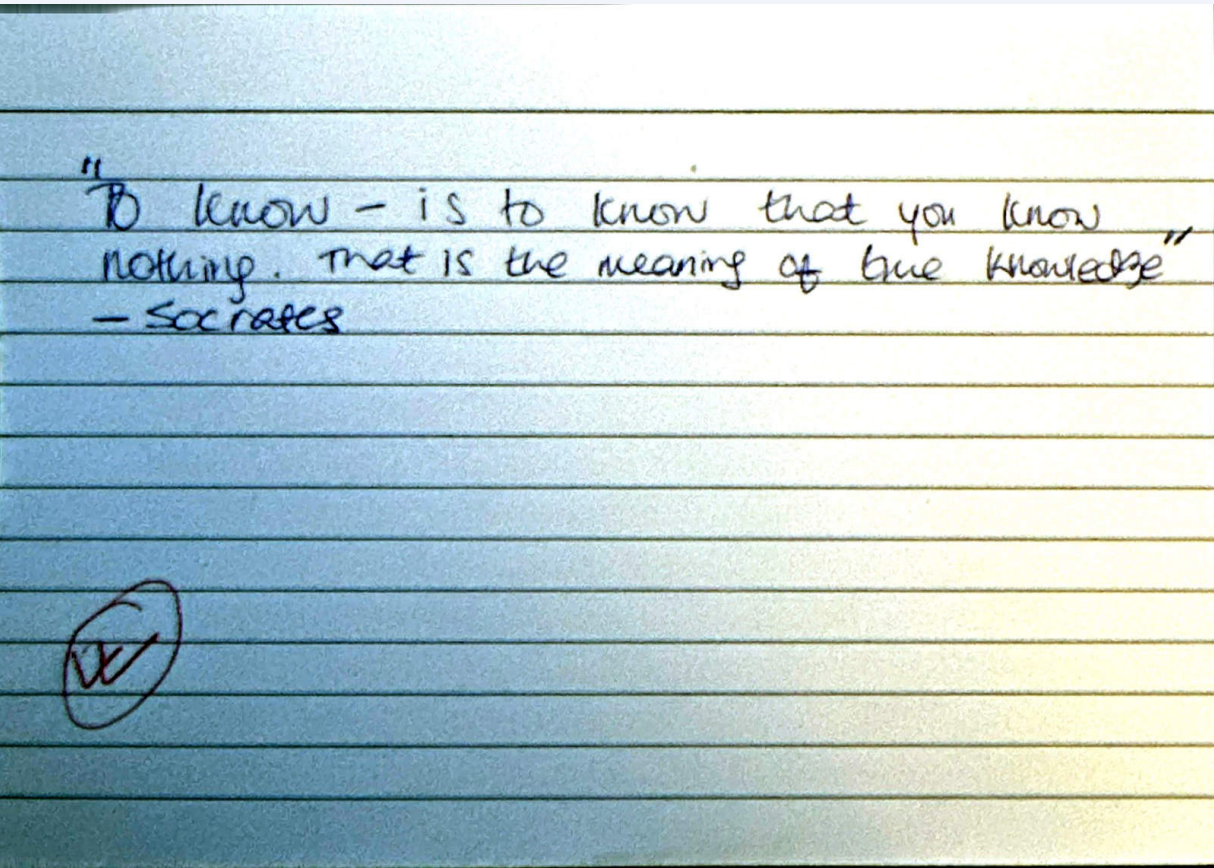
VISUAL INTERPRETATION

EDITED READING

Recognise the limits of what you know. Keep room for learning.

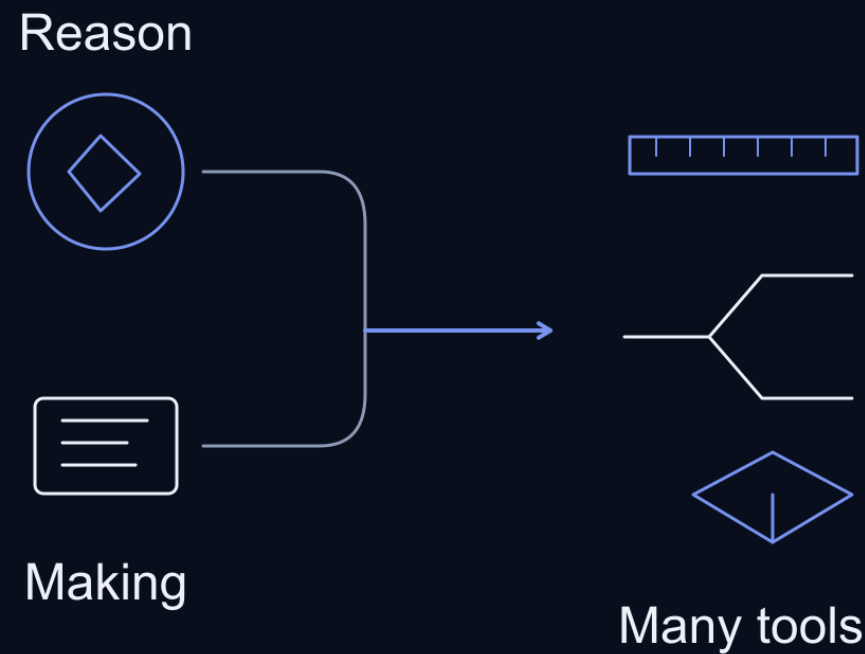
Collected note; original Socrates attribution unverified

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 010

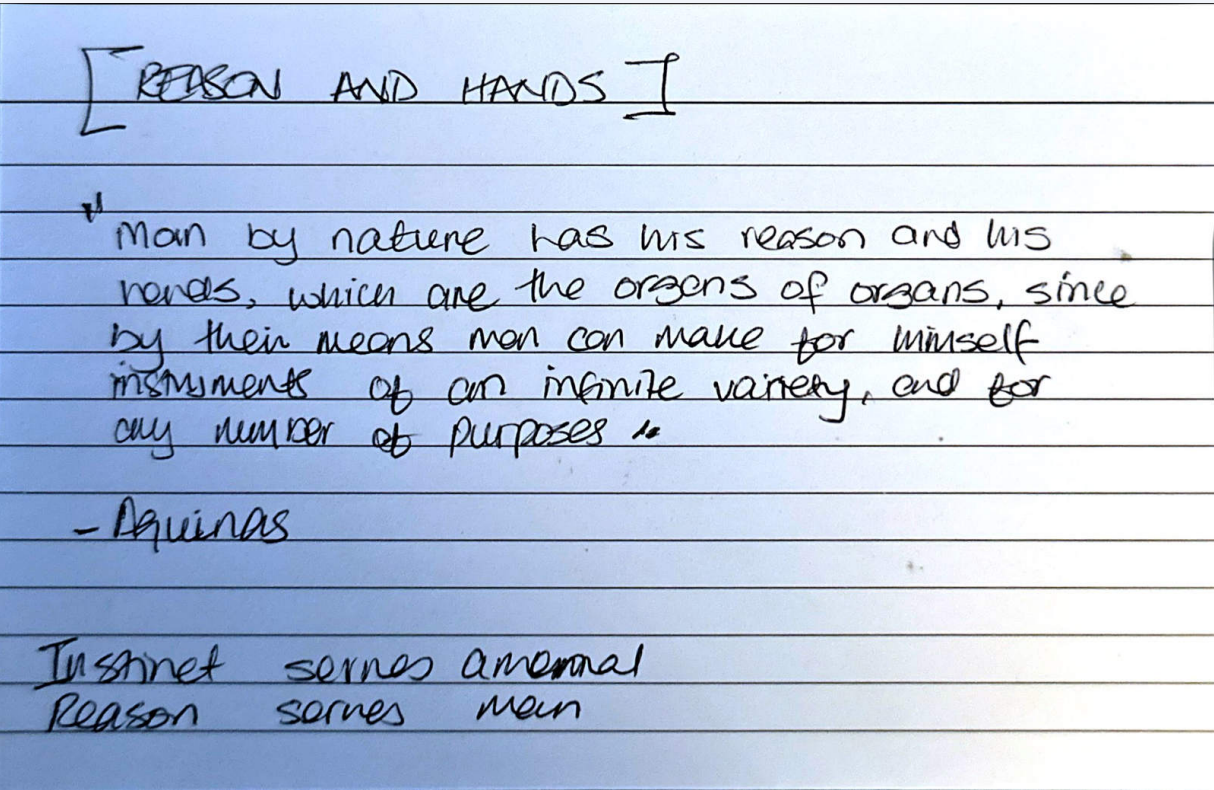
Reason and hands



Reason and practical making combine to produce tools for different purposes.

Aquinas describes reason and hands as tools through which people can make many other tools, suited to many purposes.

After Thomas Aquinas, Summa Theologiae I.76.5



Limited data

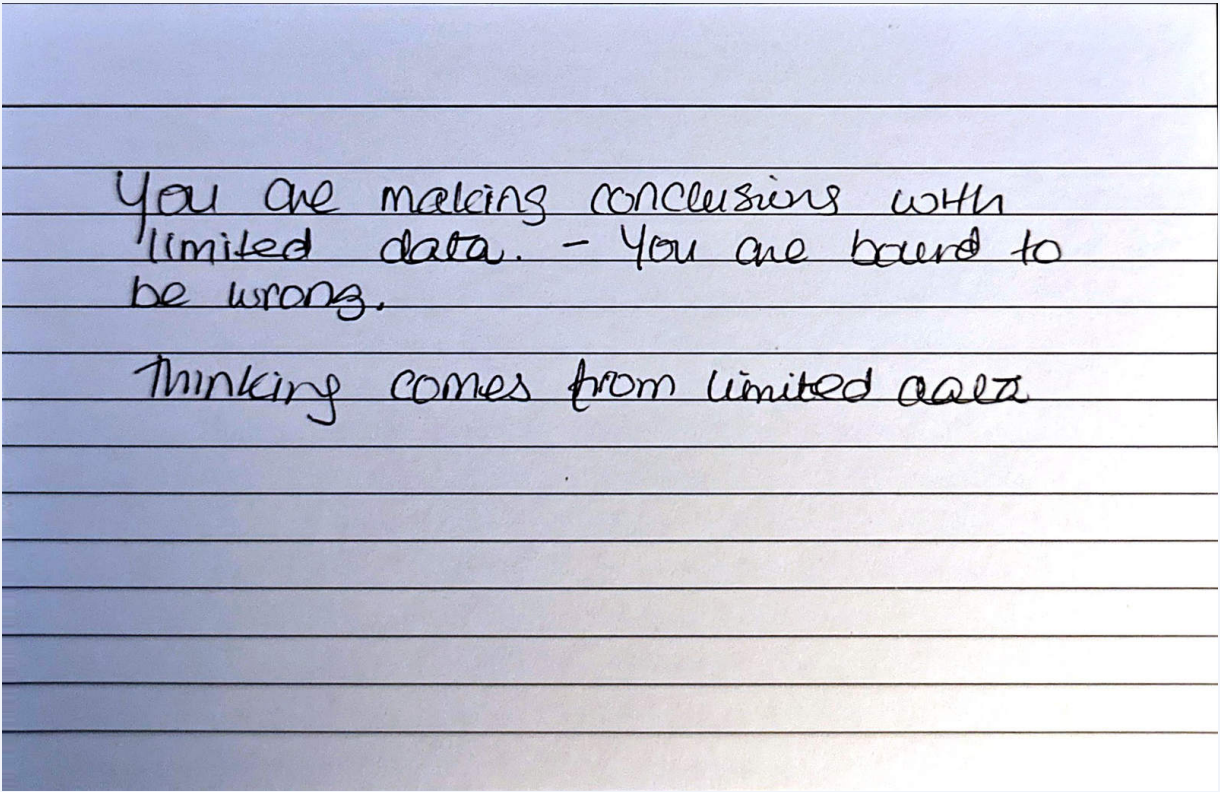


A conclusion is built from a picture with missing pieces.

Your conclusions depend on the information available to you. Limited information leaves room for error.

Collected note

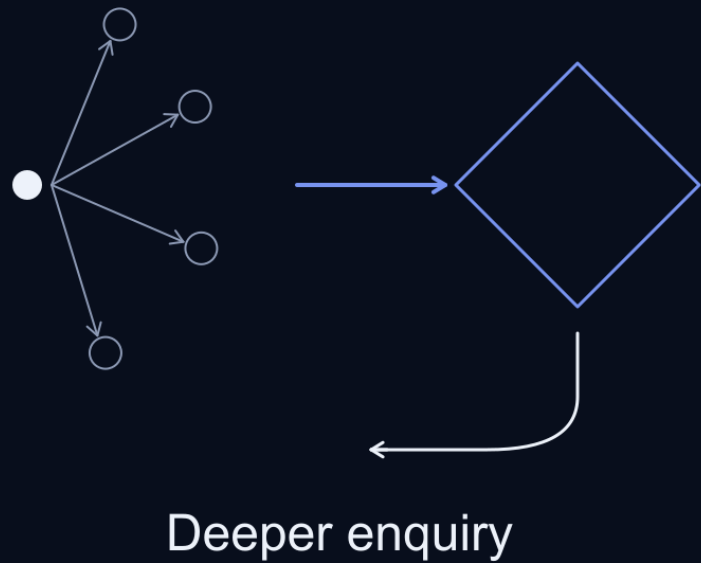
THE ORIGINAL HANDWRITTEN NOTE



Mind and intellect

Attraction

Judgement



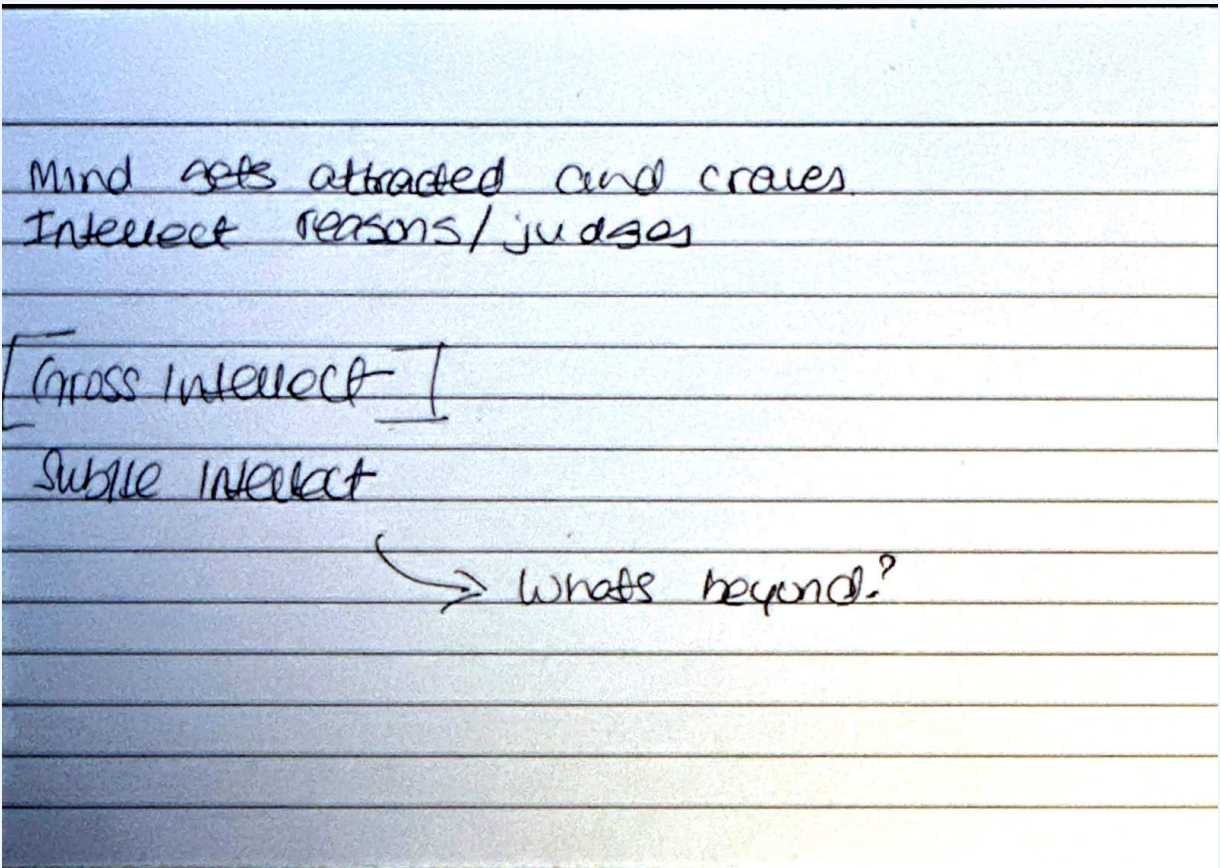
Attraction, judgement and deeper enquiry occupy different places in this model.

In this philosophical model, the mind is attracted and craves. The intellect examines and judges. Subtle enquiry asks what lies beyond the surface.

Collected note

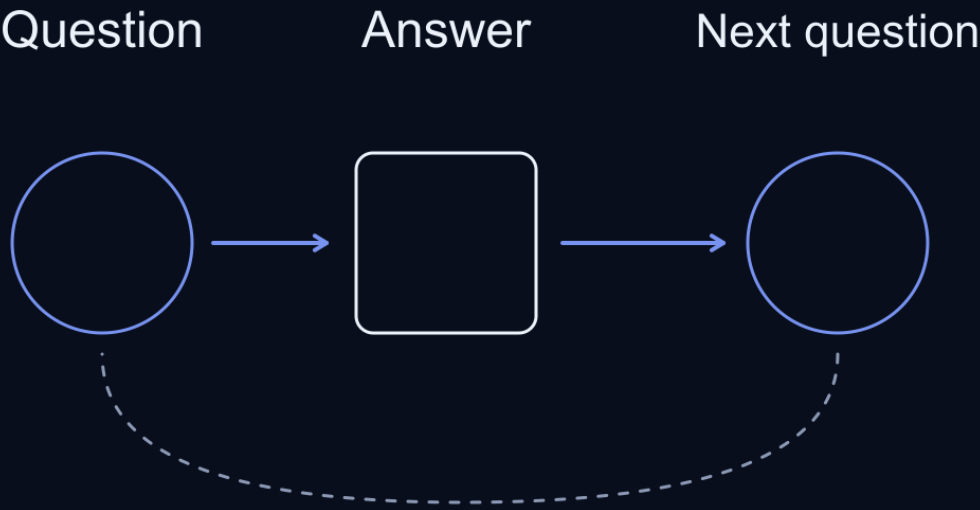
Context: Terms used within a philosophical model.

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 020

The next question



One answer can become the starting point for another question.

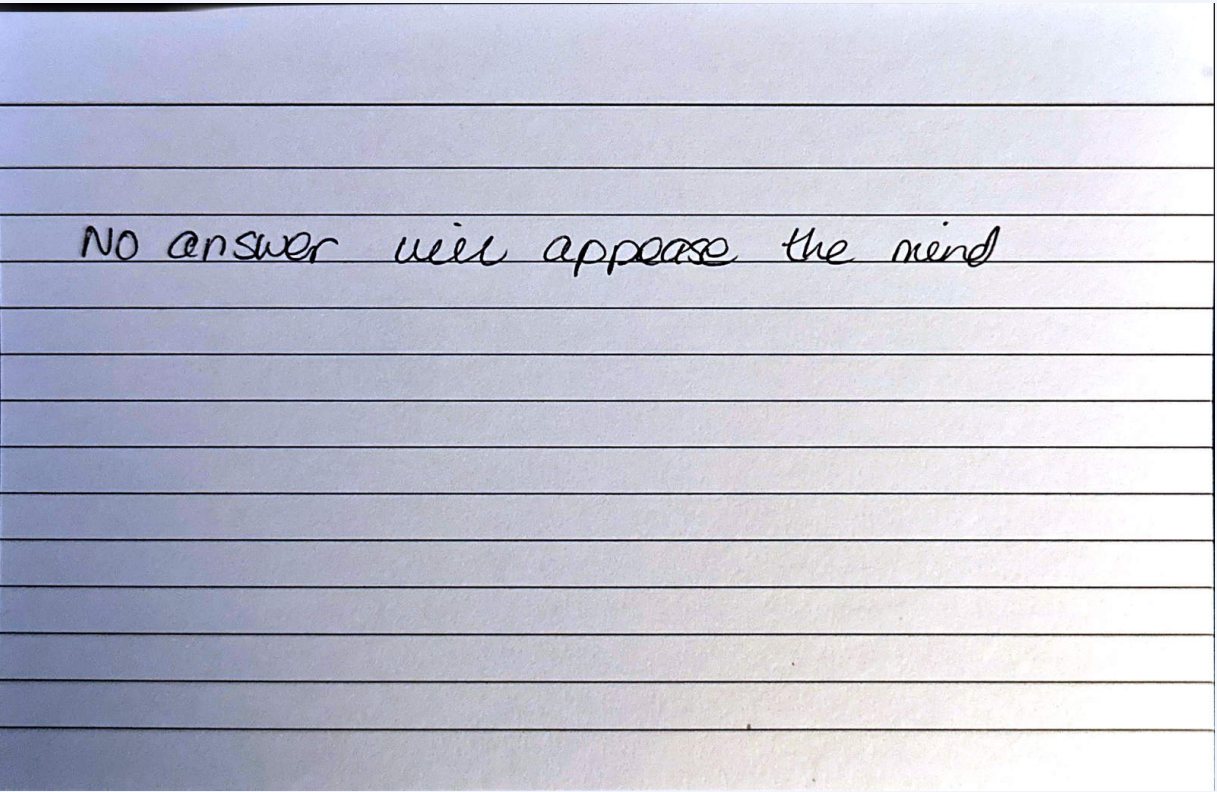
VISUAL INTERPRETATION

EDITED READING

The mind can keep asking for another answer.

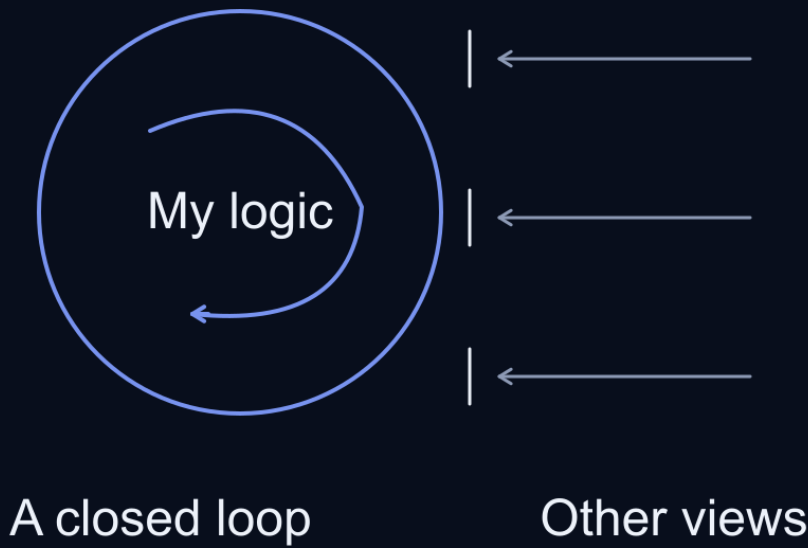
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 020

Attached to a view

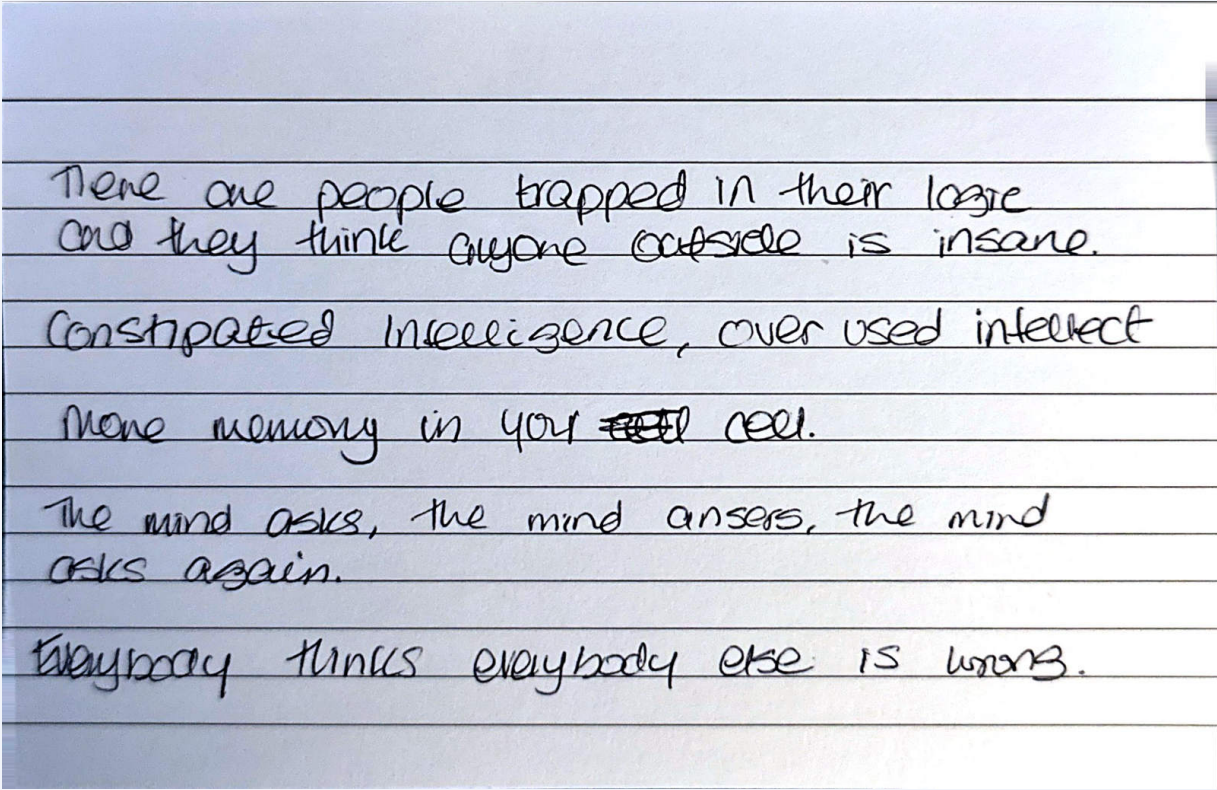


An explanation can close into a loop that keeps other views outside.

A person can become so attached to their own logic that every other view looks mistaken. The mind asks, answers and asks again.

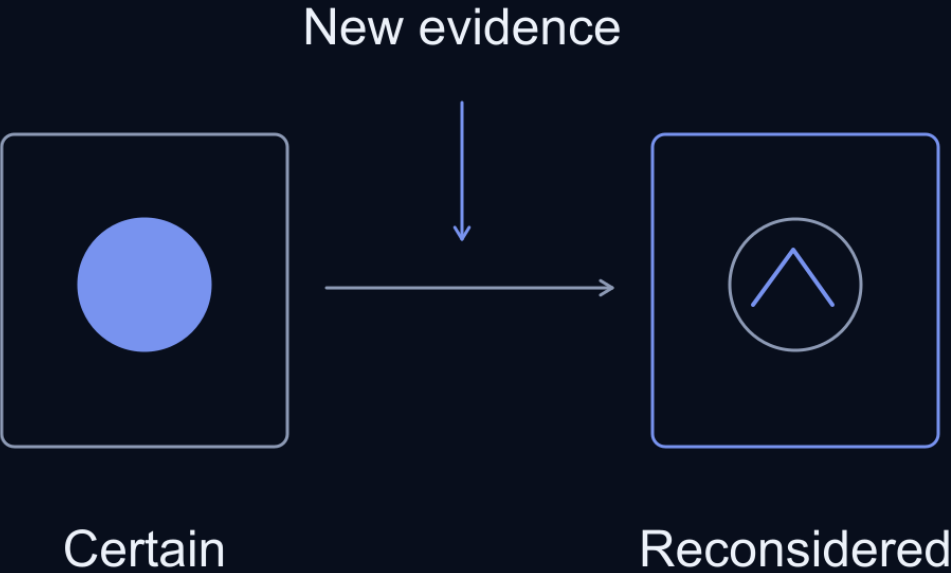
Collected note

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 022

Being wrong



New evidence can change a belief that previously felt certain.

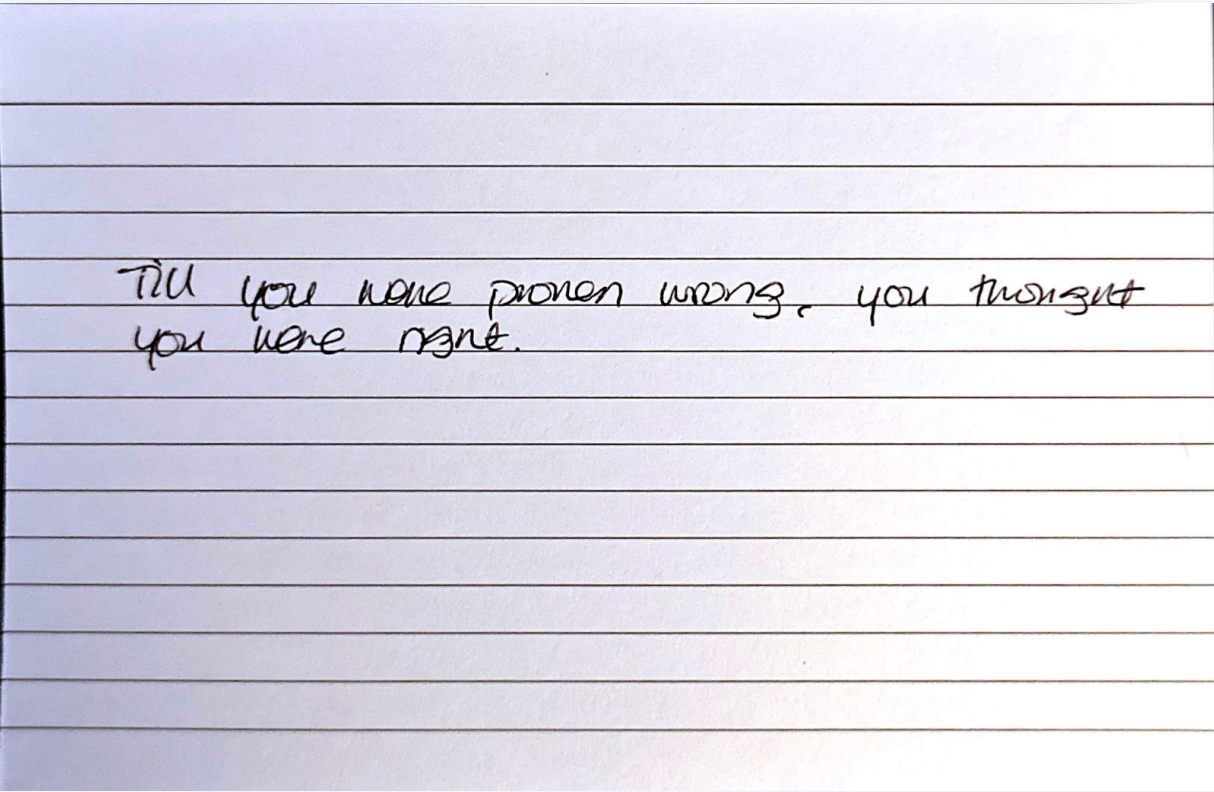
VISUAL INTERPRETATION

EDITED READING

Before discovering that you were wrong, you believed you were right.

Collected note

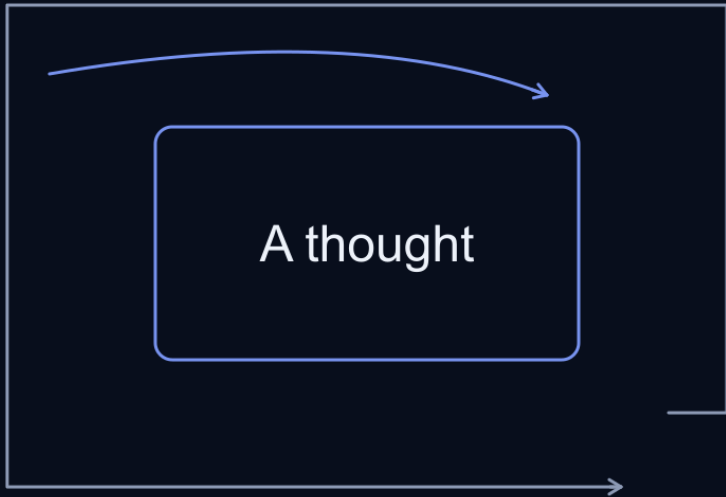
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 022

ORIGINAL CARD 023

Thinking about thinking



What shaped it?

Thinking can turn back towards the influences that produced a thought.

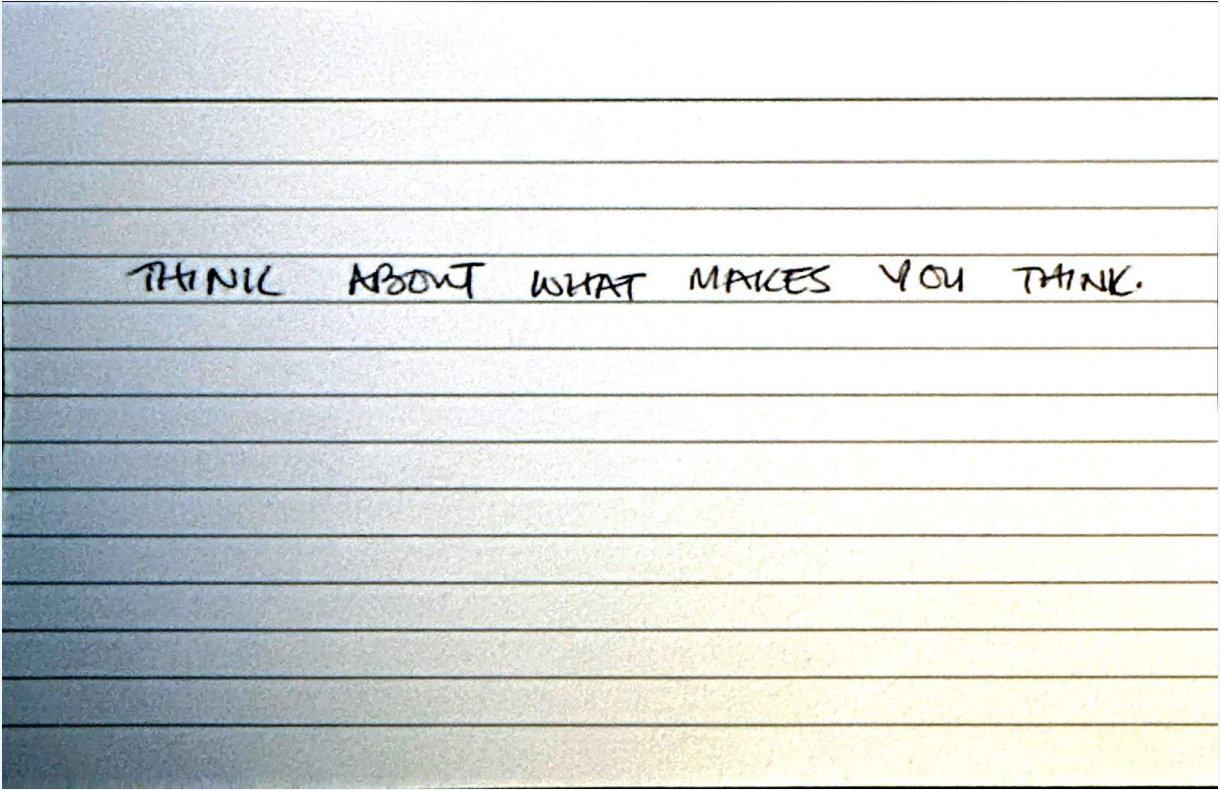
VISUAL INTERPRETATION

EDITED READING

Think about what makes you think.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 023

Books and the reader



Reading

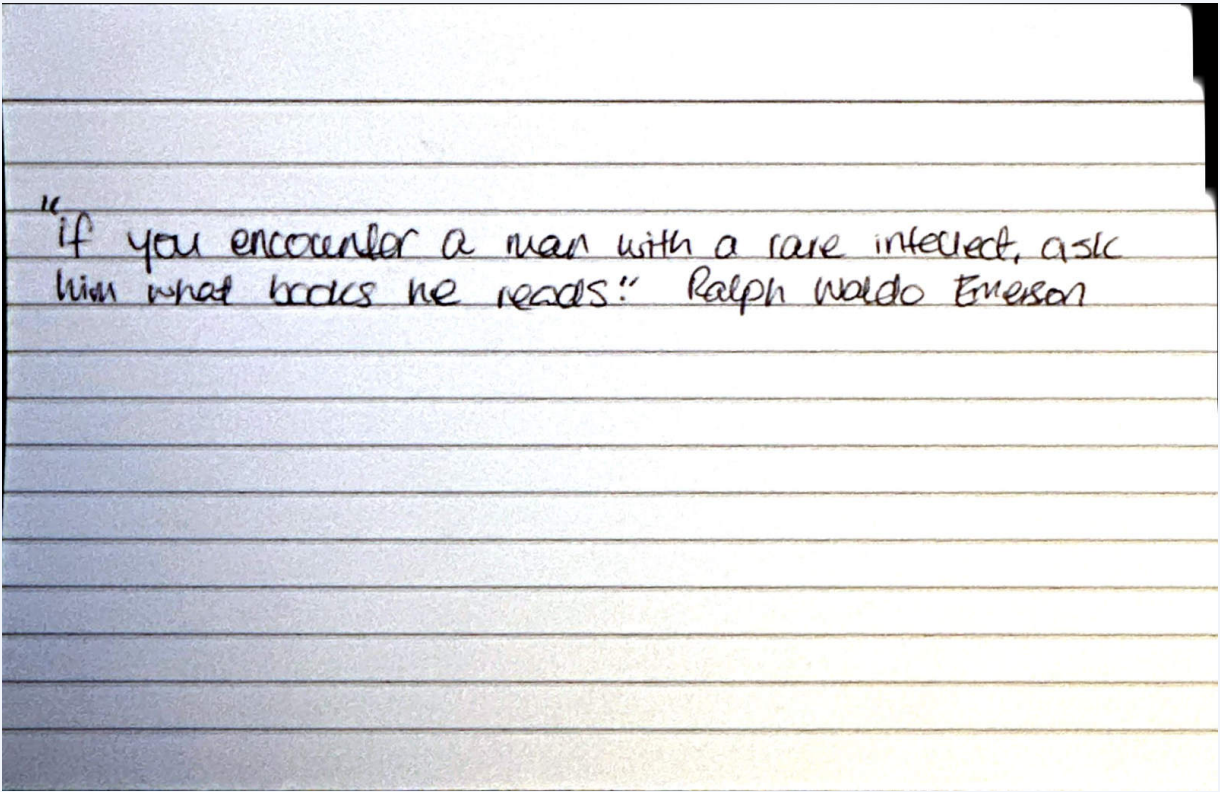


Ways of thinking

Reading leaves connections in the way a person thinks.

When someone has an unusual intellect, find out what they read.

After Ralph Waldo Emerson, Quotation and Originality



ORIGINAL CARD 031

Seeking validation



A route towards approval can pull attention away from a chosen direction.

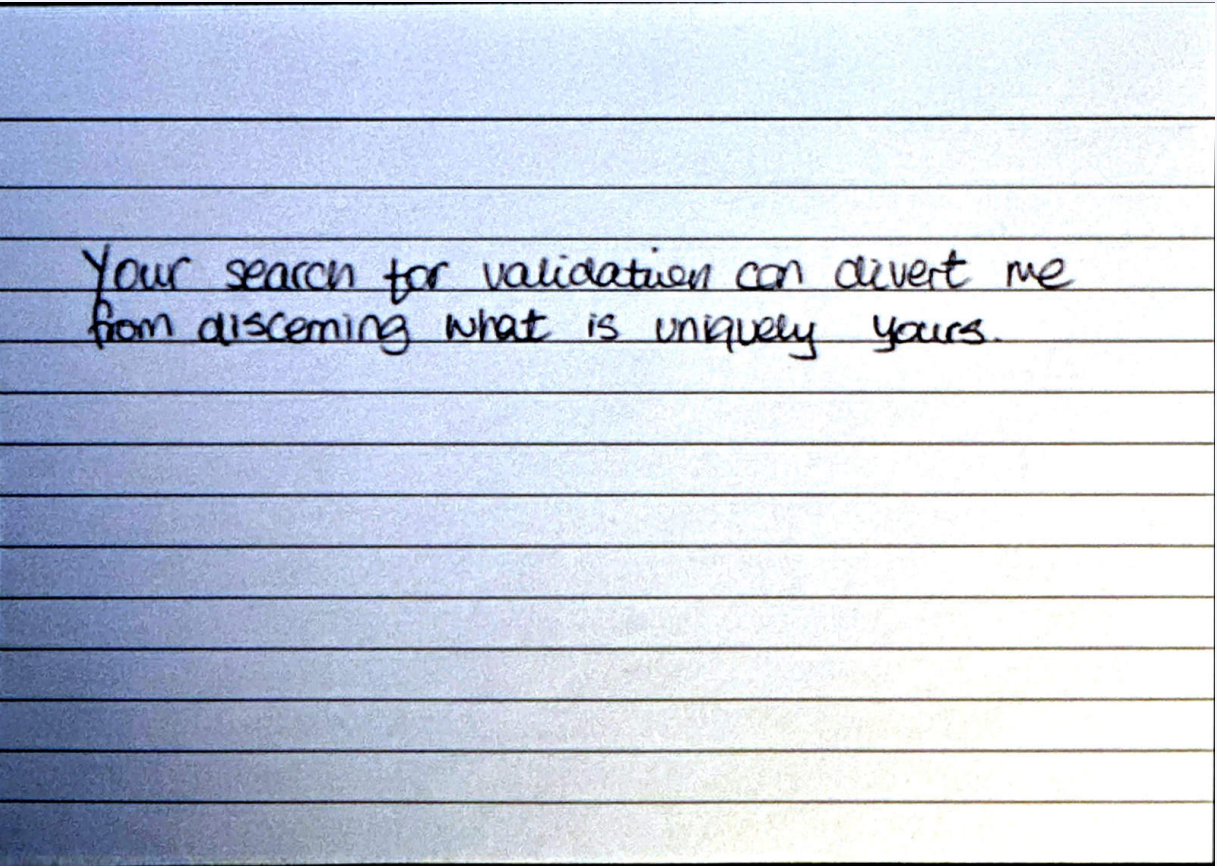
VISUAL INTERPRETATION

EDITED READING

Your search for validation can divert you from discerning what is uniquely yours.

Collected note

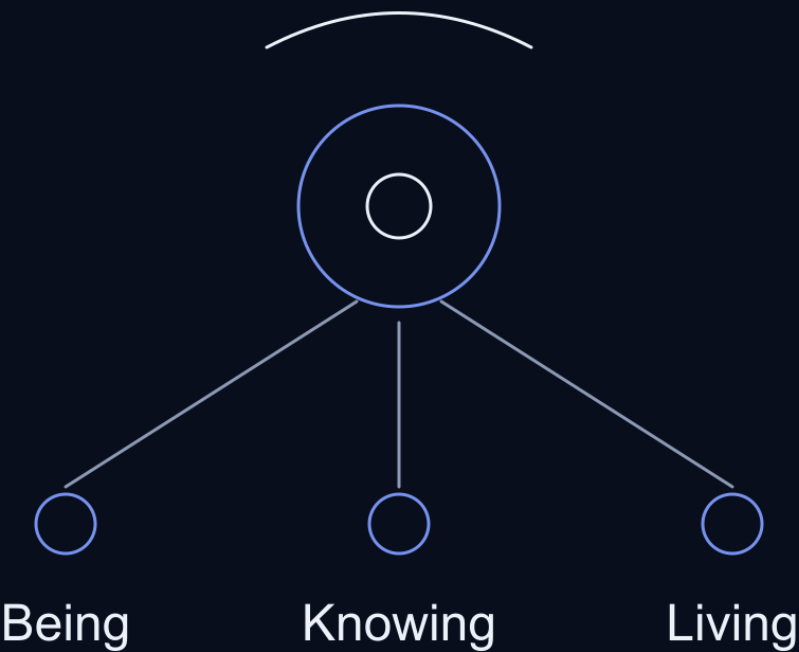
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 031

ORIGINAL CARD 032

Philosophy



Philosophical enquiry opens into questions of being, knowing and living.

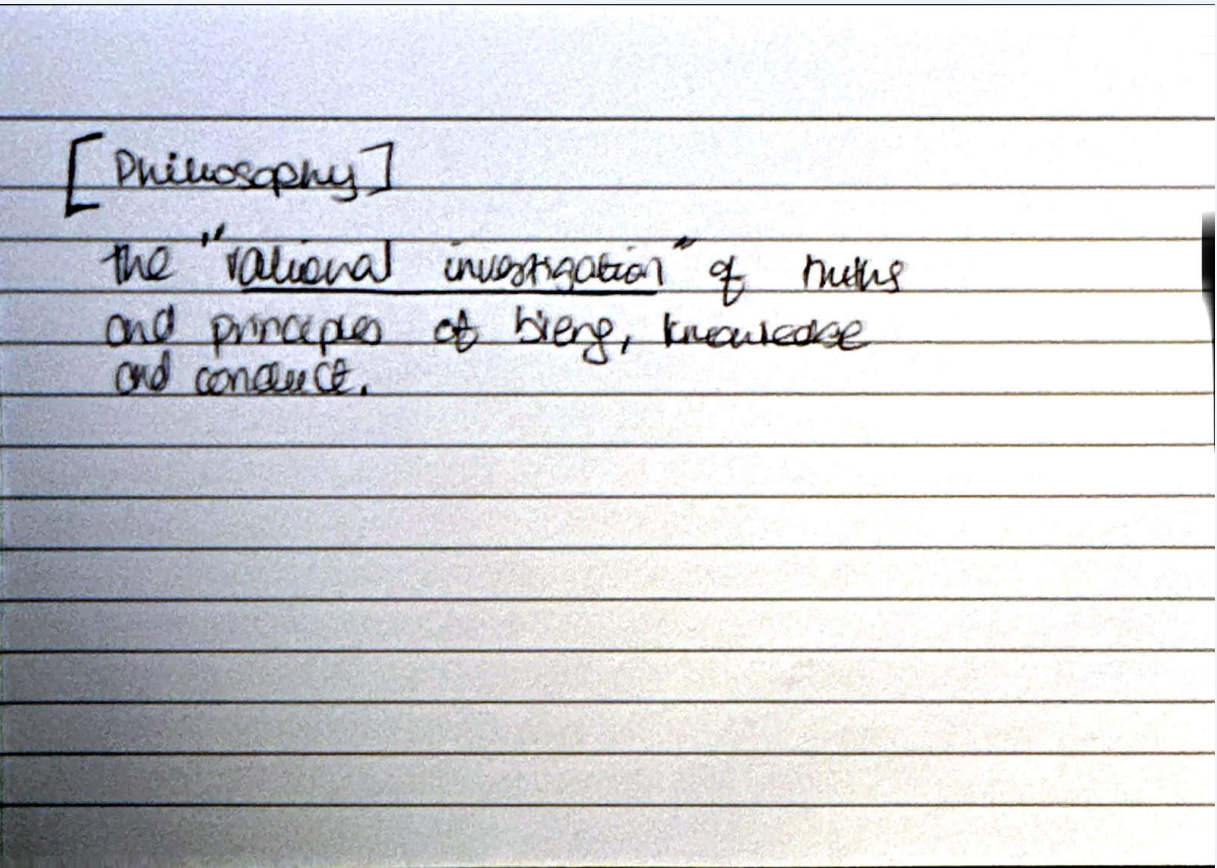
VISUAL INTERPRETATION

EDITED READING

The rational investigation of truths and principles of being, knowledge and conduct.

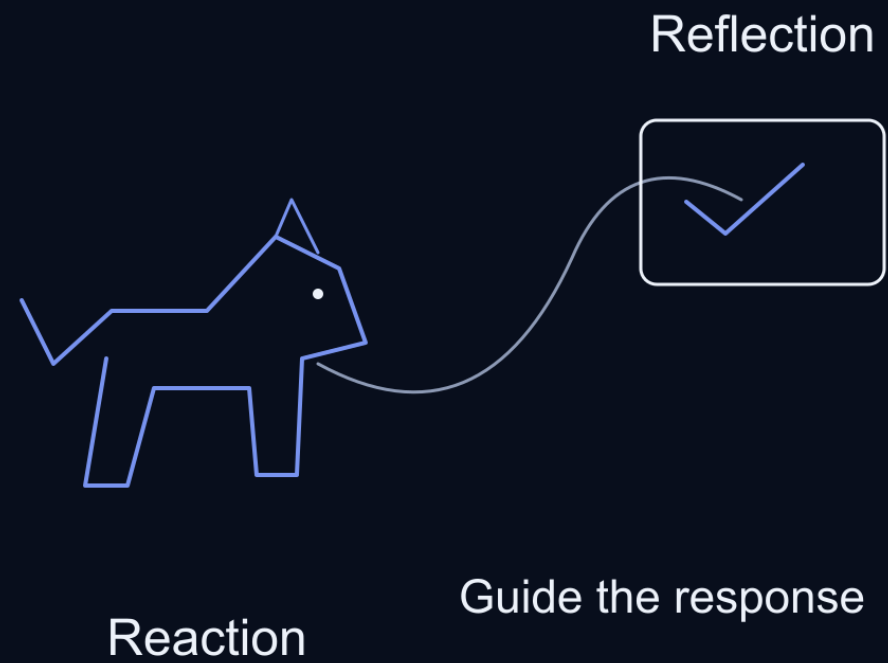
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 032

Train the dog



Reflection guides the reactive mind in the card's dog-and-trainer metaphor.

I have a “Rottweiler dog” in my mind. Before it can play, it will assess you and pick up the smallest discrepancy.

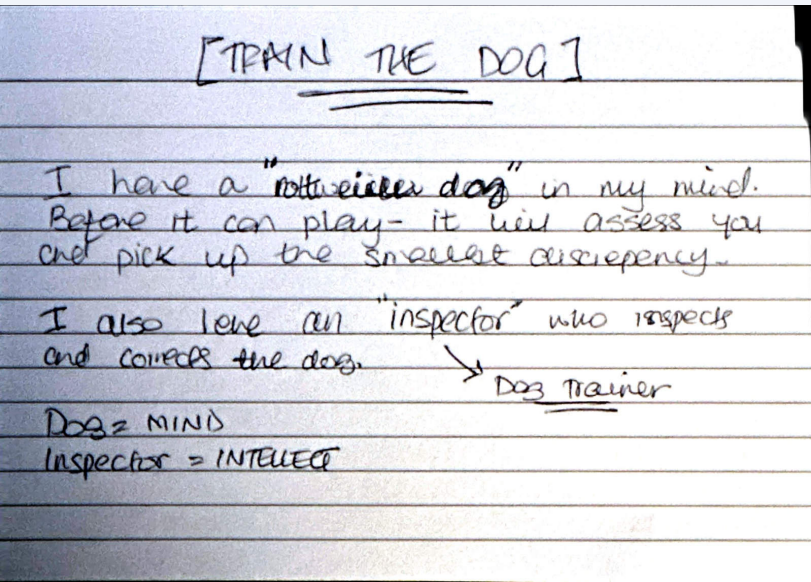
I also have an “inspector” who inspects and corrects the dog.

Dog = mind.
Inspector = intellect, the dog trainer.

Collected note

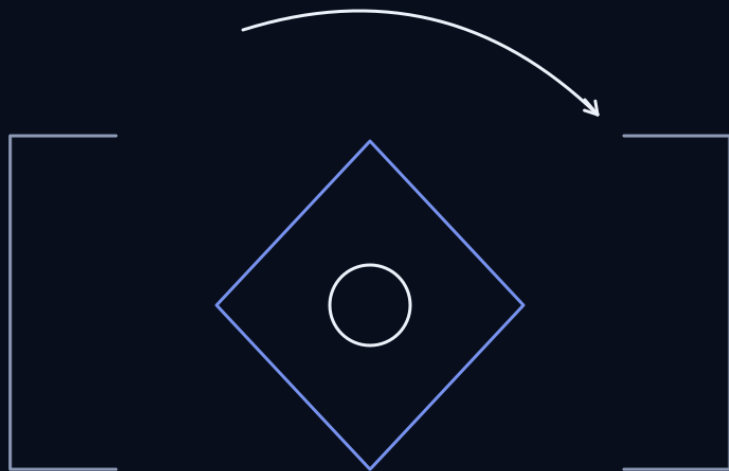
Context: The dog and trainer are a metaphor for reactions and reflection.

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 036

Entertain a thought



Examine the thought
Keep judgement open

Open brackets hold a thought for examination without closing the question.

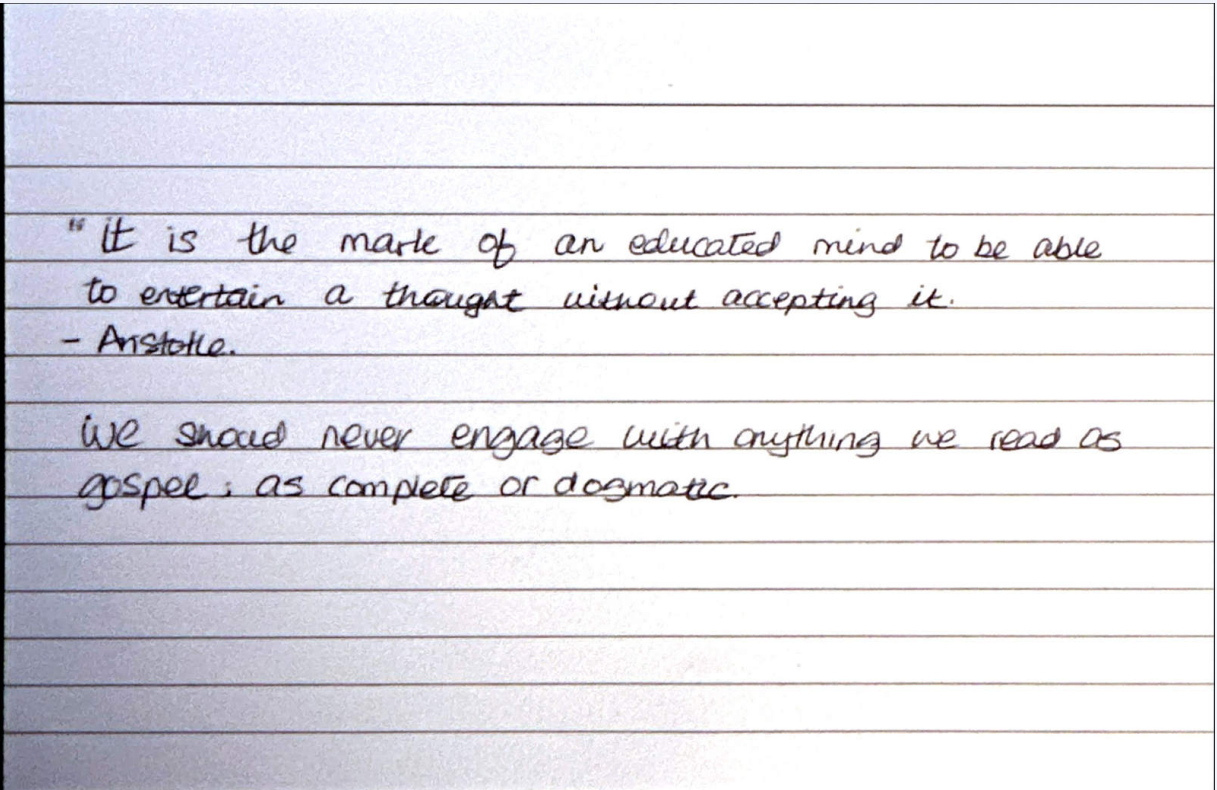
VISUAL INTERPRETATION

EDITED READING

Examine a thought while keeping your judgement open. Treat what you read as something to consider and test.

Collected note; original Aristotle attribution unverified

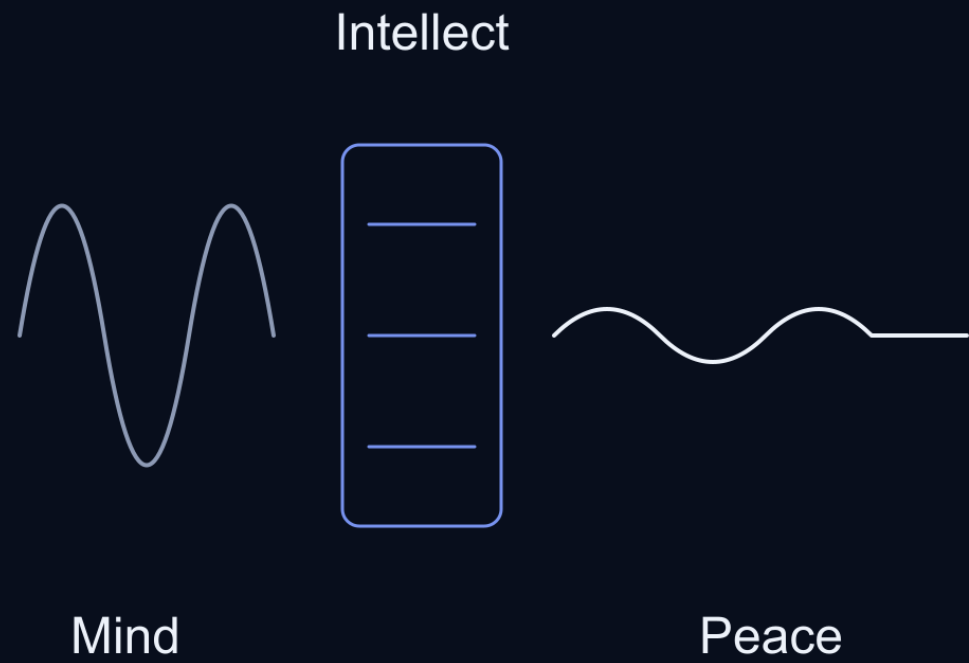
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 036

ORIGINAL CARD 039

Mind and intellect



The card pictures reflection bringing steadiness to the movement of the mind.

VISUAL INTERPRETATION

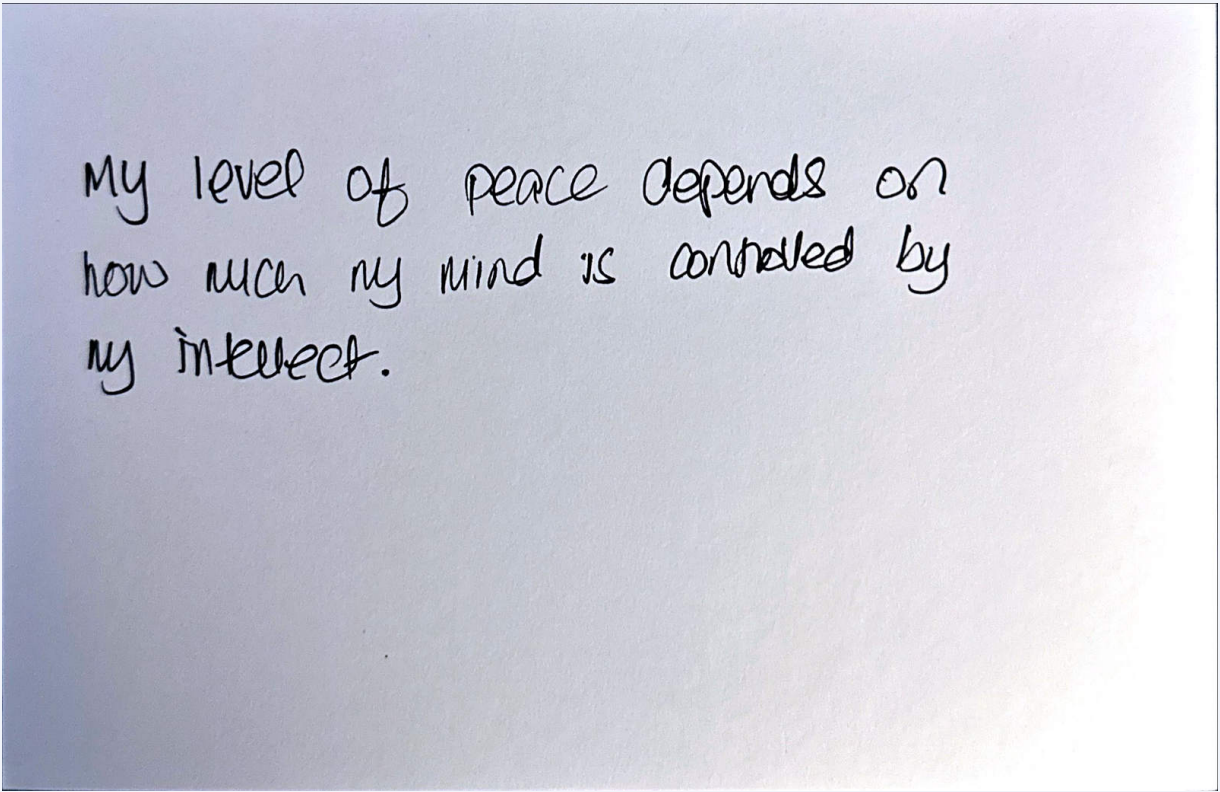
EDITED READING

My level of peace depends on how much my mind is controlled by my intellect.

Collected note

Context: A philosophical view of mind and intellect.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 039

ORIGINAL CARD 053

Names for fields of knowledge



Theology

Philosophy

Epistemology

Three fields organise different questions about belief, existence and knowledge.

VISUAL INTERPRETATION

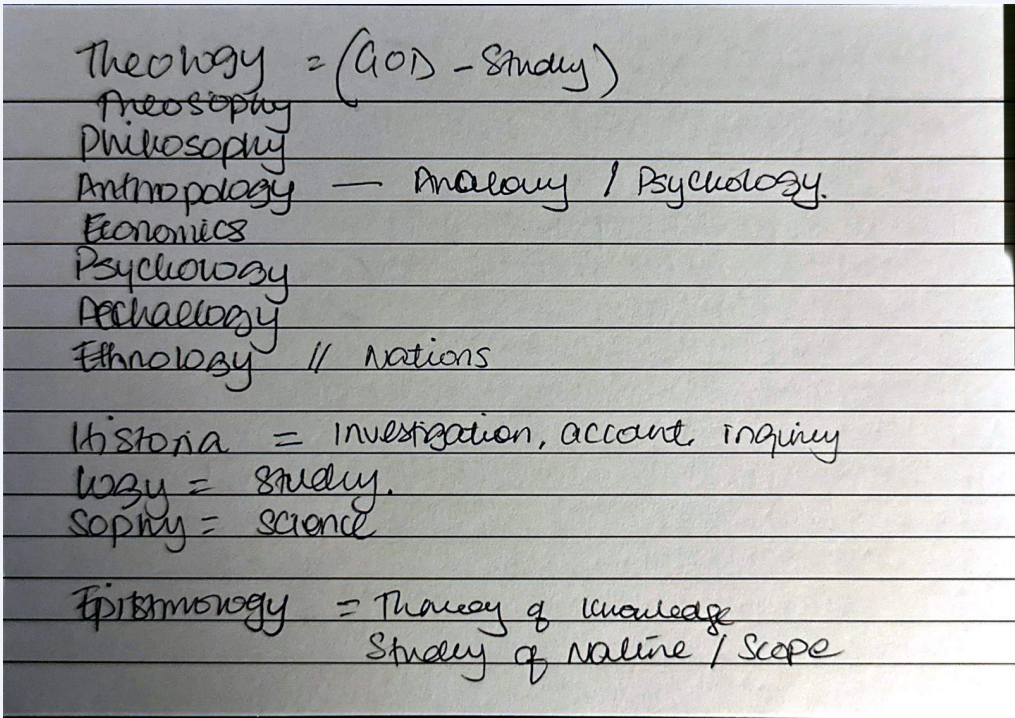
EDITED READING

Theology studies God and religious belief. Philosophy examines fundamental questions about knowledge, reality and how to live. Epistemology studies knowledge. The Greek word sophia means wisdom.

Collected note

Context: The Greek word sophia means wisdom. The edited reading corrects the handwritten gloss.

THE ORIGINAL HANDWRITTEN NOTE

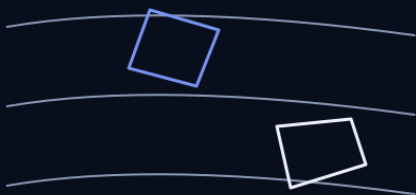


SOURCE 053

ORIGINAL CARD 054

Anthropology and archaeology

Living cultures



Material traces

Living relationships and buried material traces offer different views of humanity.

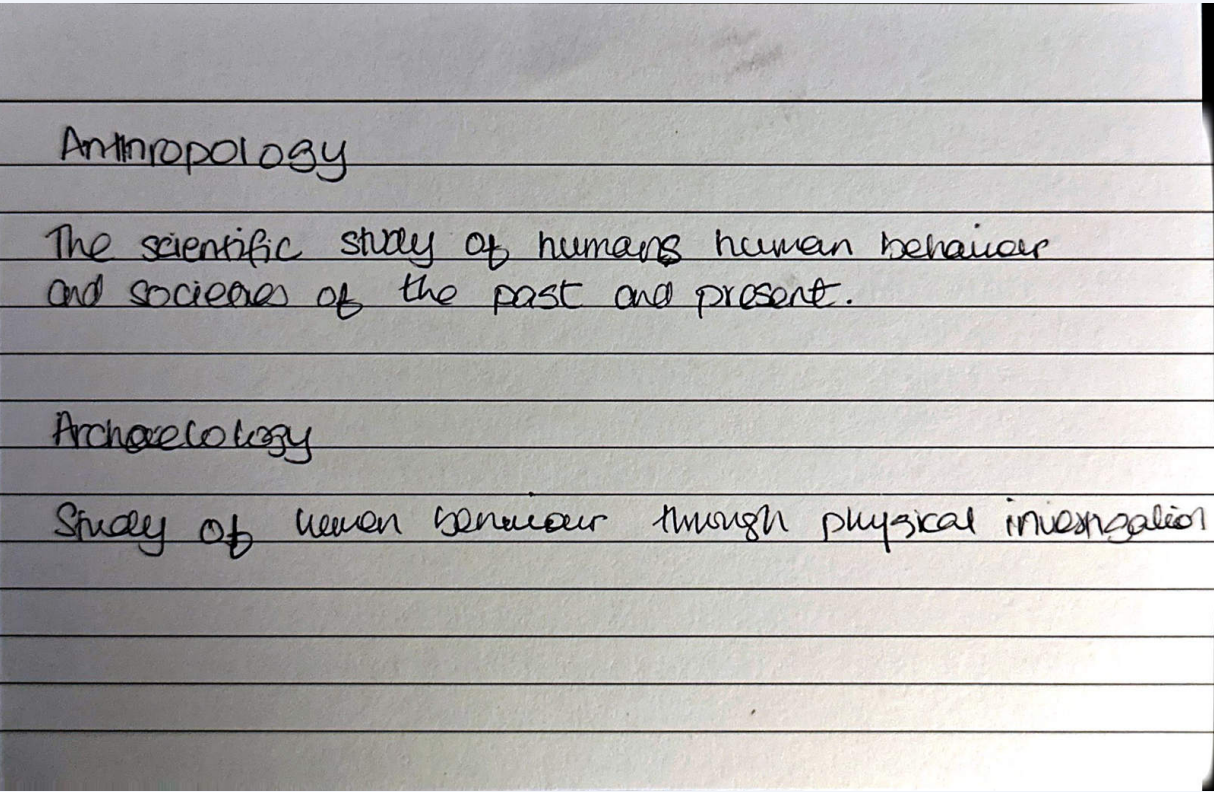
VISUAL INTERPRETATION

EDITED READING

Anthropology studies human beings, societies and cultures. Archaeology studies the human past through material remains.

Collected note

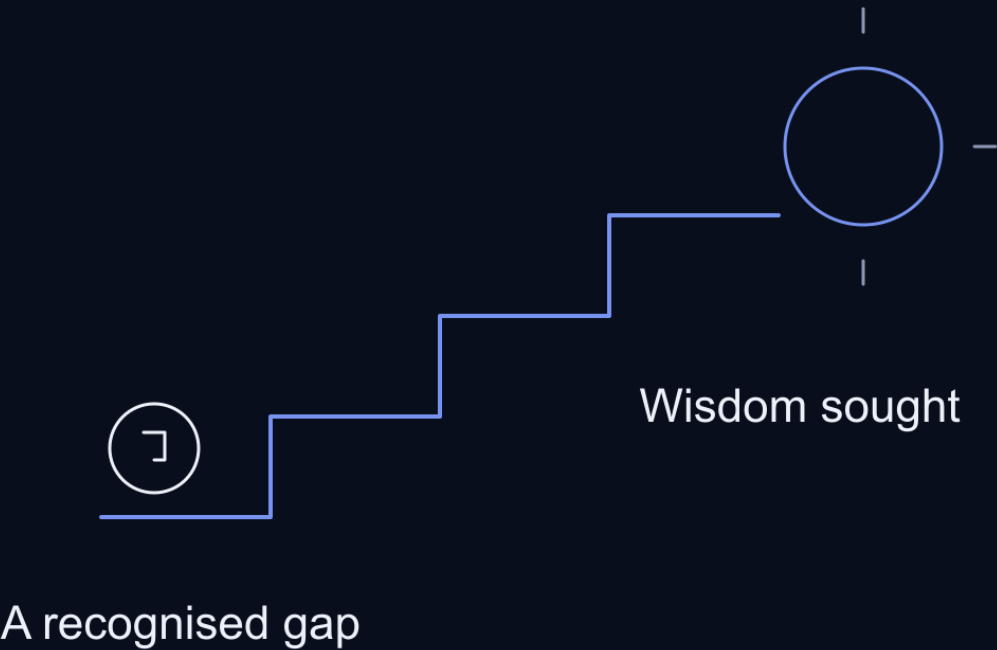
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 054

ORIGINAL CARD 055

The philosopher and the sage



Recognising a gap in wisdom becomes the reason to begin seeking it.

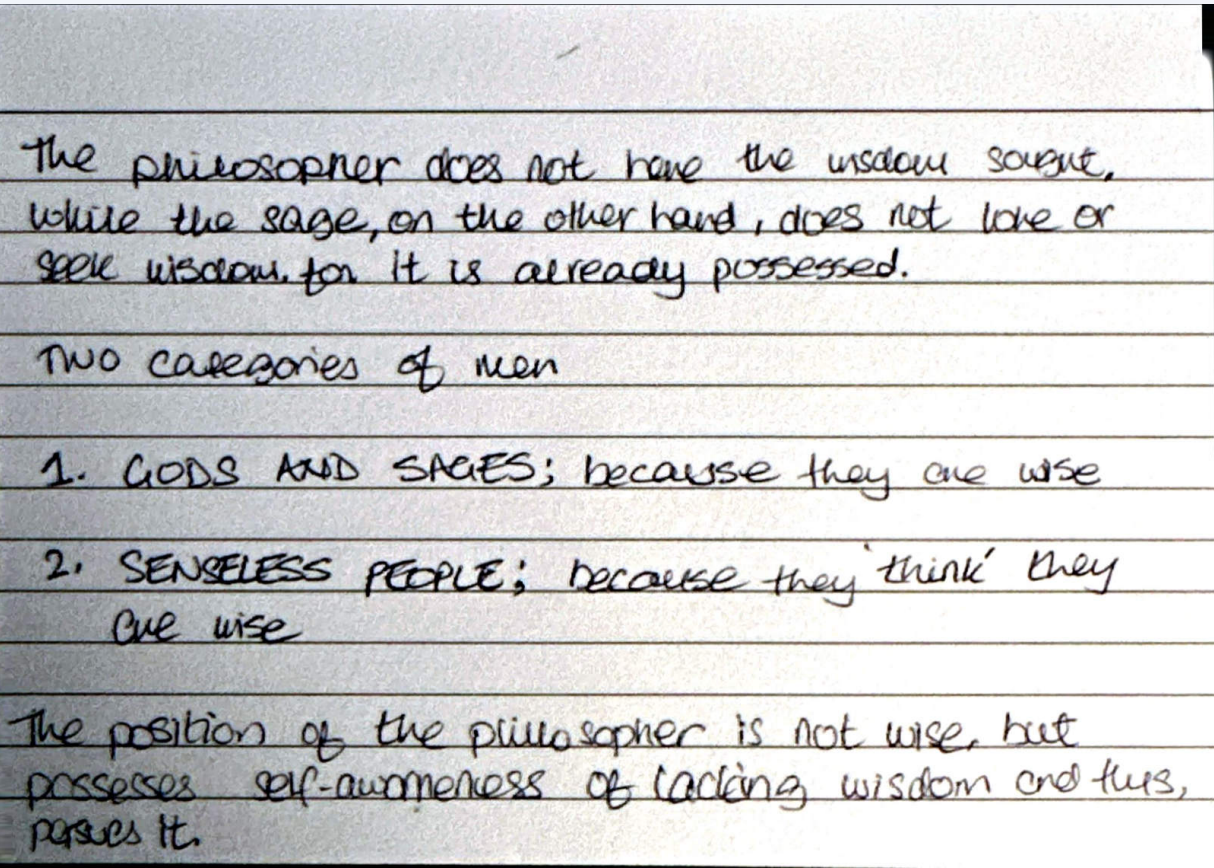
VISUAL INTERPRETATION

EDITED READING

In Plato's Symposium, Diotima presents the philosopher as someone who recognises a lack of wisdom and therefore seeks it.

After Plato, Symposium 204a-b; Diotima through Socrates

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 055

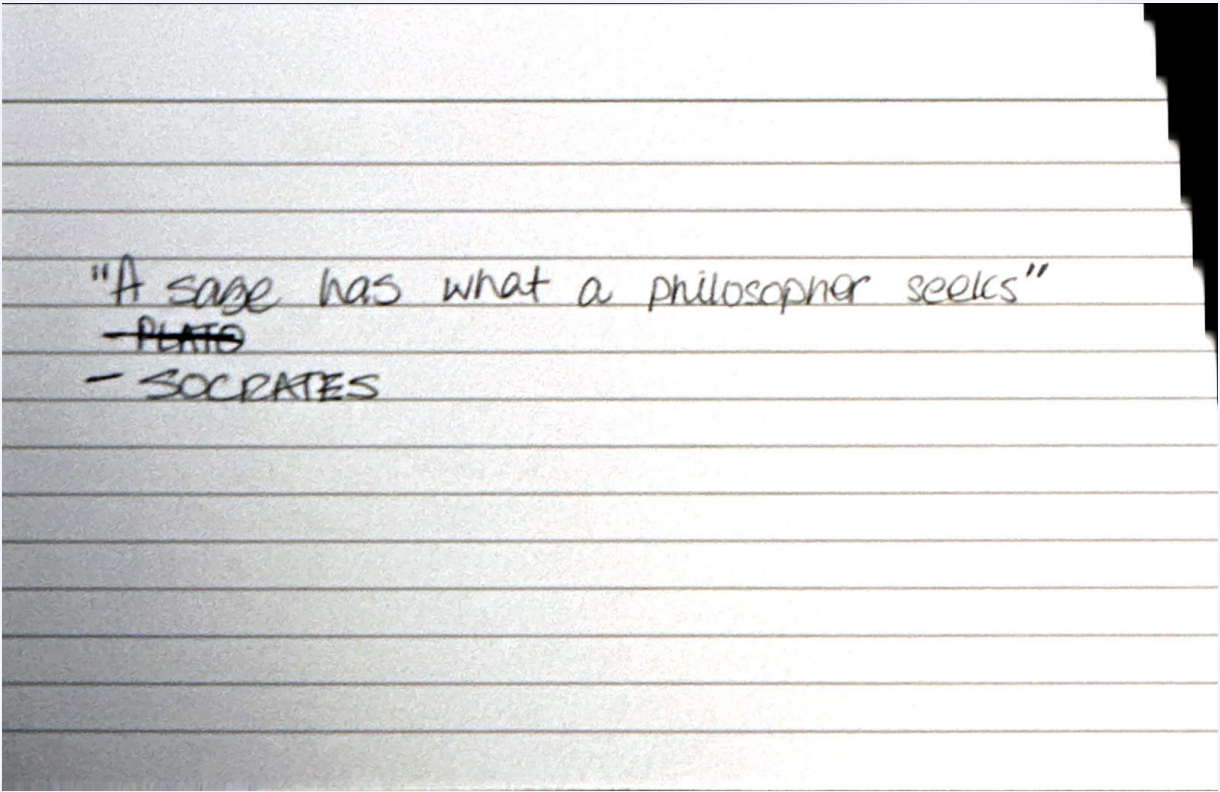
What the philosopher seeks



The card contrasts wisdom being sought with wisdom already possessed.

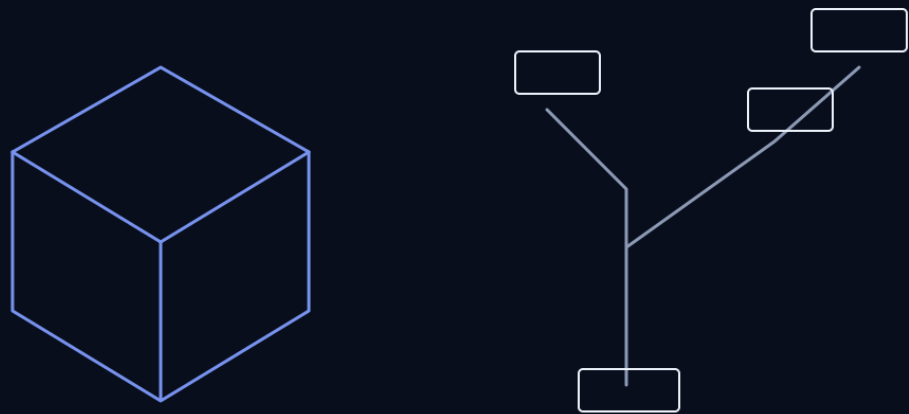
The philosopher seeks wisdom. In the card's contrast, the sage already possesses it.

After Plato, Symposium 204a-b



ORIGINAL CARD 058

Being and the origins of words



What exists

Where words begin

Ontology asks about existence while etymology traces the development of words.

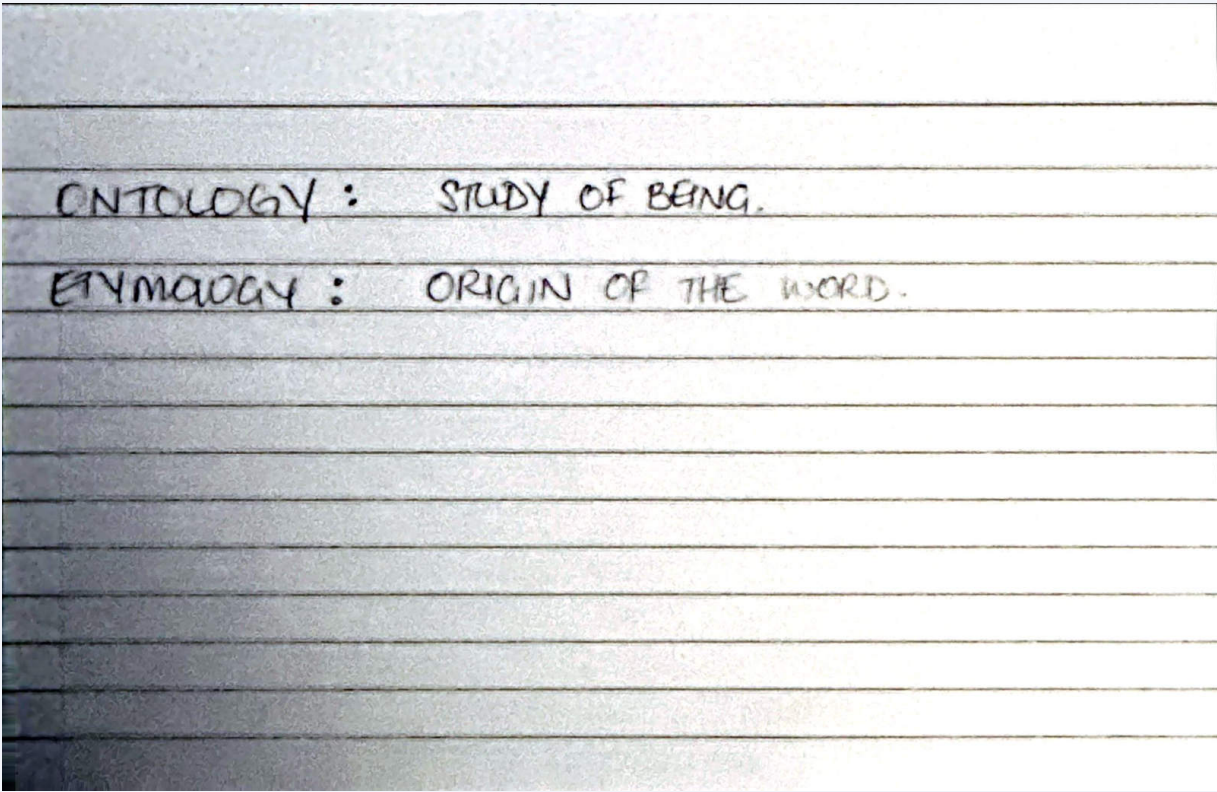
VISUAL INTERPRETATION

EDITED READING

Ontology studies being and existence.
Etymology studies word origins and how their meanings develop.

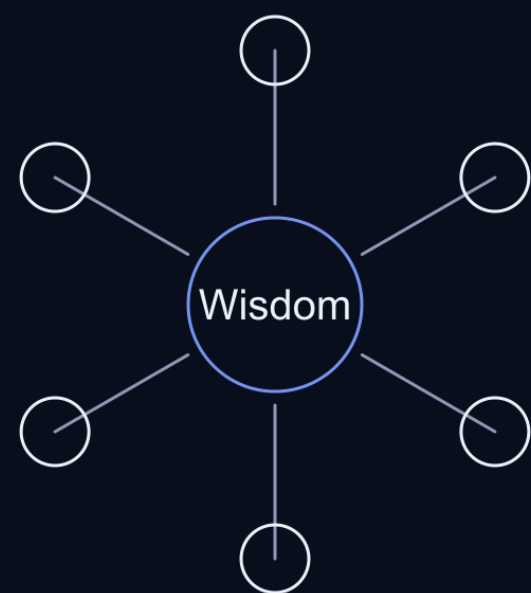
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 058

Philosophy and its subjects



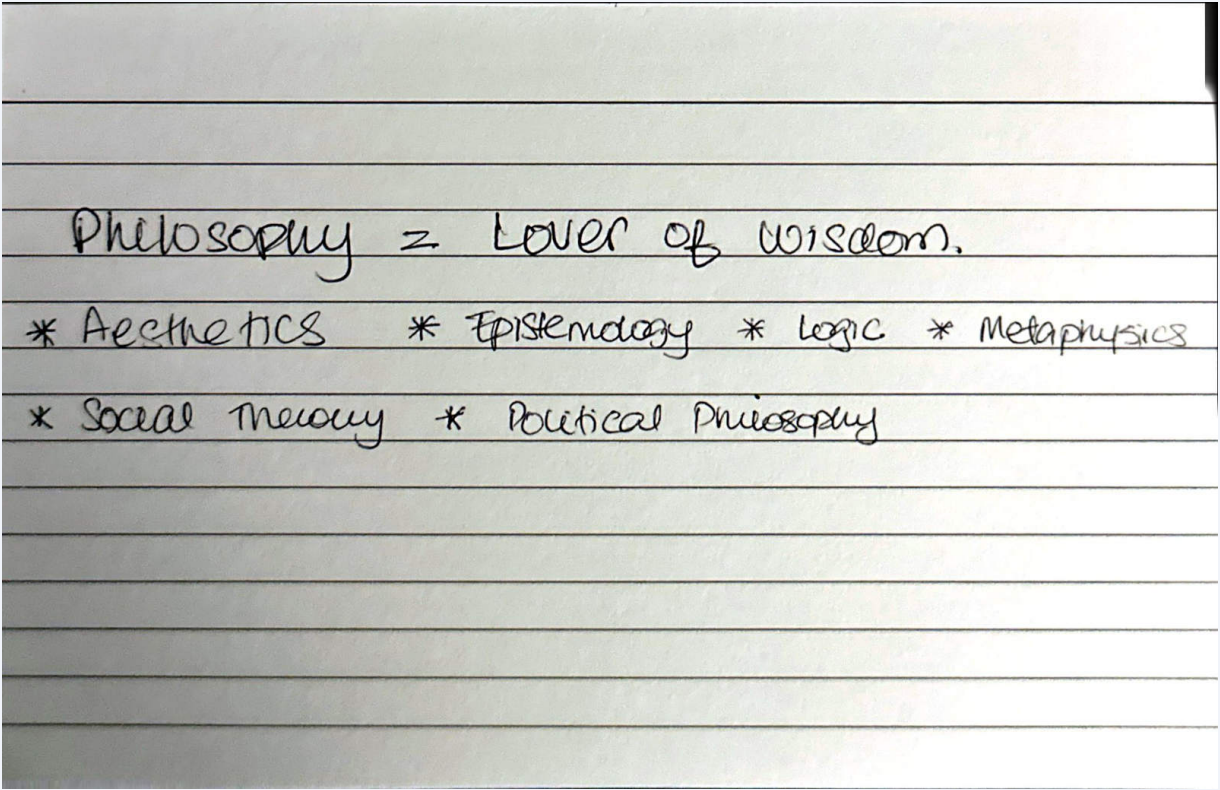
Many fields of enquiry

A love of wisdom connects several fields of enquiry.

Philosophy means love of wisdom. Its subjects include aesthetics, knowledge, logic, metaphysics, social theory and political philosophy.

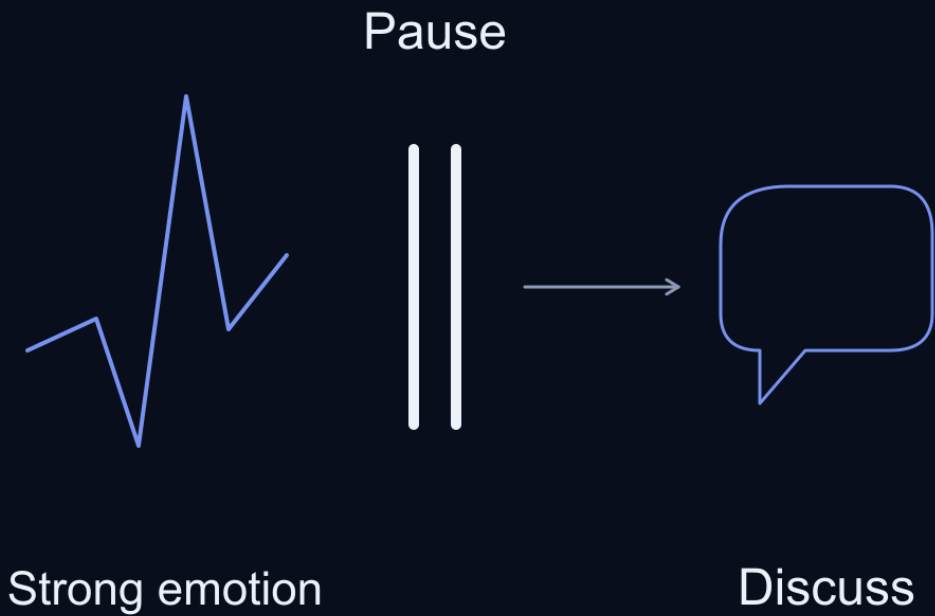
Collected note

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 070

Emotion and intellect



A pause creates room for discussion when emotion is strong.

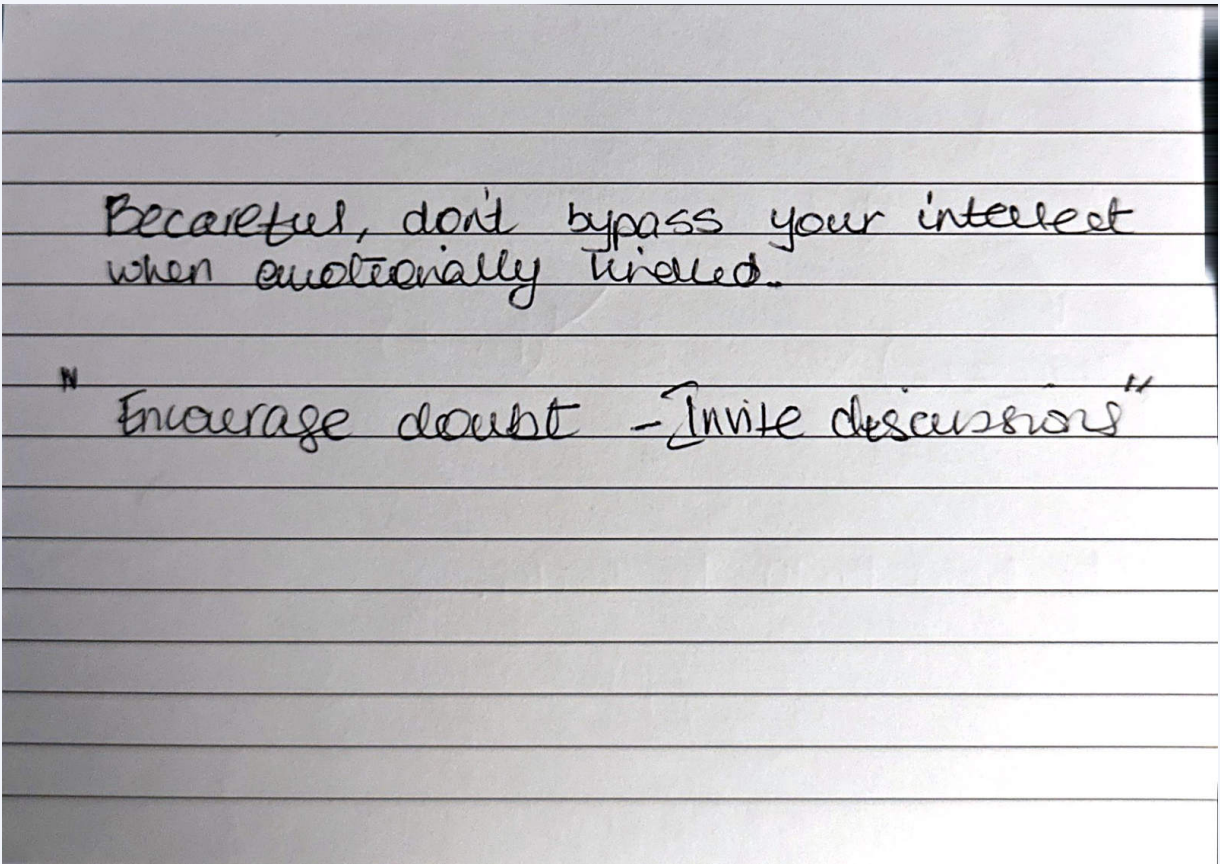
VISUAL INTERPRETATION

EDITED READING

When emotion is strong, give your judgement time to work. Encourage doubt. Invite discussion.

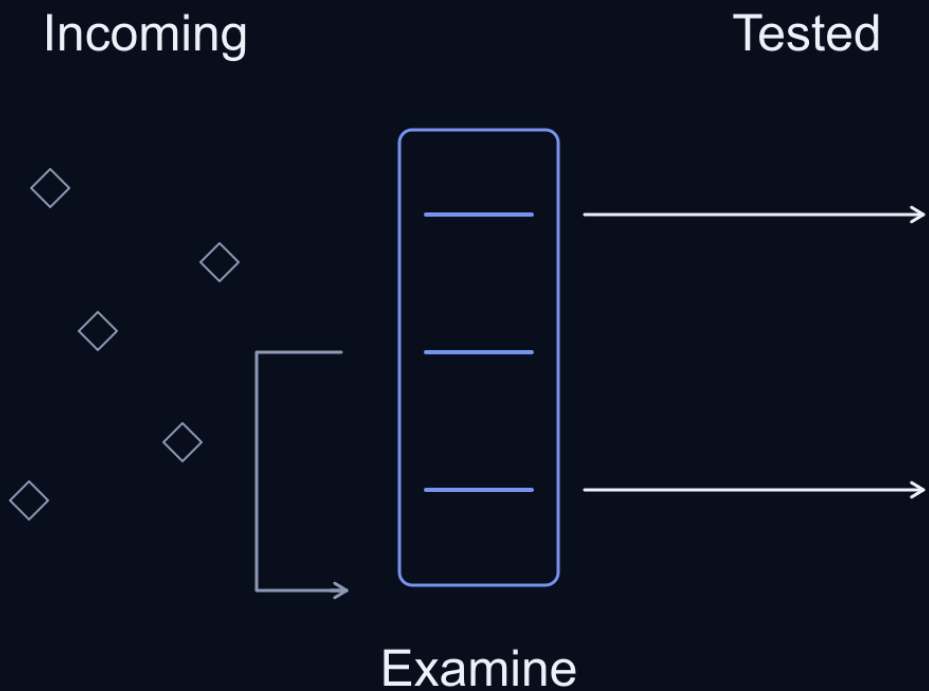
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 070

Intellect as a firewall



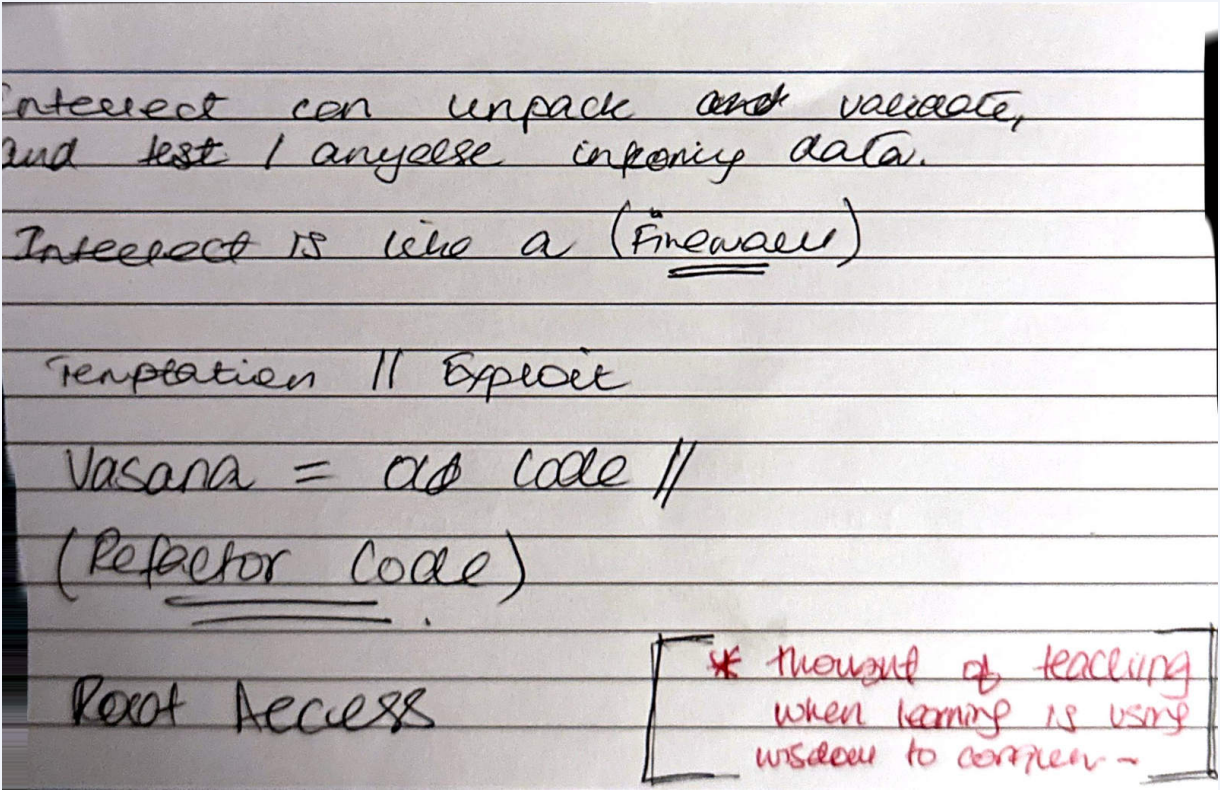
Incoming ideas pass through examination, with some sent back for revision.

The intellect can unpack, validate, test and analyse incoming information. The card compares it to a computer firewall, and old patterns to code that can be examined and revised.

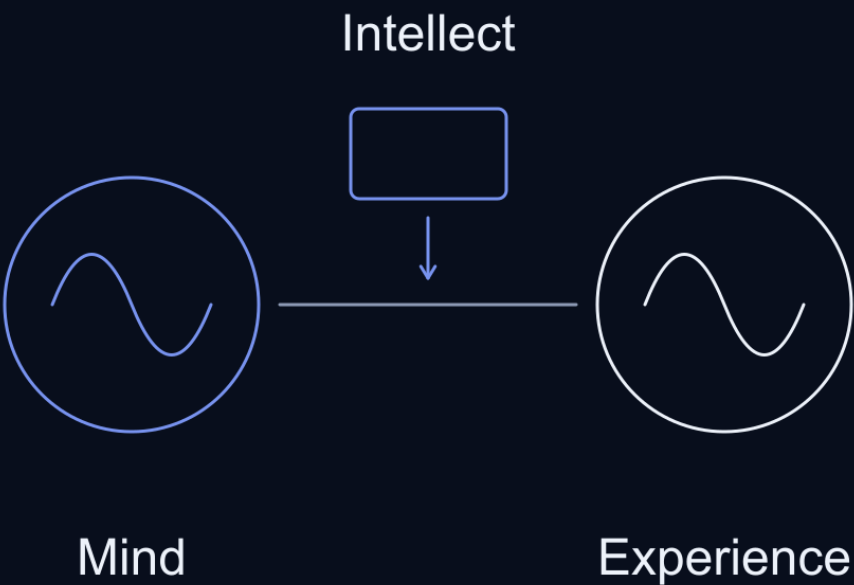
Collected note

Context: The computing language is an analogy. The source scan clips part of the handwriting at the left edge.

THE ORIGINAL HANDWRITTEN NOTE



As the mind, so the individual



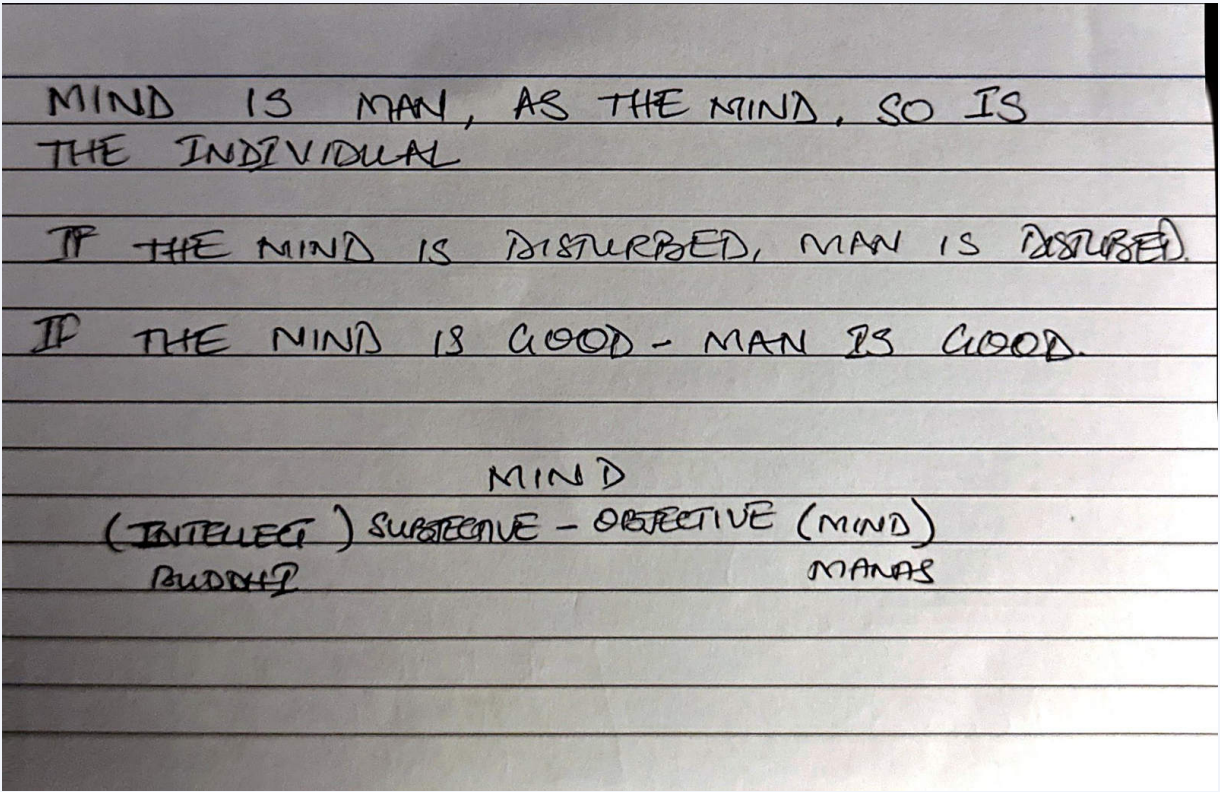
The Vedantic sketch links the condition of the mind with lived experience.

The card links the condition of the mind to the person's experience. It uses the Vedantic terms buddhi for intellect and manas for mind.

Collected note

Context: A Vedantic model used in the notes.

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 078

Clean your lens



Examining the marks on the lens makes a clearer view possible.

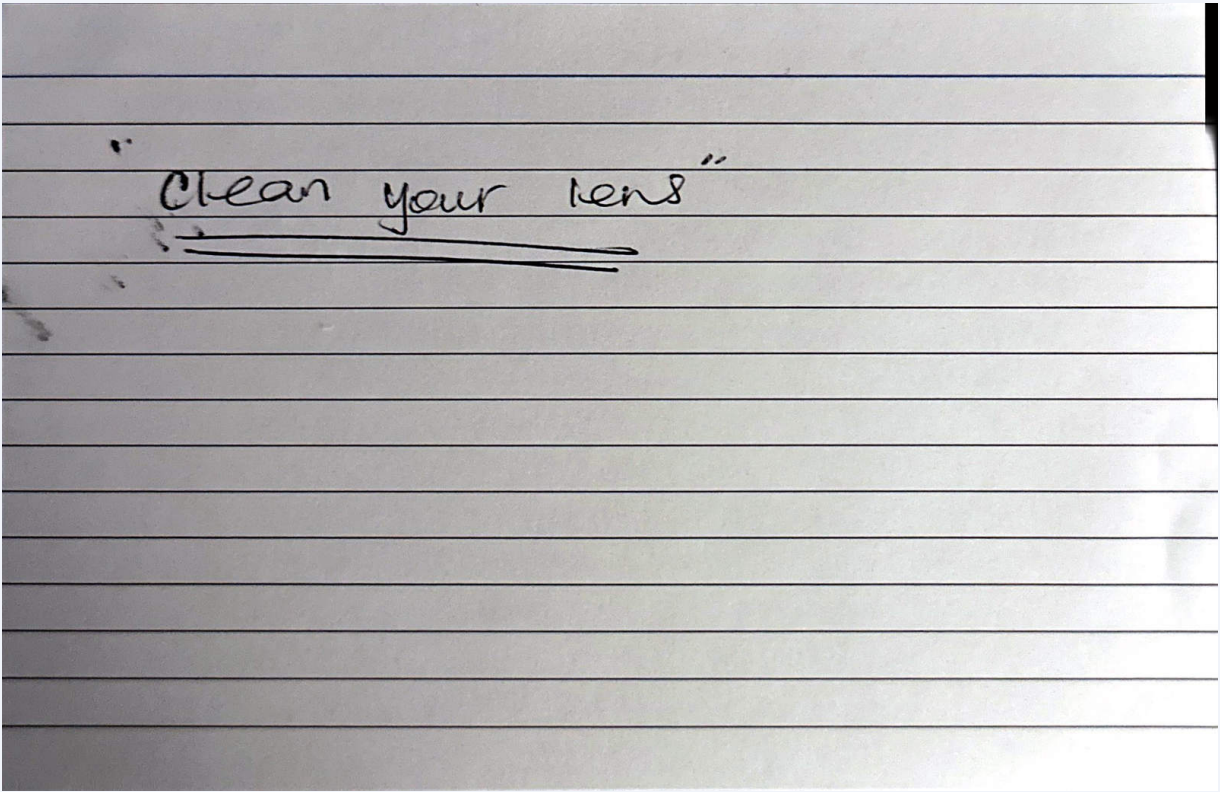
VISUAL INTERPRETATION

EDITED READING

“Clean your lens.”

Collected note

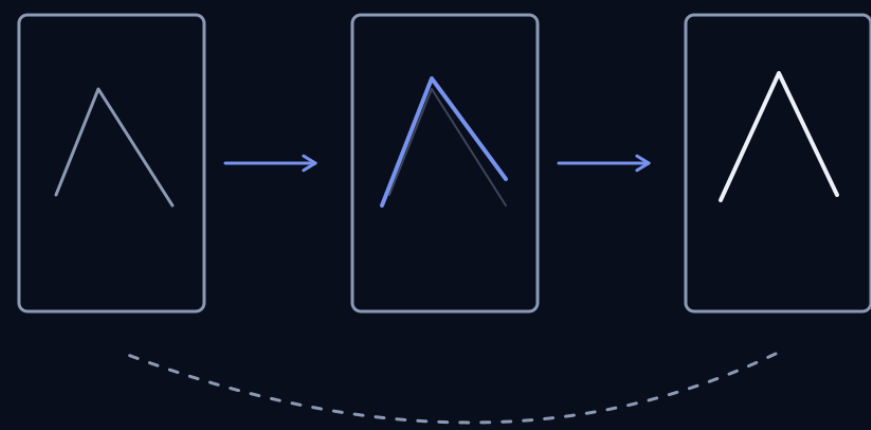
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 078

ORIGINAL CARD 096

Self-revision



Revise, then revise again

Small revisions accumulate across successive versions.

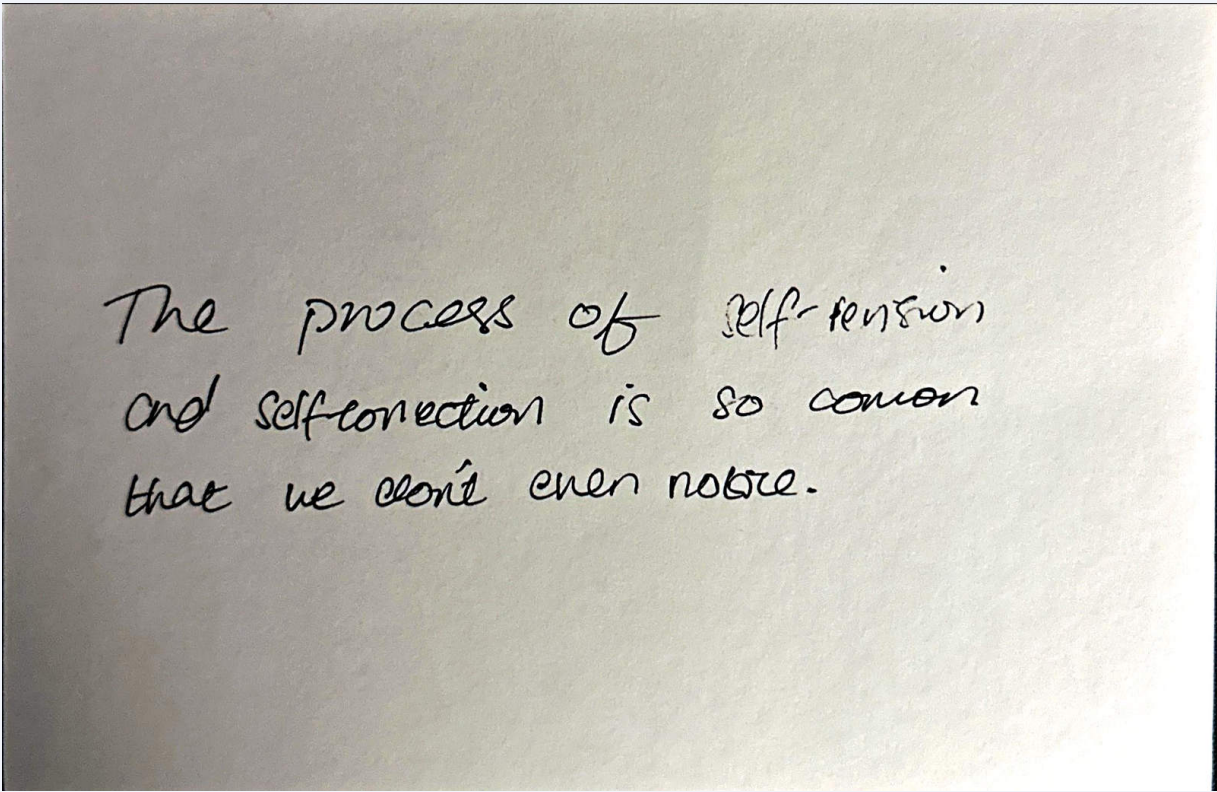
VISUAL INTERPRETATION

EDITED READING

The process of self-revision and self-correction is so common that we don't even notice.

Reading note after Steven Pressfield, The War of Art

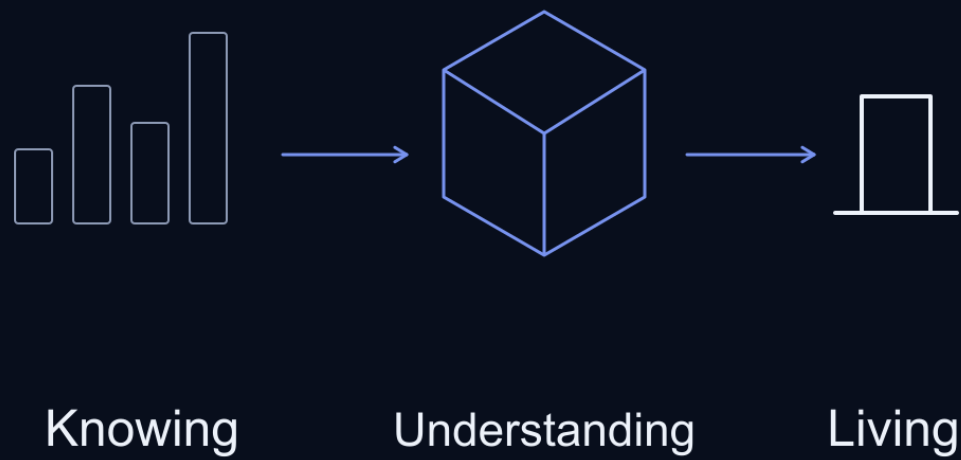
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 096

ORIGINAL CARD 105

Information and wisdom



Information is organised through understanding and carried into daily action.

VISUAL INTERPRETATION

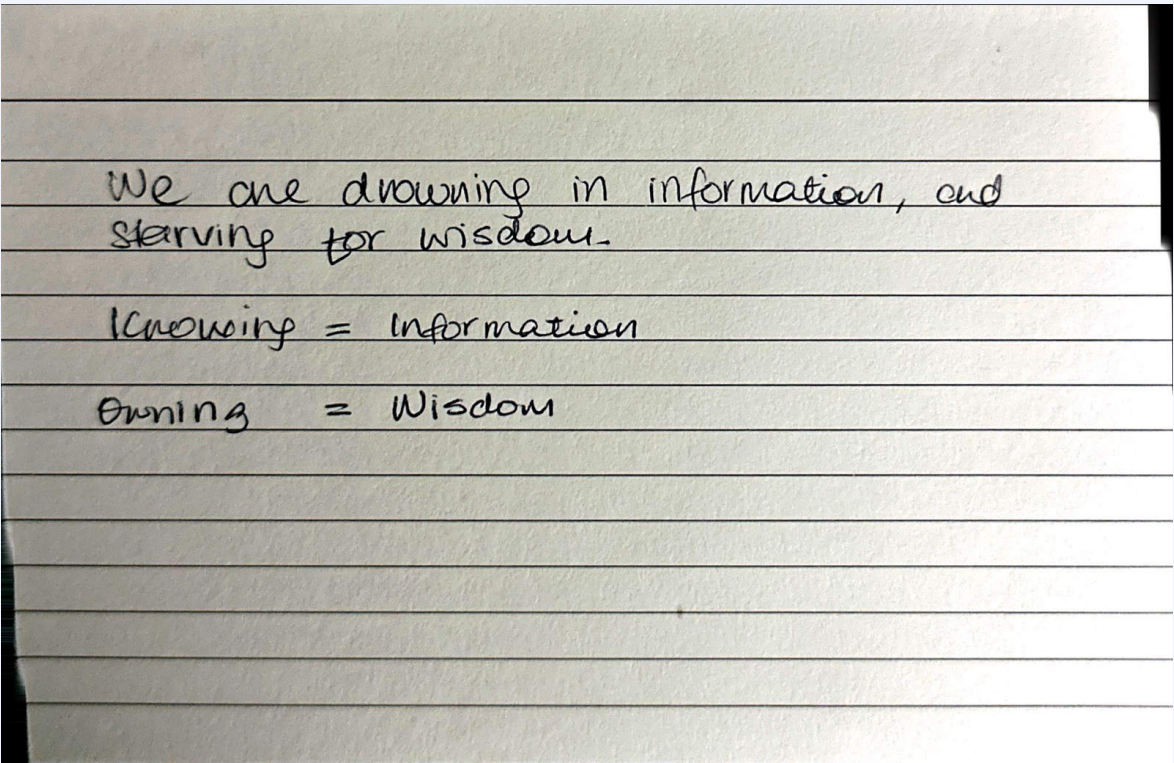
EDITED READING

Information becomes useful when you understand it and carry it into how you live. The card calls this the move from knowing to owning.

Collected note

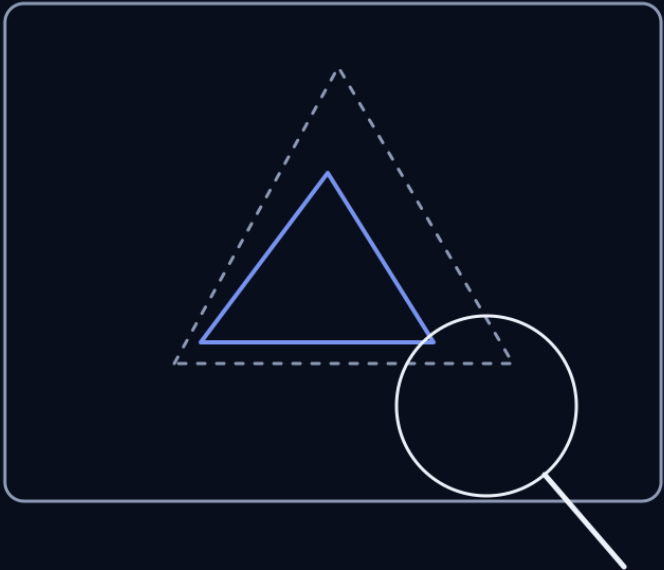
Context: The source of the information-and-wisdom saying remains unconfirmed. The knowing-and-owning diagram is preserved as a notebook reflection.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 105

Illusions about myself



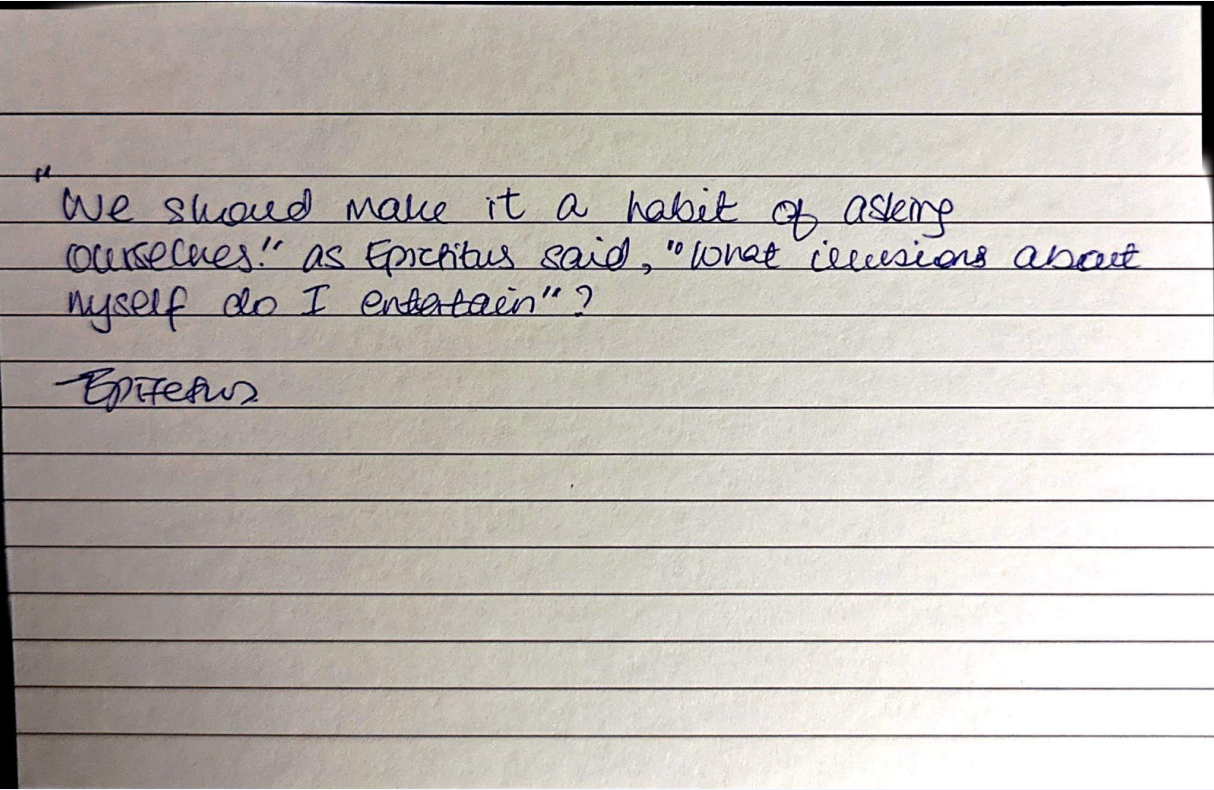
Examine the self-image

Enquiry looks closely at the gap between a self-image and what can be examined.

Examine the illusions you may hold about yourself.

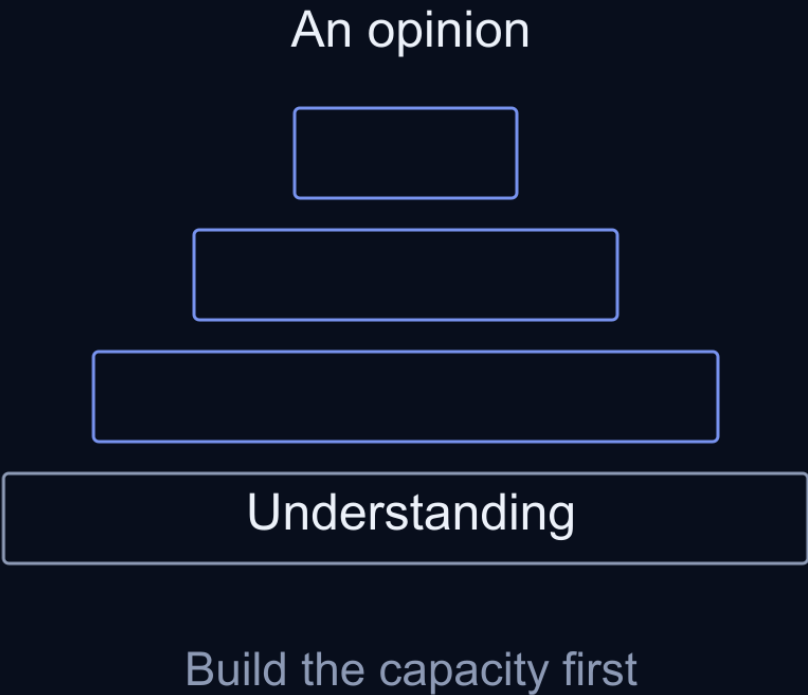
After Epictetus, Discourses 2.21.9

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 107

Capacity before opinion



A considered opinion rests on a developed base of understanding.

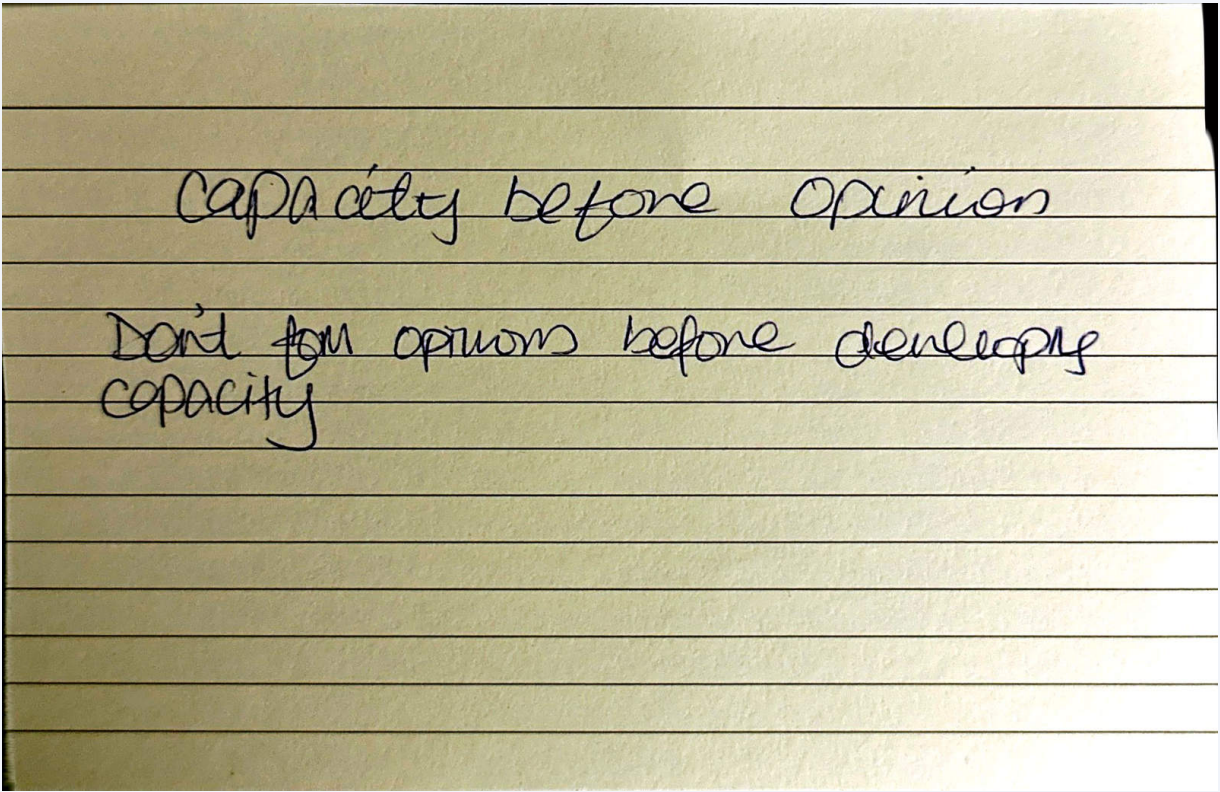
VISUAL INTERPRETATION

EDITED READING

Develop the capacity to understand a subject before settling on an opinion.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 107

02

Choose a direction

A goal gives the next part of the collection its direction. These notes move from understanding yourself to choosing something you want to do. They connect an aim with courage, action and learning. The target can change as experience brings more information. Confidence appears here as something that can grow through taking part.

The cards also return to limited time, personal responsibility and the possibility of beginning again. In the book’s opening image of a hero’s journey, choosing a direction starts the movement. It also gives distractions something to pull against. That tension leads into the next chapter.



ORIGINAL CARD 052

Becoming what you want to be



A chosen identity becomes a sequence of concrete steps.

VISUAL INTERPRETATION

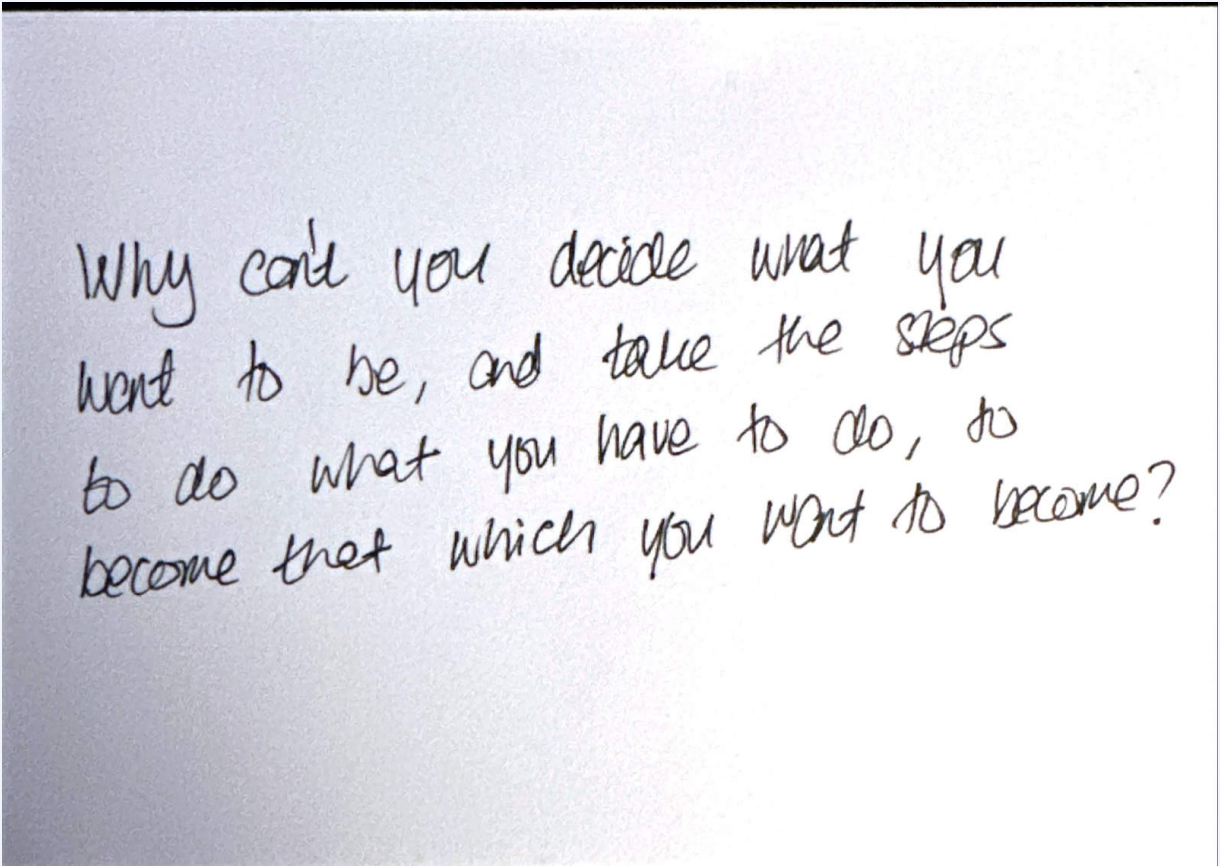
CHOOSE A DIRECTION

EDITED READING

Why can't you decide what you want to be and take the steps to do what you have to do, to become that which you want to become?

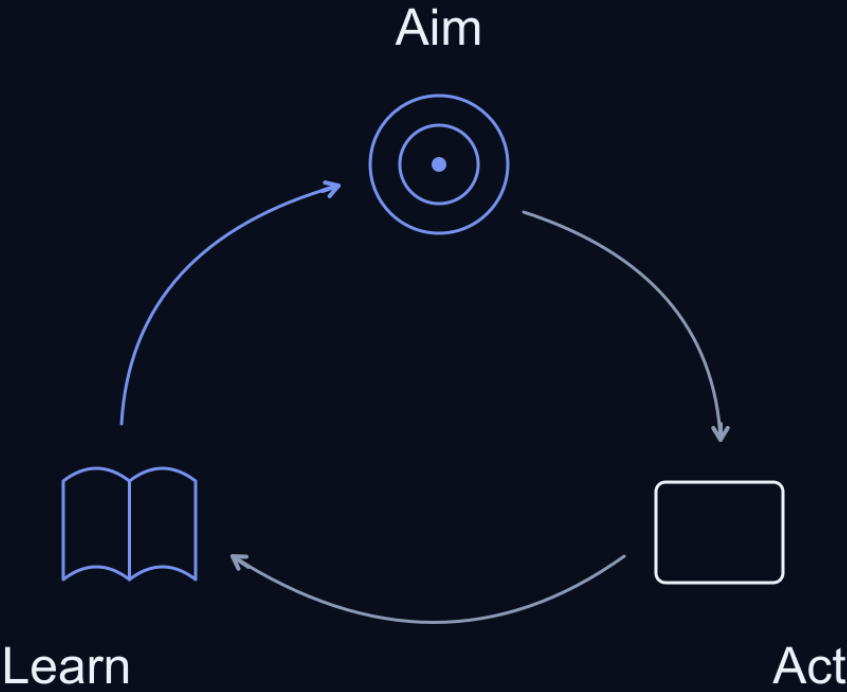
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 052

Aim, act and learn

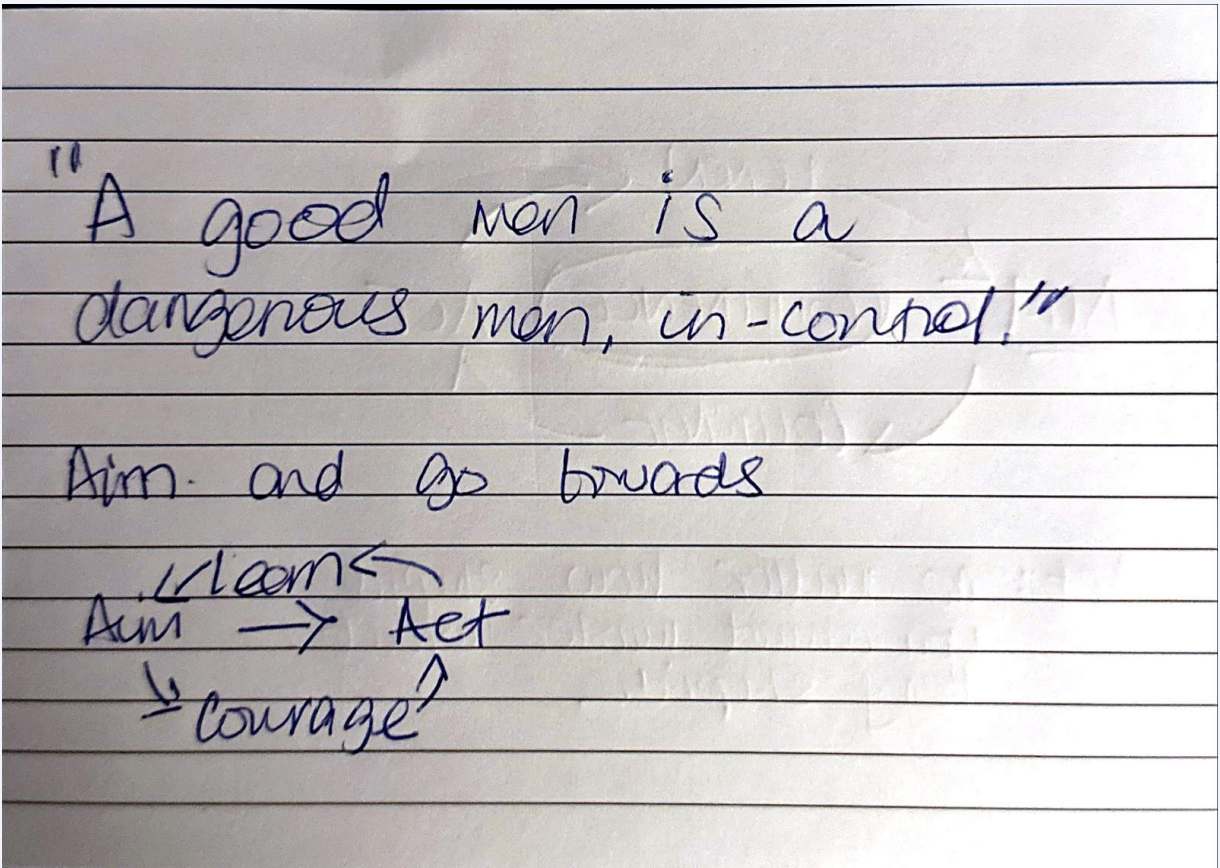


Action and learning feed back into the next aim.

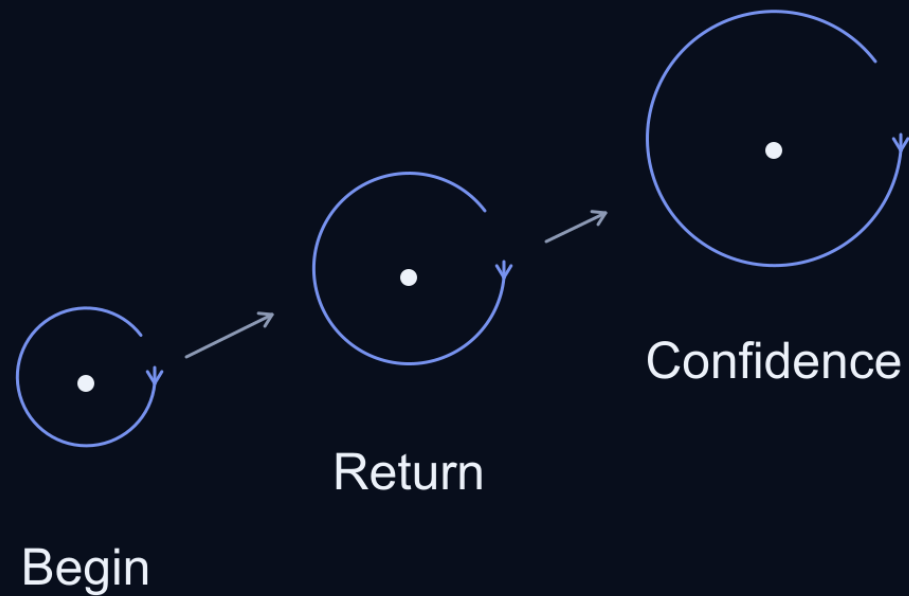
Choose an aim. Find the courage to act. Learn from what happens, then adjust the aim.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



Confidence through action

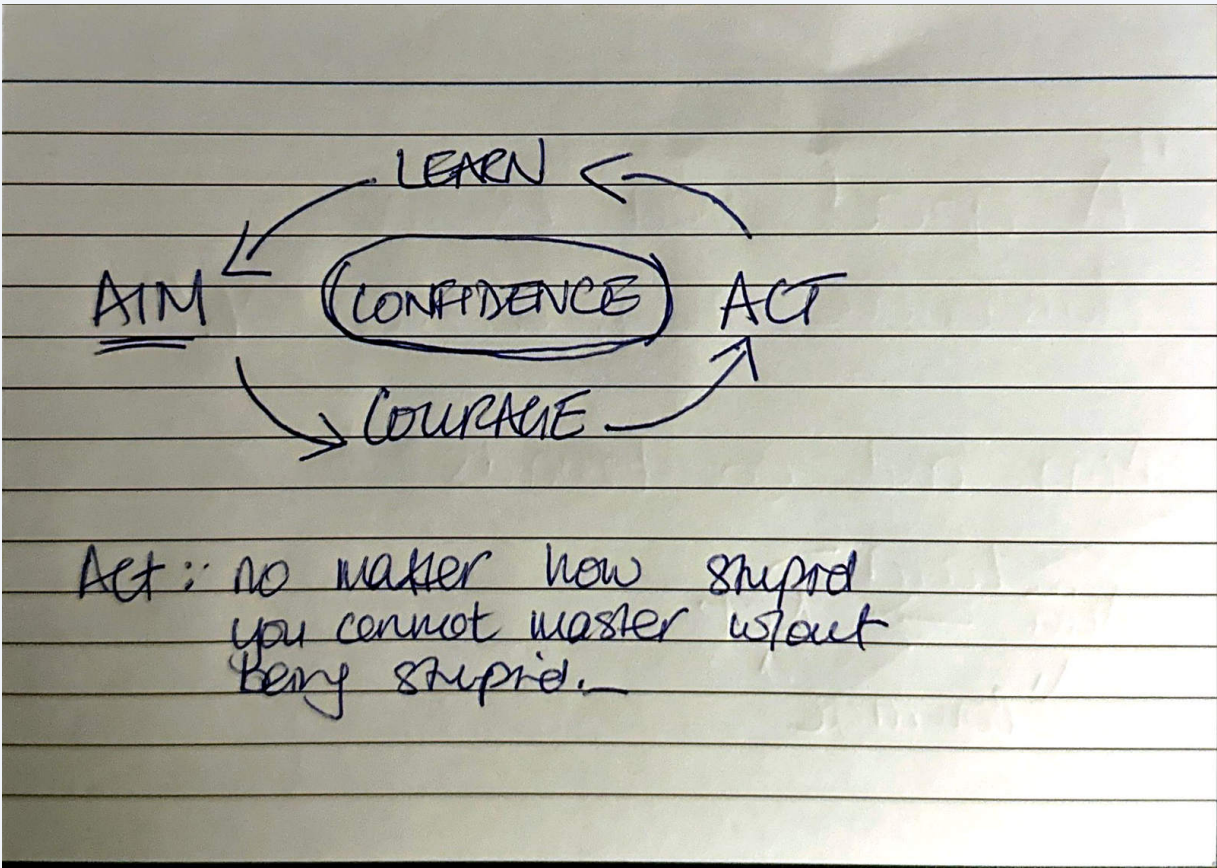


Confidence can develop through repeated cycles of beginning, acting and learning.

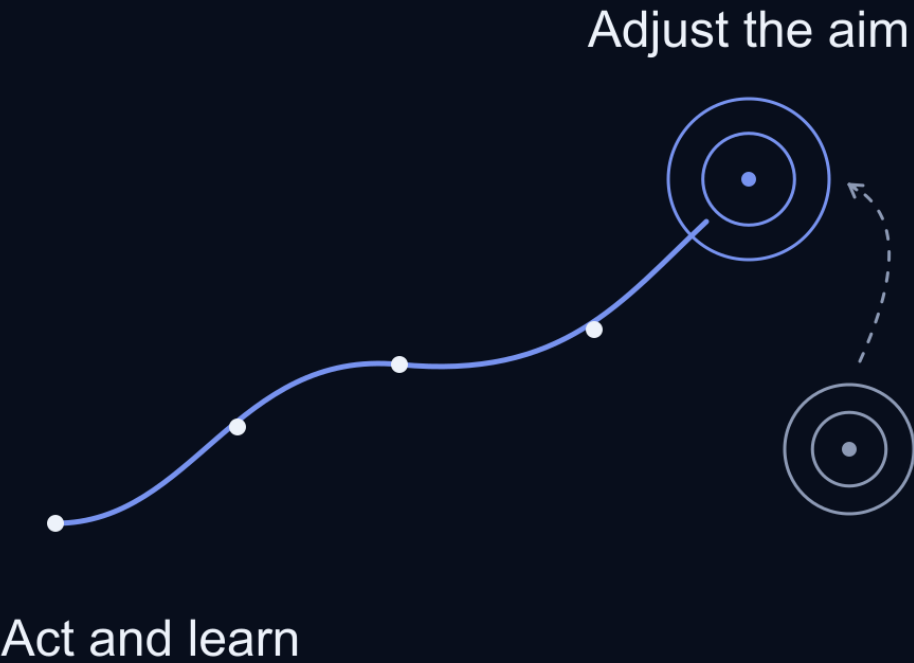
Confidence can develop through this loop: aim, find courage, act, learn and aim again. Allow room for the awkwardness of beginning.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



Move towards the target



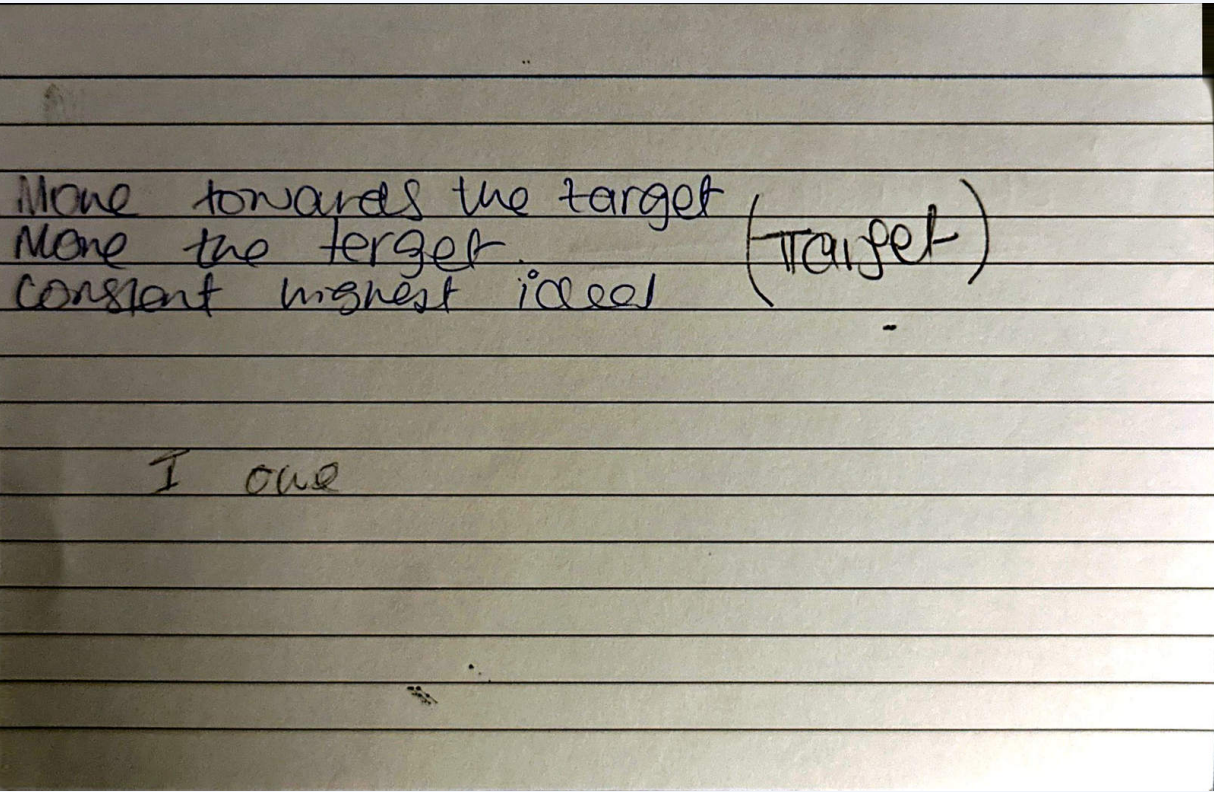
The route develops as the target is revised.

Move towards the target. Be willing to move the target as you learn. Keep an ideal in view.

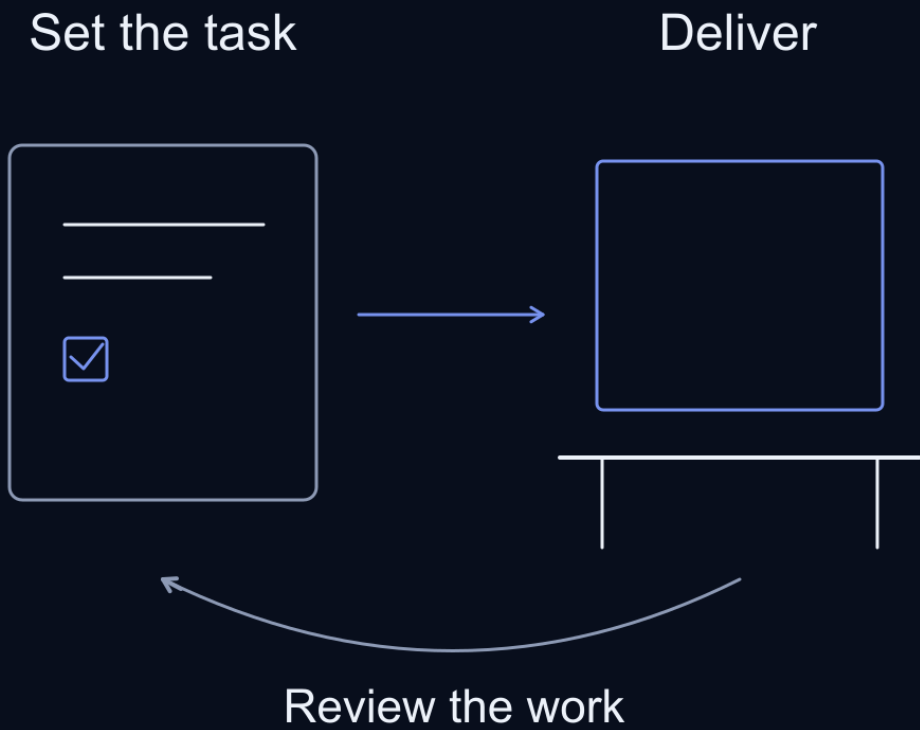
Collected note

Context: The final handwritten fragment is unfinished. The edited reading draws on the three complete prompts.

THE ORIGINAL HANDWRITTEN NOTE



Employ yourself

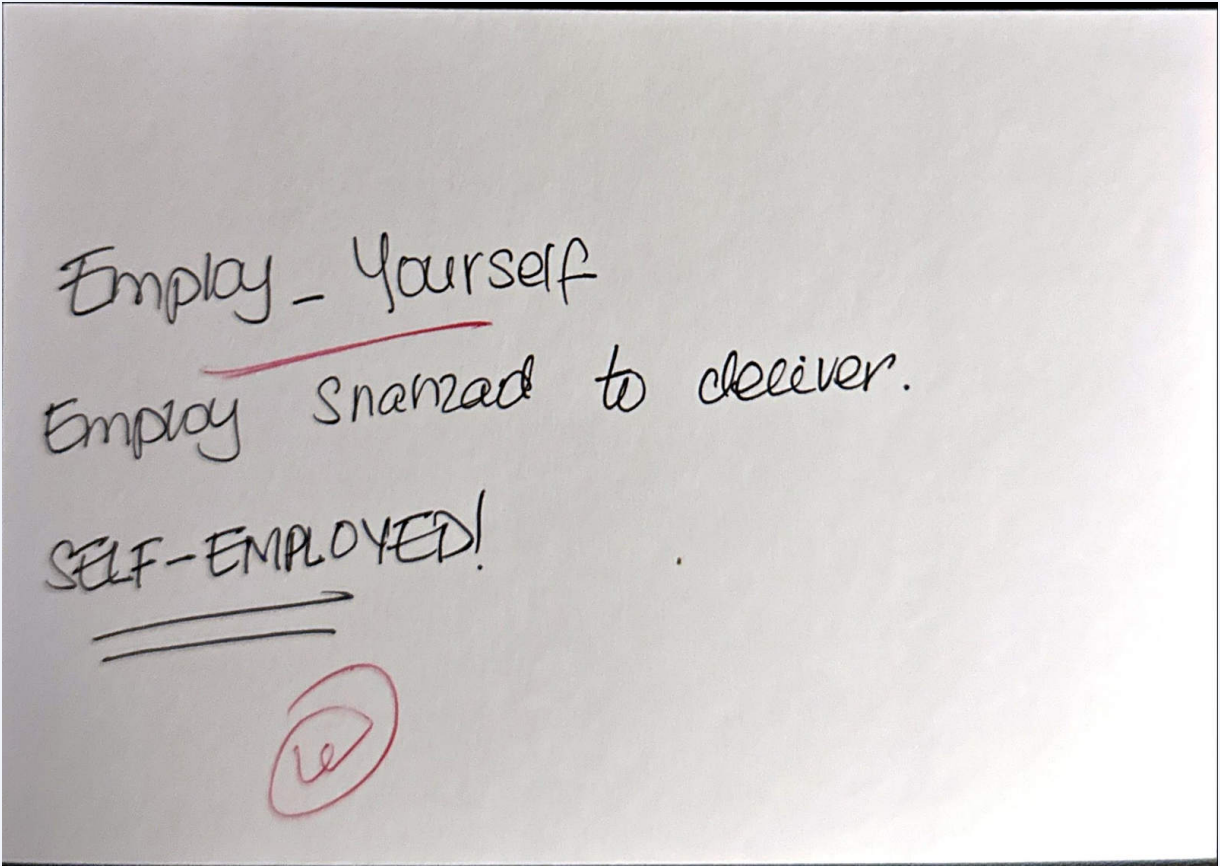


Treat a personal commitment as a task to set, deliver and review.

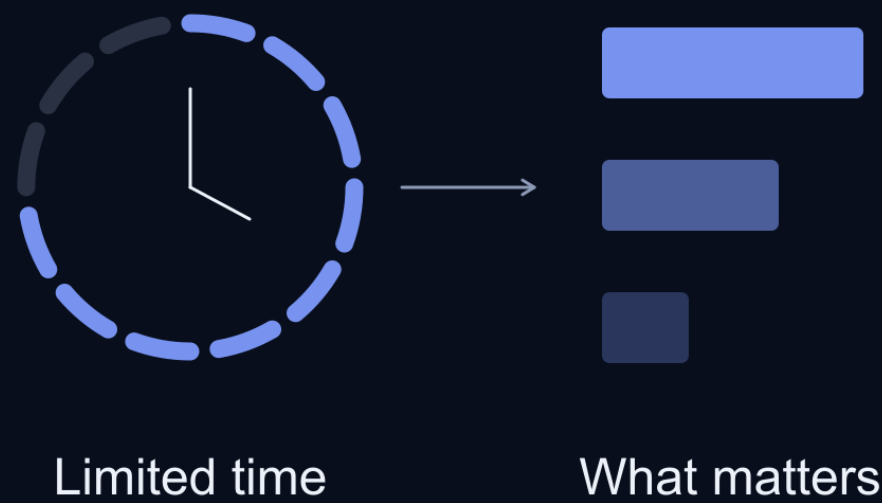
Employ yourself.
Employ Shahzad to deliver.
Self-employed!

Personal reminder; exact source unconfirmed

THE ORIGINAL HANDWRITTEN NOTE



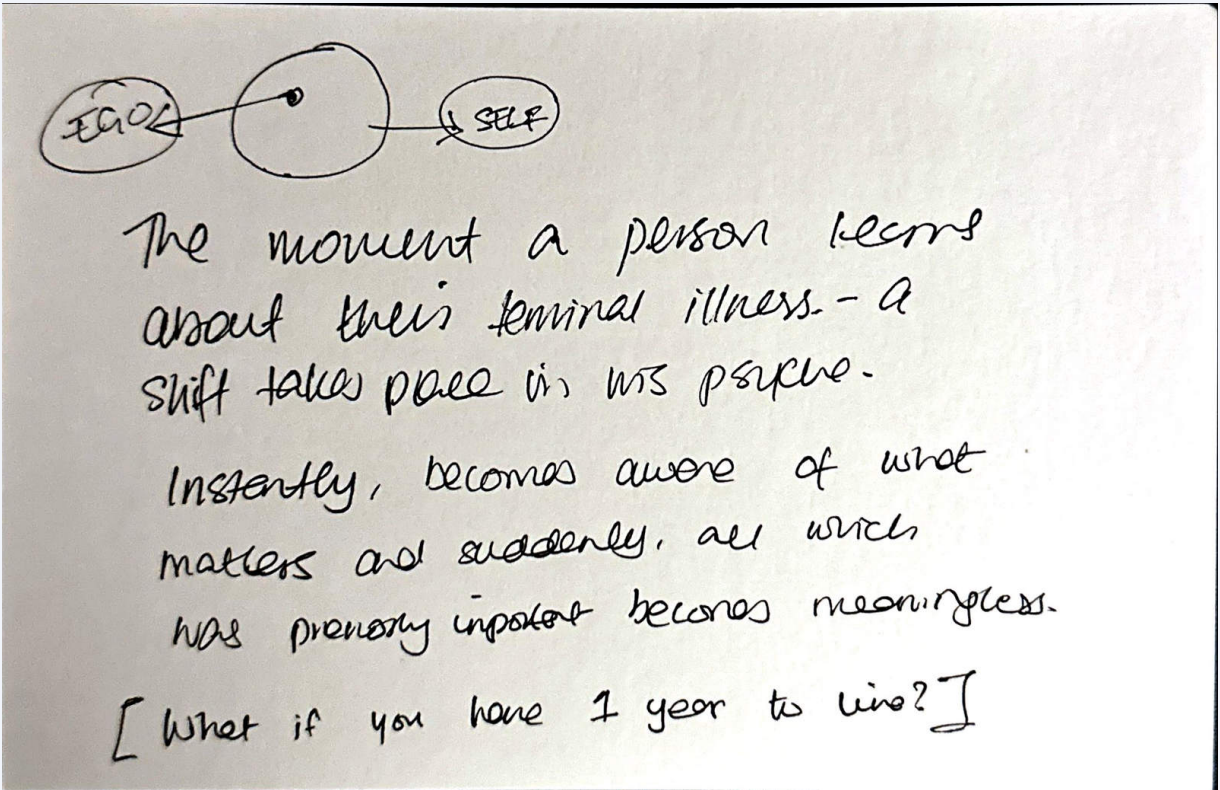
What matters



A finite span of time brings priorities into a different order.

An awareness of limited time can change what seems important. The card imagines having one year to live and looking again at your priorities.

Reading note after Steven Pressfield, The War of Art



ORIGINAL CARD 099

Reinvent yourself



Familiar elements can be rearranged into a new way of living.

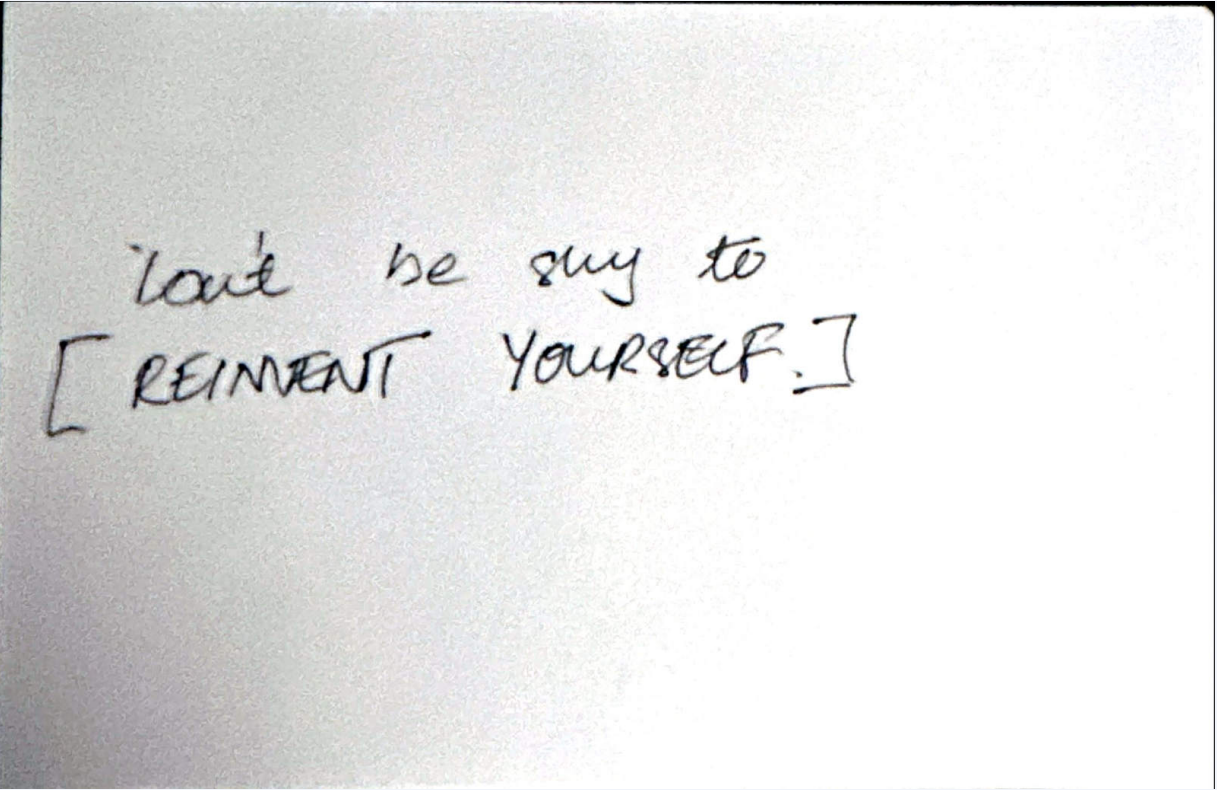
VISUAL INTERPRETATION

EDITED READING

Don't be shy to reinvent yourself.

Reading note after Steven Pressfield, The War of Art

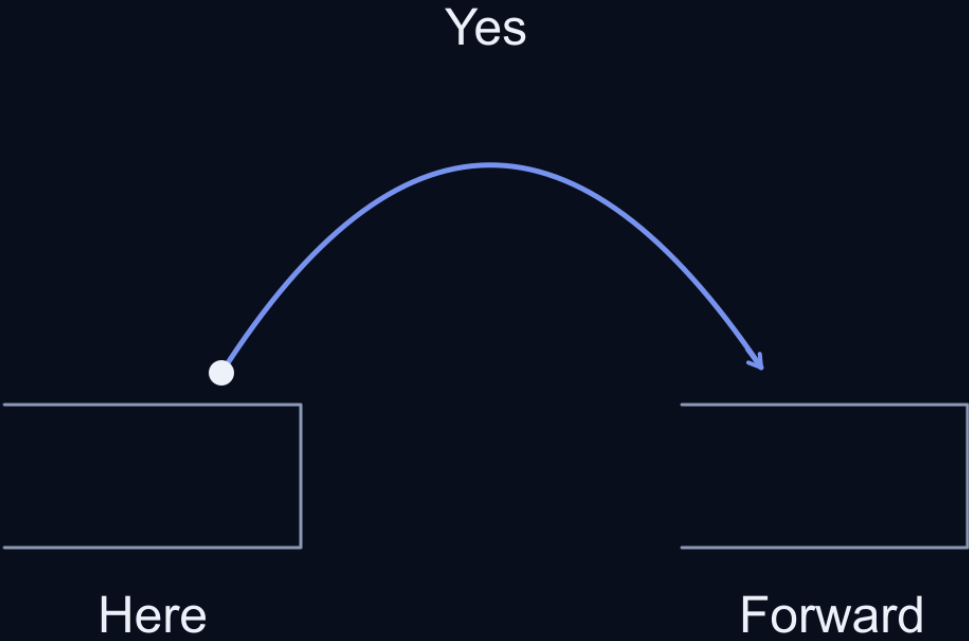
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 099

ORIGINAL CARD 117

A leap of faith



A commitment carries the path across a gap with no visible intermediate step.

VISUAL INTERPRETATION

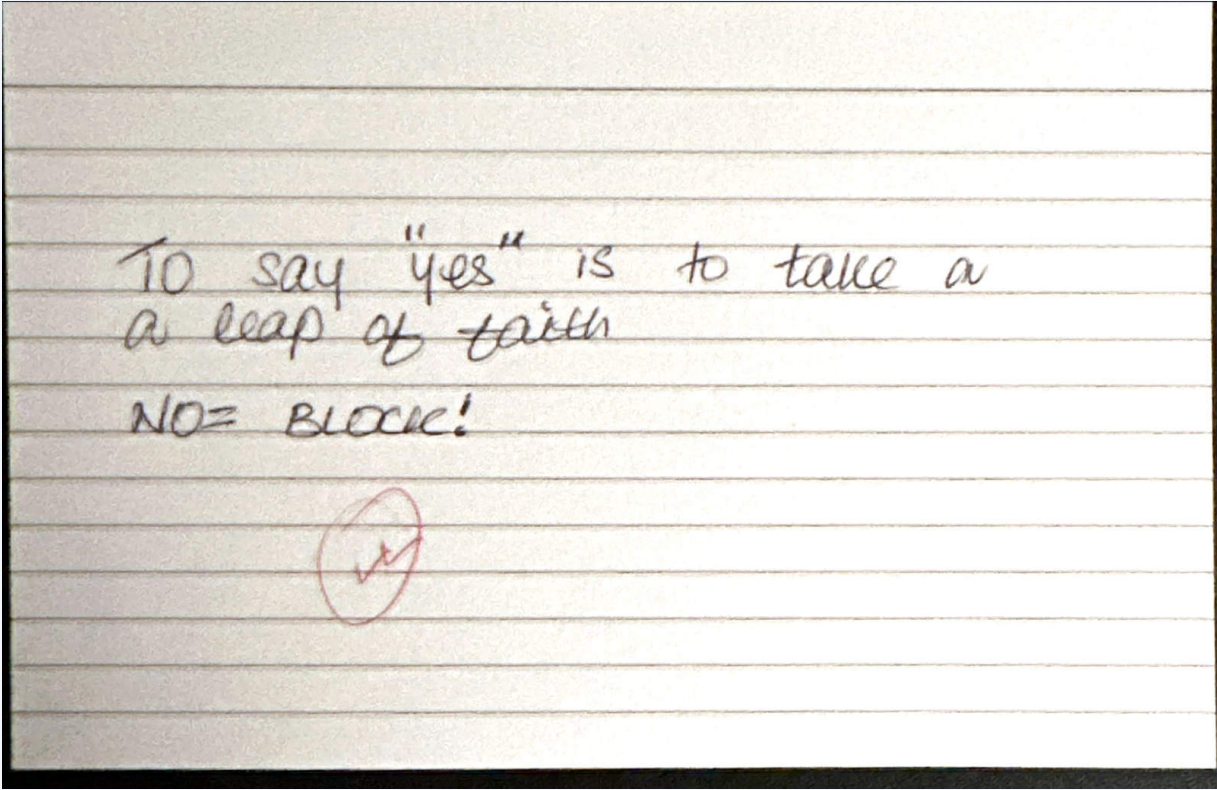
CHOOSE A DIRECTION

EDITED READING

Saying yes can involve a leap of faith. The card connects that choice with moving forward.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 117

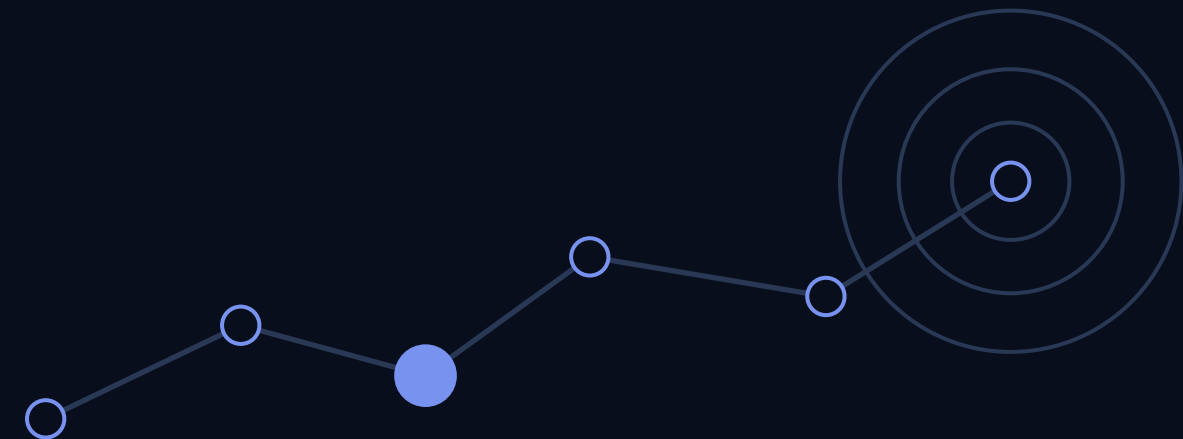
03

Meet resistance

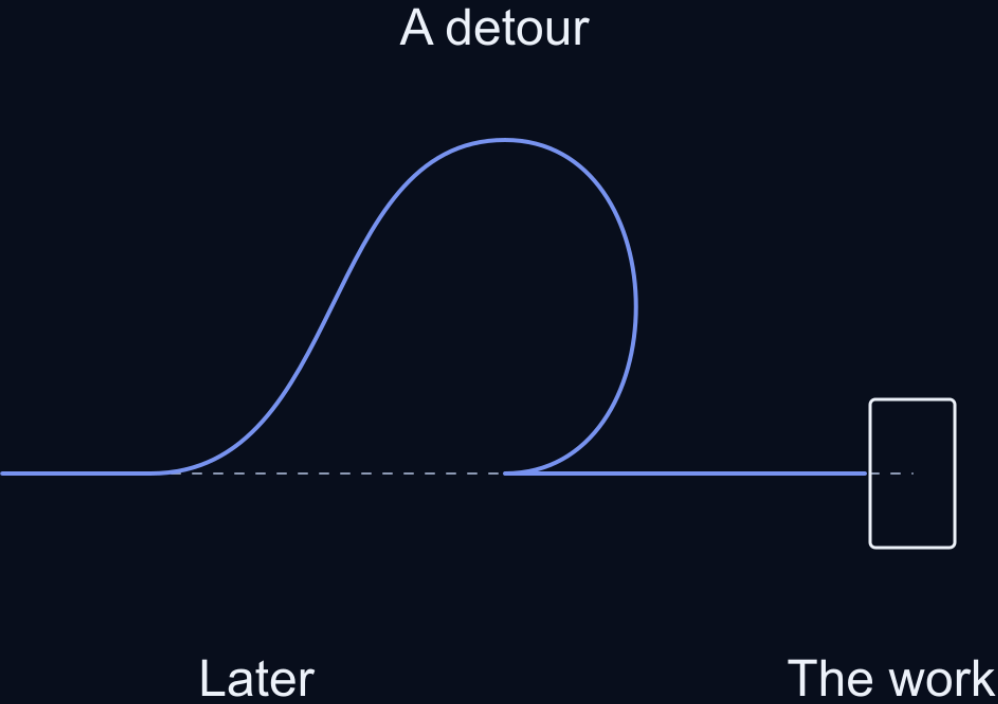
Steven Pressfield’s idea of Resistance runs through this collection. He uses the word for the inner opposition that can appear around work a person cares about. The cards give it familiar forms: postponing a start, chasing an immediate pleasure, fearing a change and finding a persuasive explanation for delay.

The language is often forceful. Battles, enemies and finish lines belong to Pressfield’s literary framework and the notes made around it. Their shared concern is the gap between an intention and what happens next. Having named that gap, the book turns towards the repeated acts of beginning, returning and continuing.

18 CARDS



Procrastination

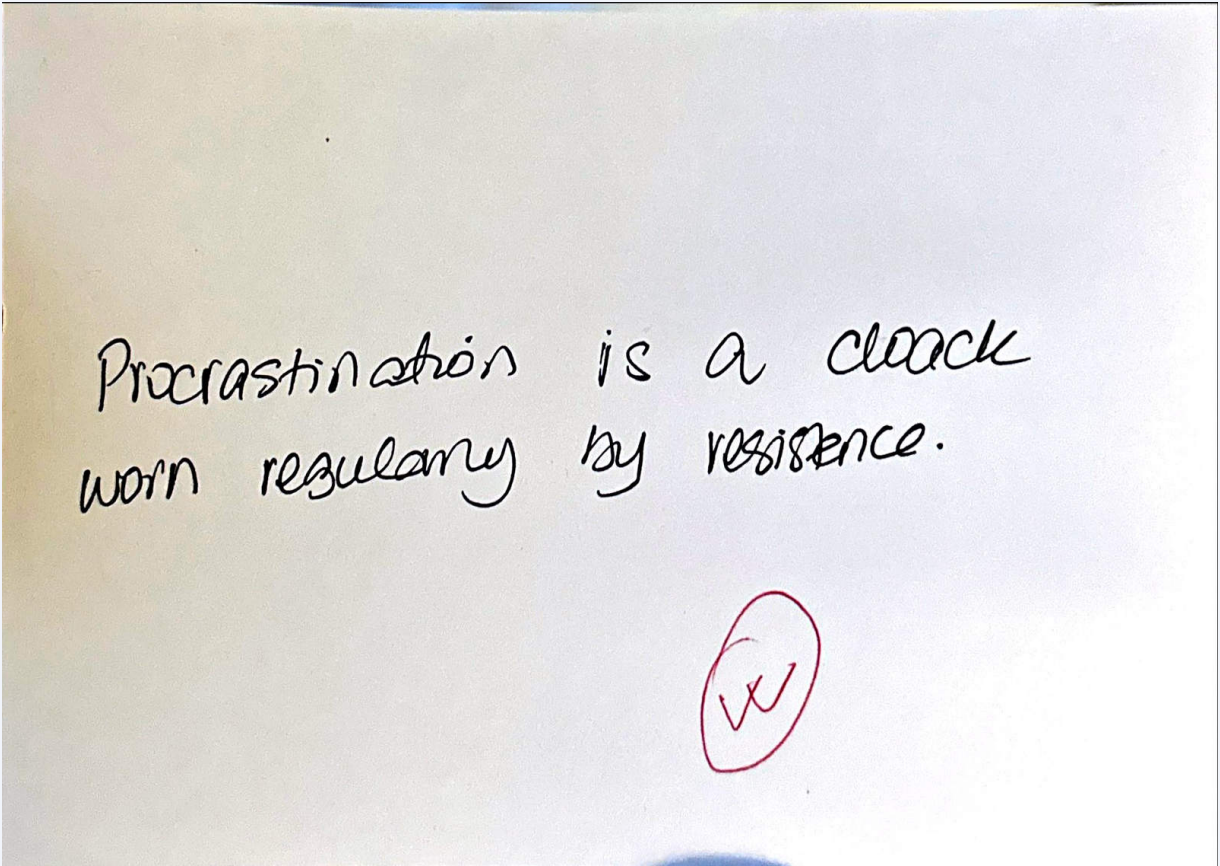


Putting the work off inserts a detour before the same destination.

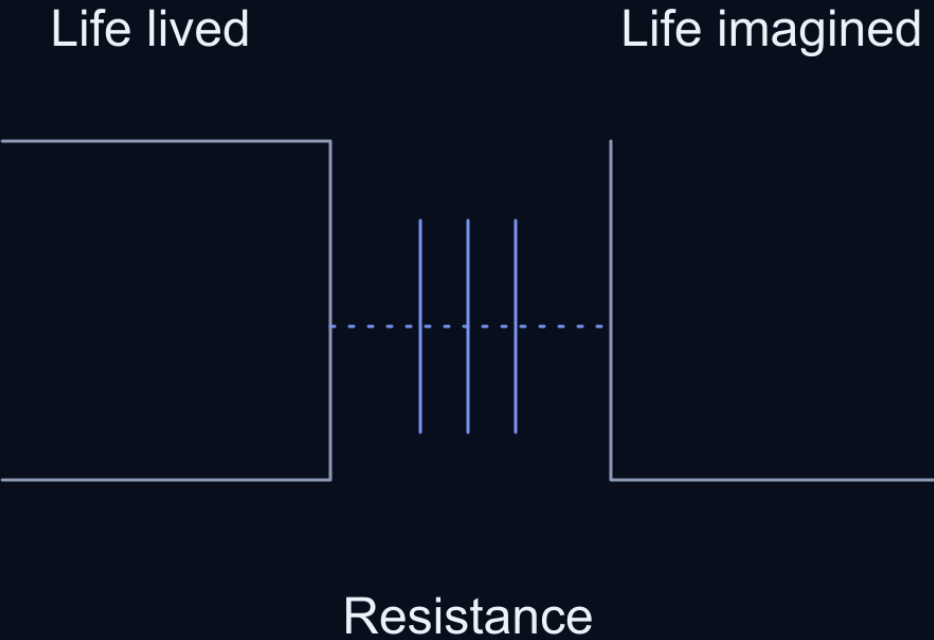
Putting something off can be one way resistance appears.

Reading note after Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



The unlived life

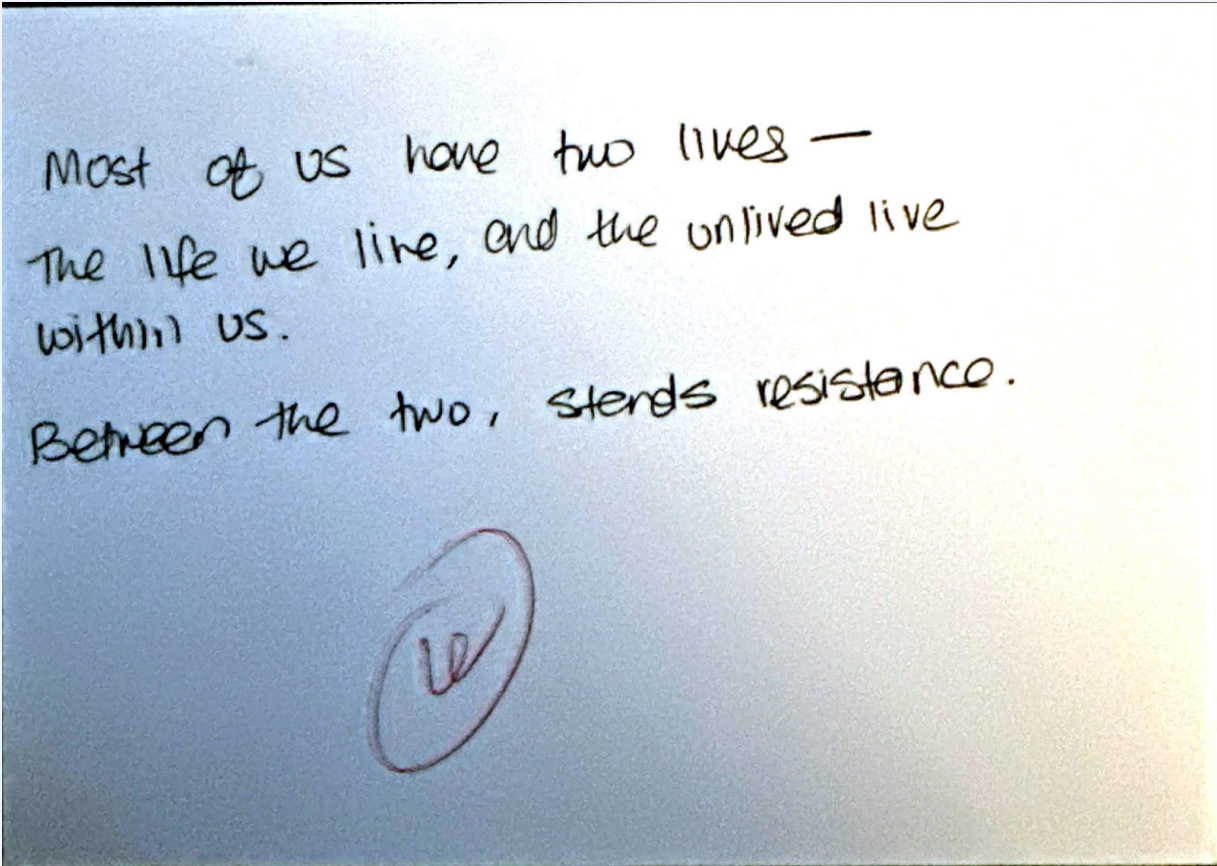


Resistance occupies the gap between the life being lived and the life imagined.

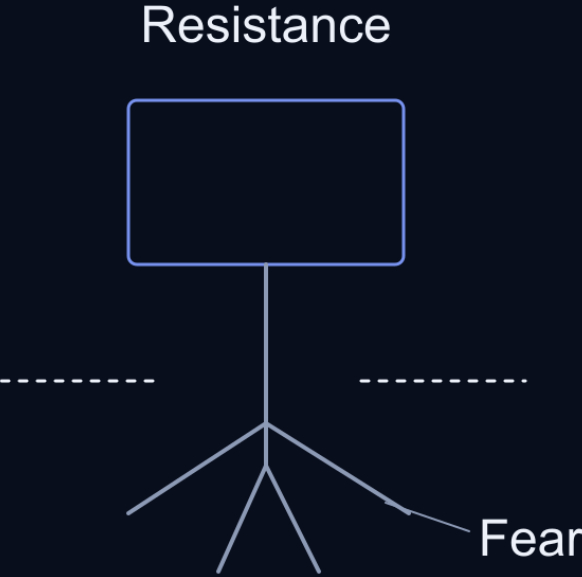
Pressfield describes a gap between the life we live and the life we imagine living. Resistance stands in that gap.

Reading note after Steven Pressfield, *The War of Art*

THE ORIGINAL HANDWRITTEN NOTE



Resistance and fear

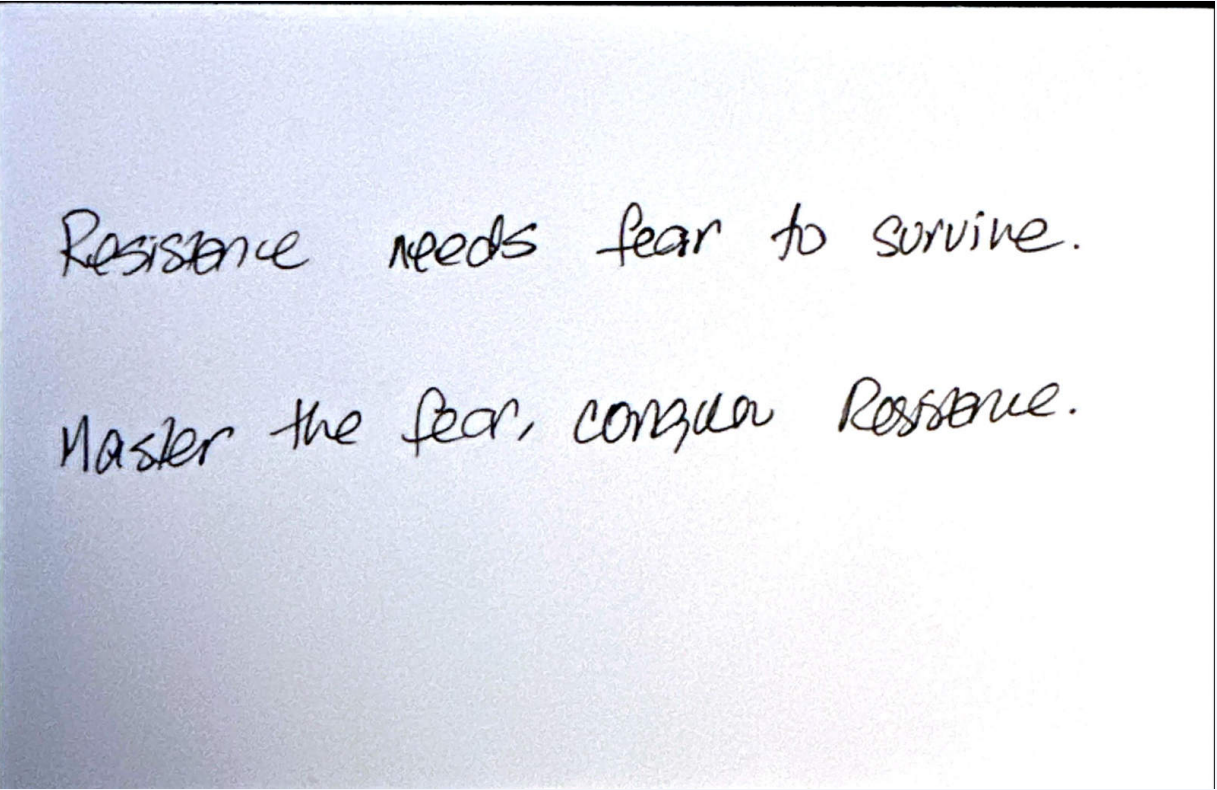


The metaphor places fear at the roots of resistance.

Resistance needs fear to survive.

Master the fear, conquer resistance.

Reading note after Steven Pressfield, The War of Art



ORIGINAL CARD 038

The daily battle

Return each day



The work of meeting resistance returns with each day.

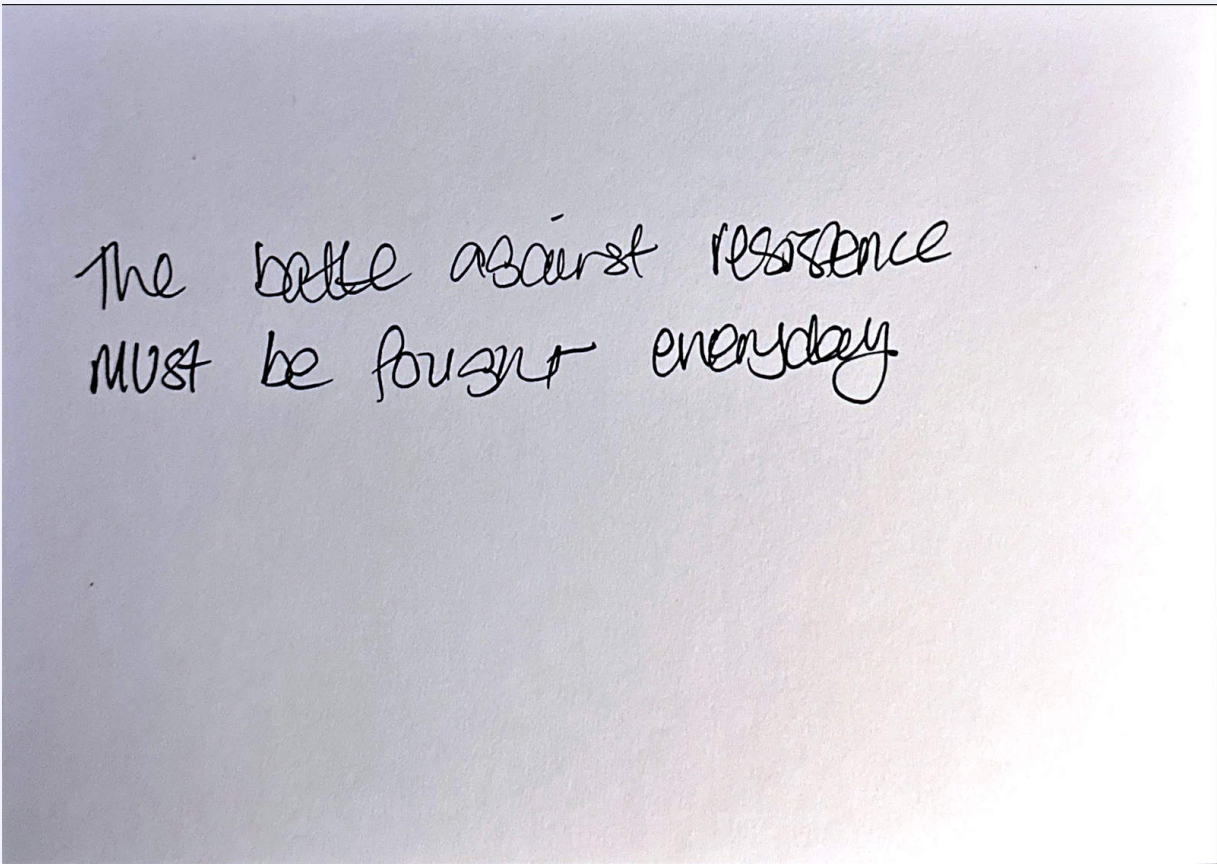
VISUAL INTERPRETATION

EDITED READING

The battle against resistance must be fought every day.

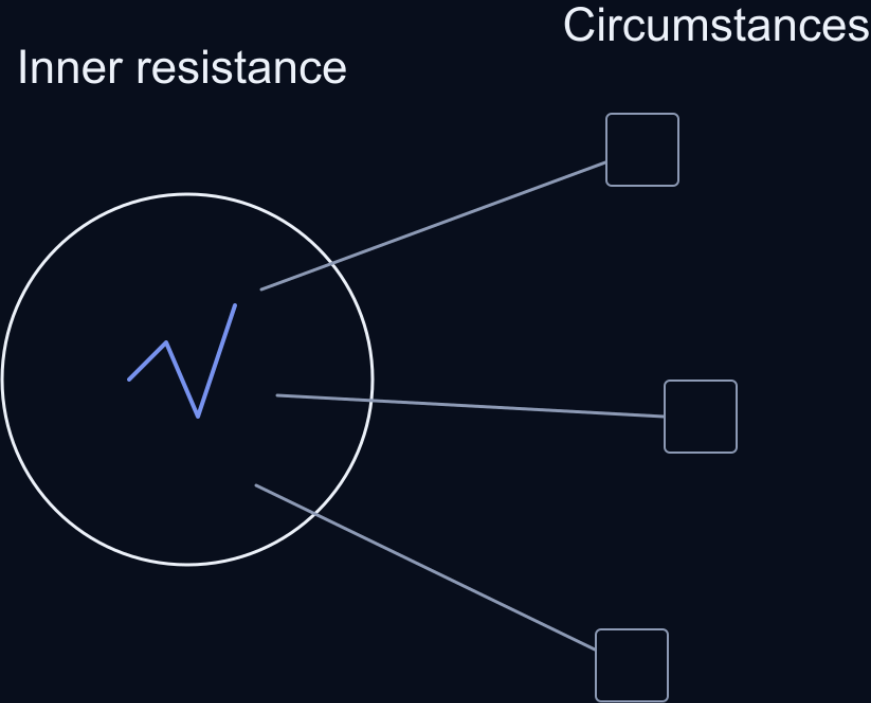
Reading note after Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 038

Where resistance appears

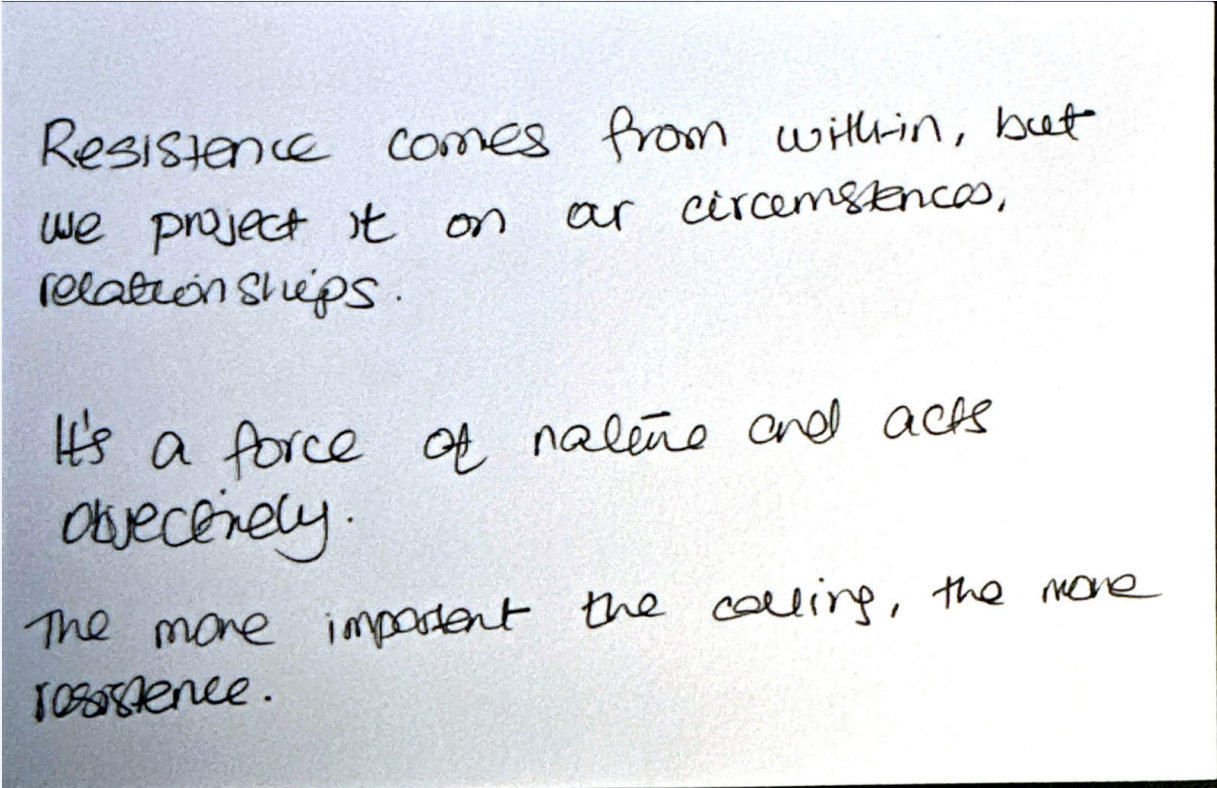


An inner obstacle can be projected onto surrounding circumstances.

Pressfield describes resistance as arising within us. We can project it onto circumstances and relationships. In his account, work that matters deeply can stir a strong urge to avoid it.

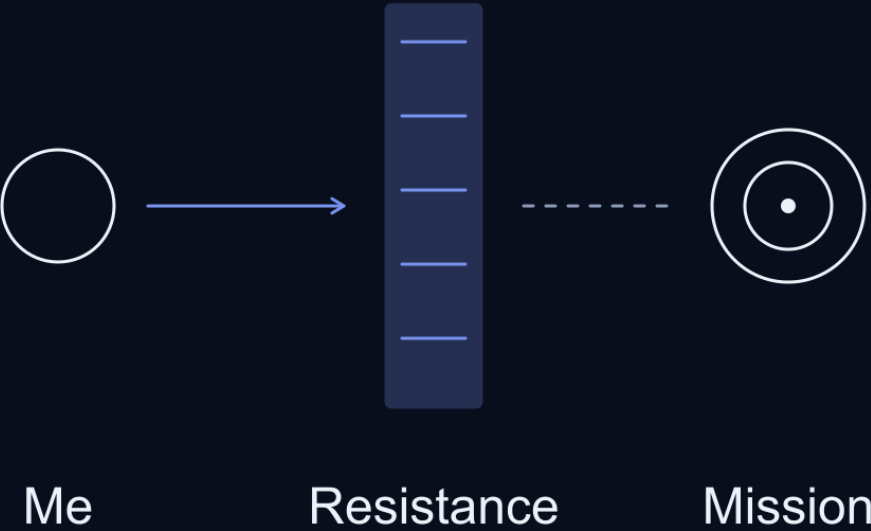
Reading note after Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 041

Between me and the mission



The obstacle sits directly between a person and their mission.

VISUAL INTERPRETATION

EDITED READING

Resistance stands between me and my mission.

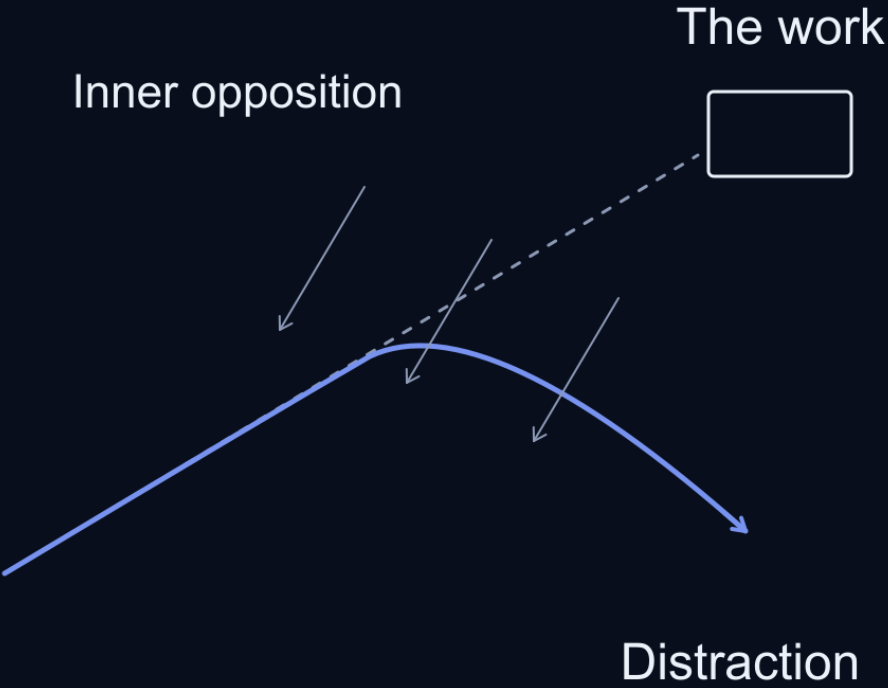
Personal diagram using Steven Pressfield’s Resistance framework

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 041

The invisible force

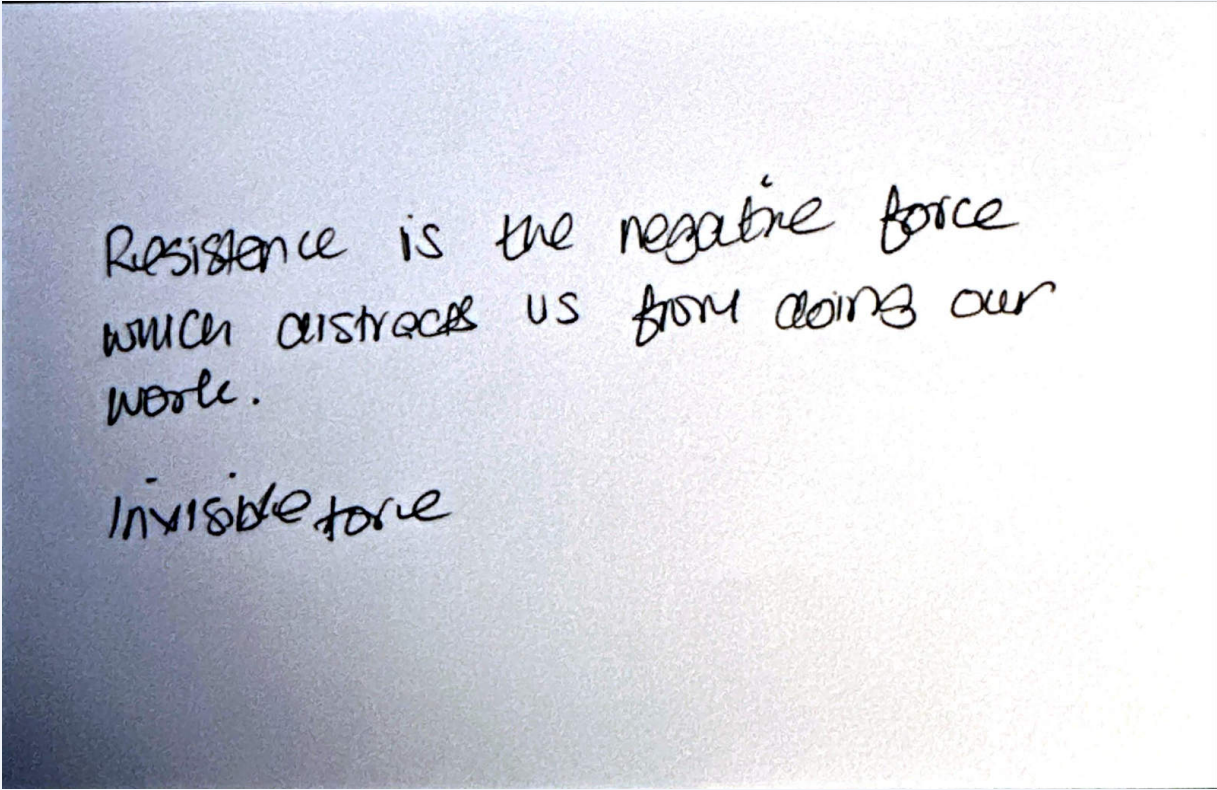


Inner opposition bends attention away from work that matters.

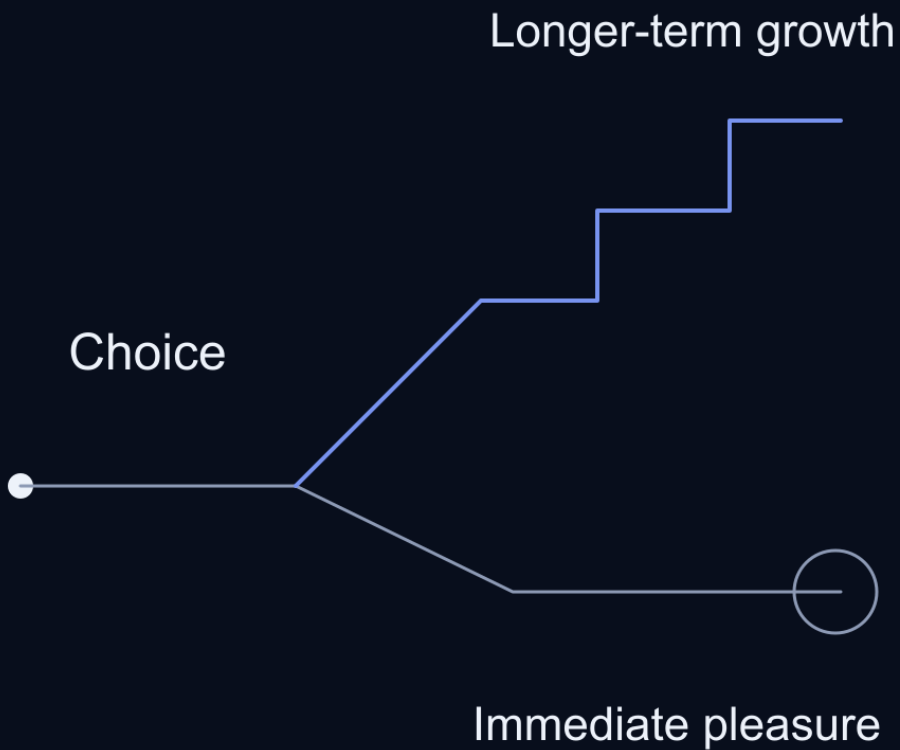
Resistance is Pressfield's name for the inner opposition that distracts us from doing work we care about.

Reading note after Steven Pressfield, *The War of Art*

THE ORIGINAL HANDWRITTEN NOTE



Immediate gratification

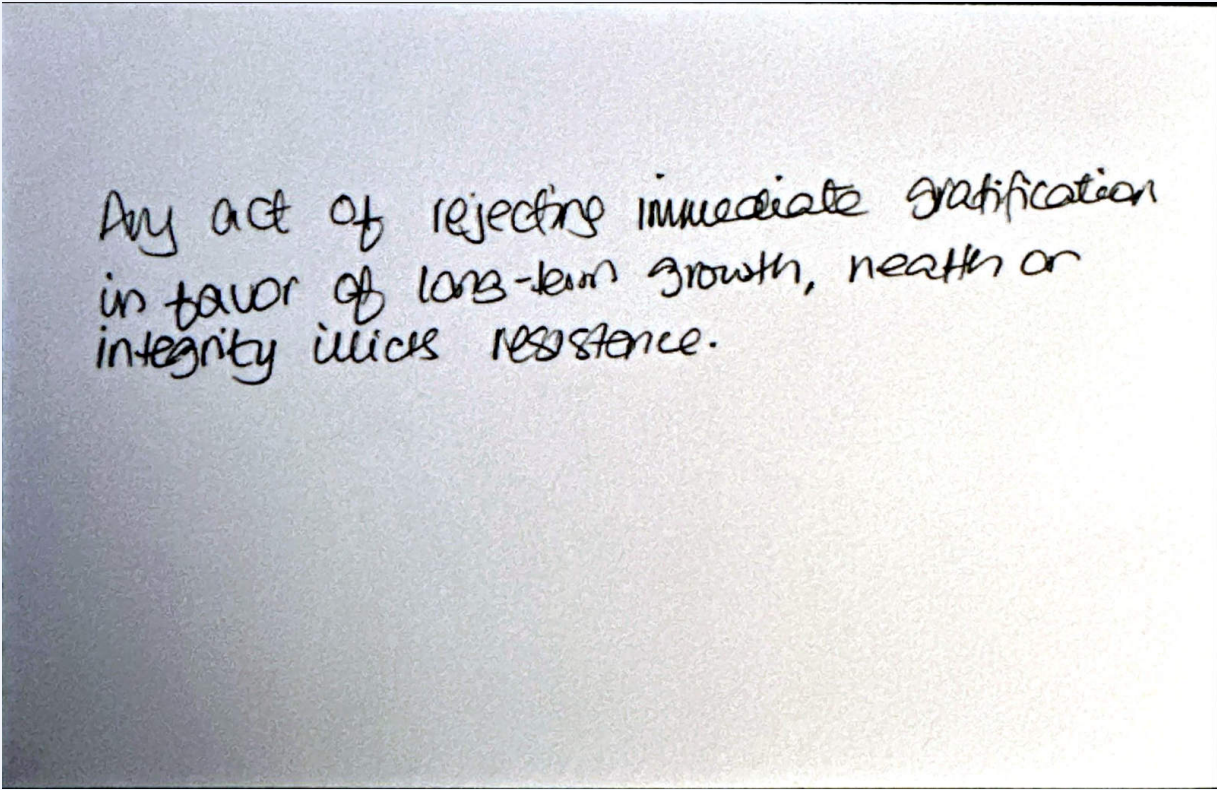


A moment of choice separates immediate pleasure from a longer path of growth.

Long-term growth, health and integrity can require giving up an immediate pleasure. Pressfield places resistance in that moment of choice.

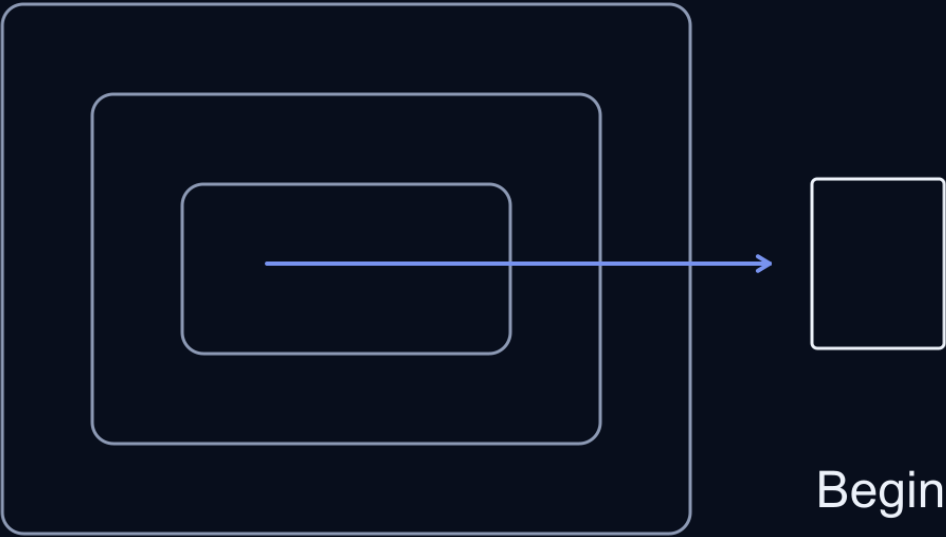
Reading note after Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 049

Procrastinating about procrastination



Thinking about delay

Thoughts about delay can become further layers around the work.

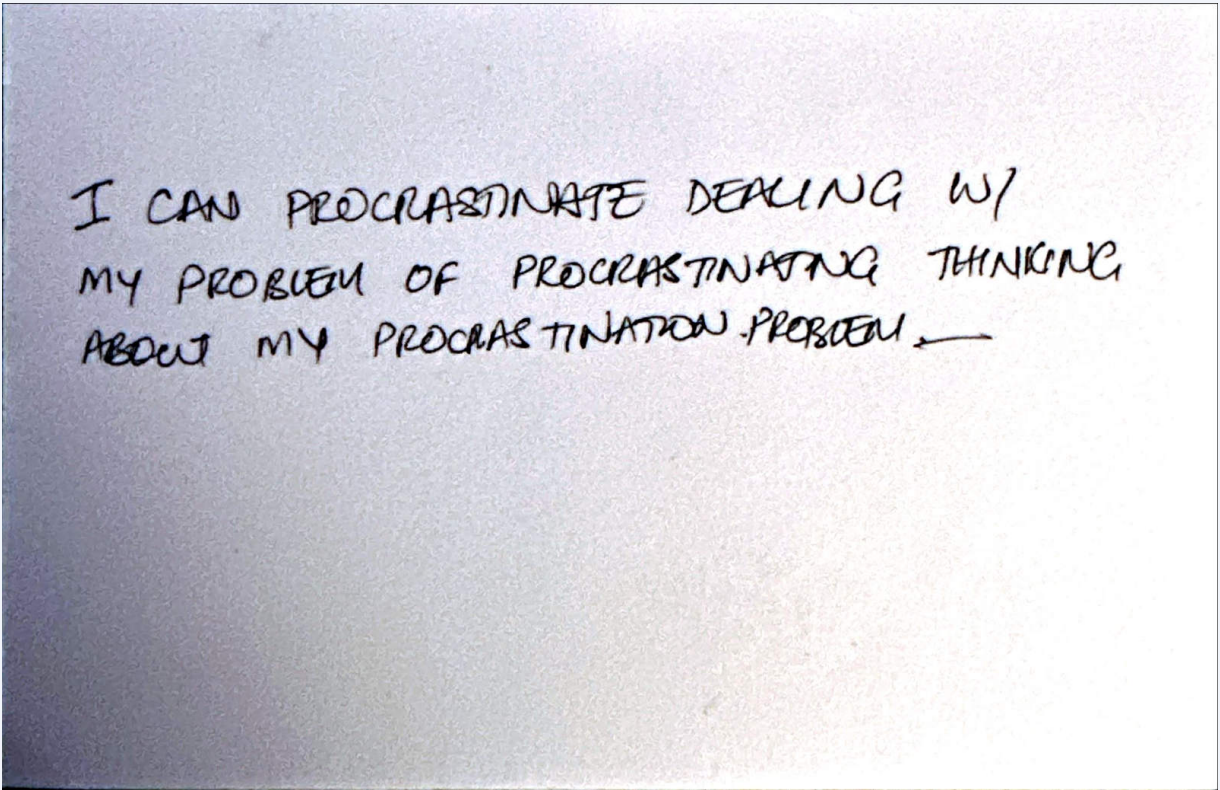
VISUAL INTERPRETATION

EDITED READING

Even thinking about procrastination can become another way of putting off the work.

After Robert McKee, foreword to *The War of Art*

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 049

Confidence and uncertainty



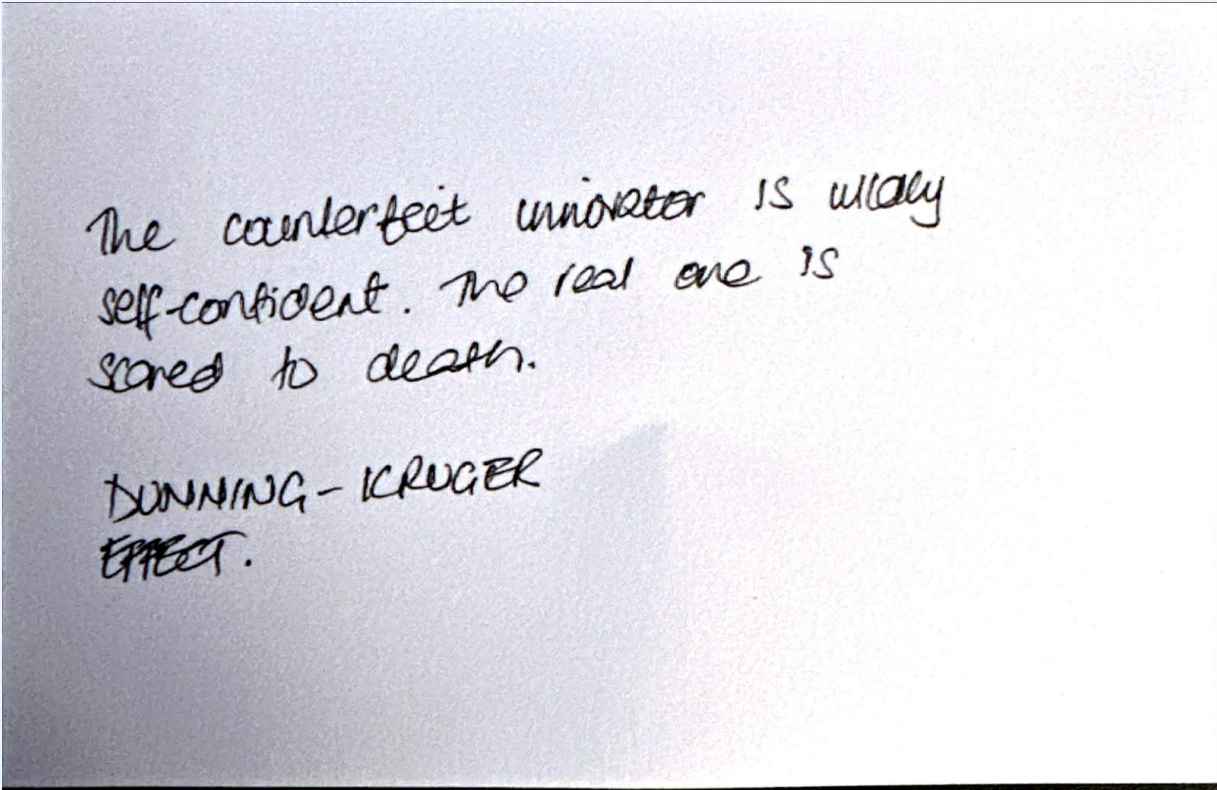
New work includes turns and gaps that a claim of certainty can conceal.

Pressfield contrasts the certainty of the counterfeit innovator with the fear experienced by someone attempting new work.

Reading note after Steven Pressfield, *The War of Art*

Context: The handwritten Dunning-Kruger association is a personal annotation. The edited reading concerns Pressfield’s description of creative uncertainty.

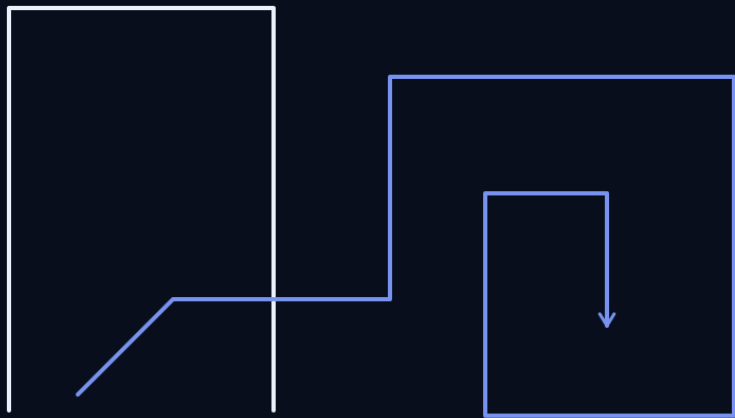
THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 062

A new trap

An open door



A new trap

An inviting entrance can lead into a route that closes around you.

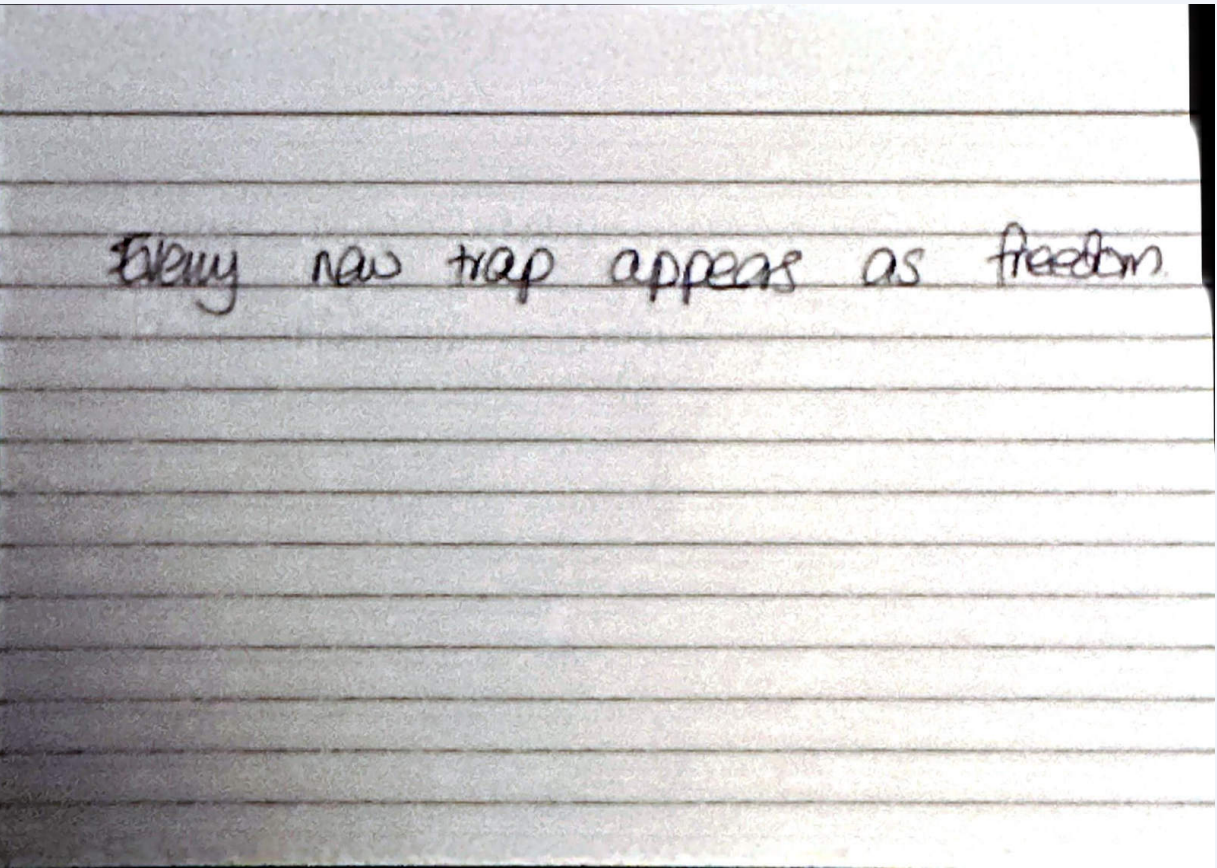
VISUAL INTERPRETATION

EDITED READING

Every new trap appears as freedom.

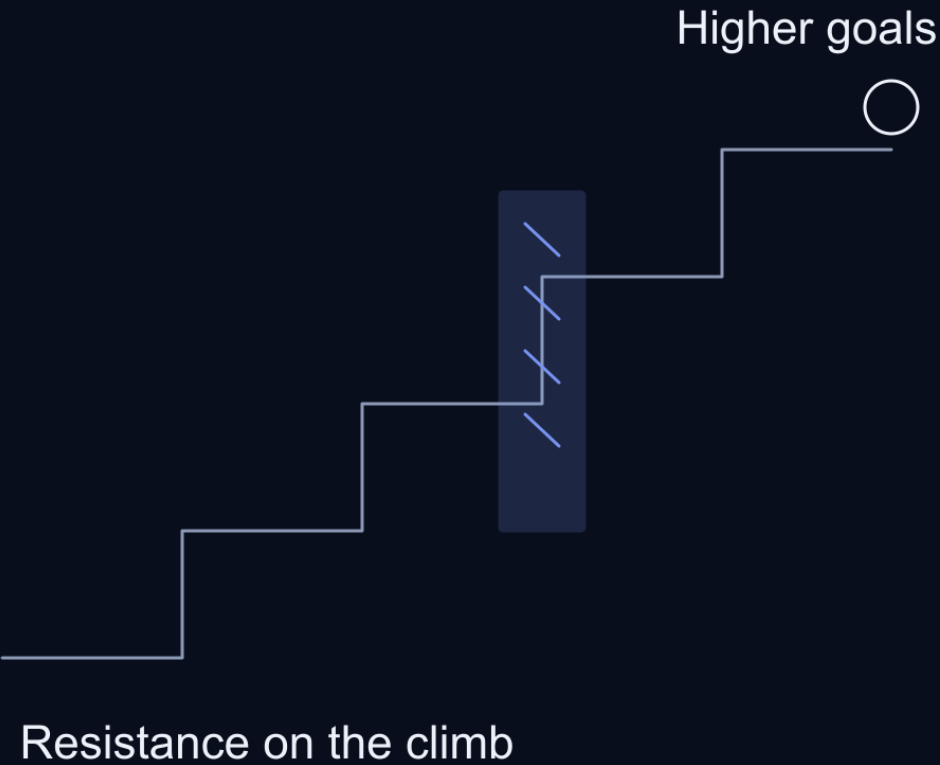
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 062

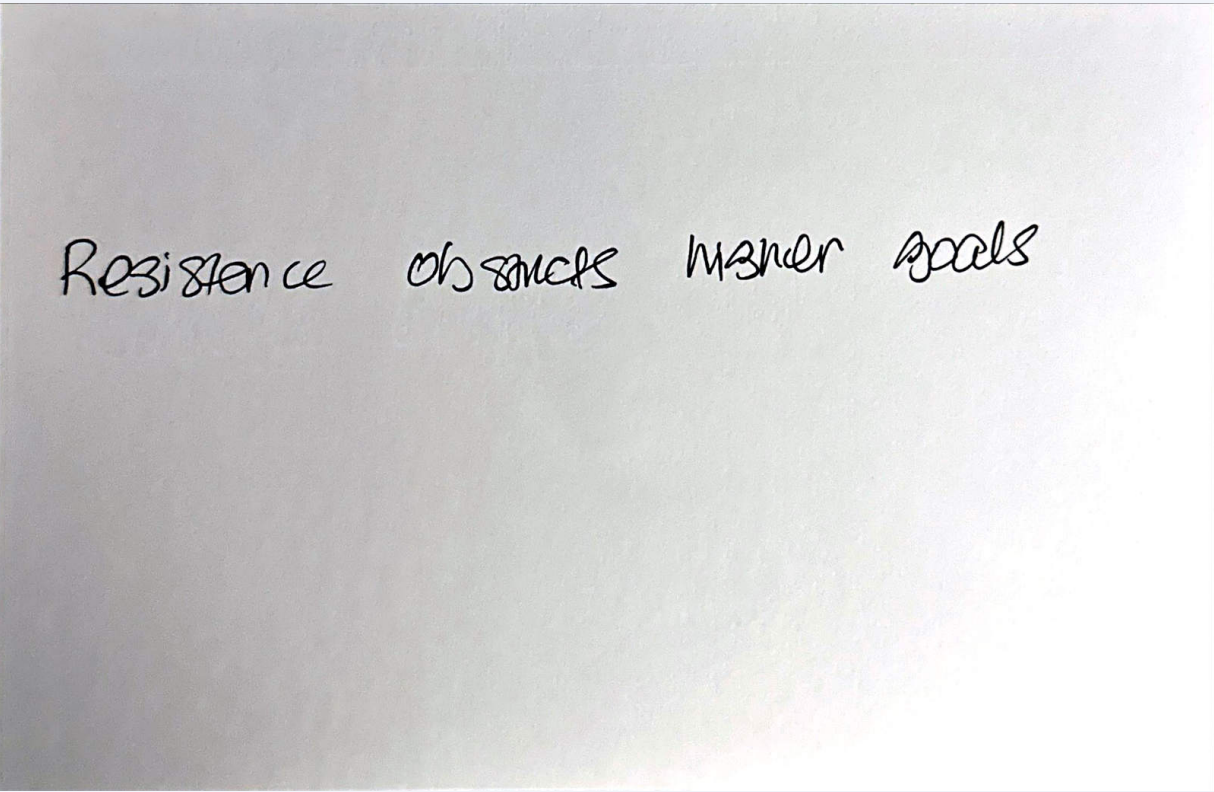
Resistance and higher goals



A rising aim meets an obstacle along the climb.

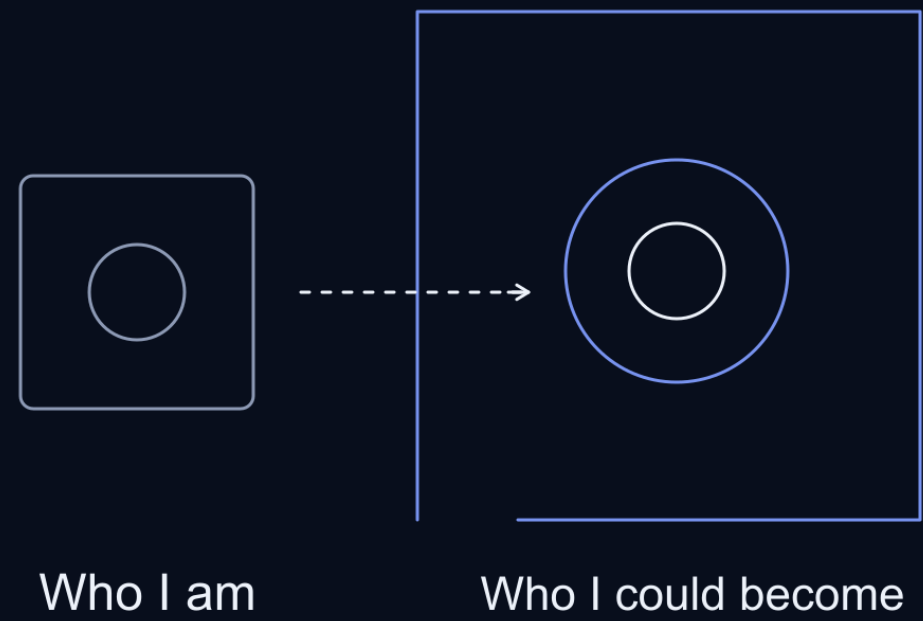
Resistance obstructs higher goals.

Collected note related to Steven Pressfield's Resistance framework; exact source unconfirmed



ORIGINAL CARD 093

Fear of success



Success can ask a person to step beyond a familiar idea of themselves.

VISUAL INTERPRETATION

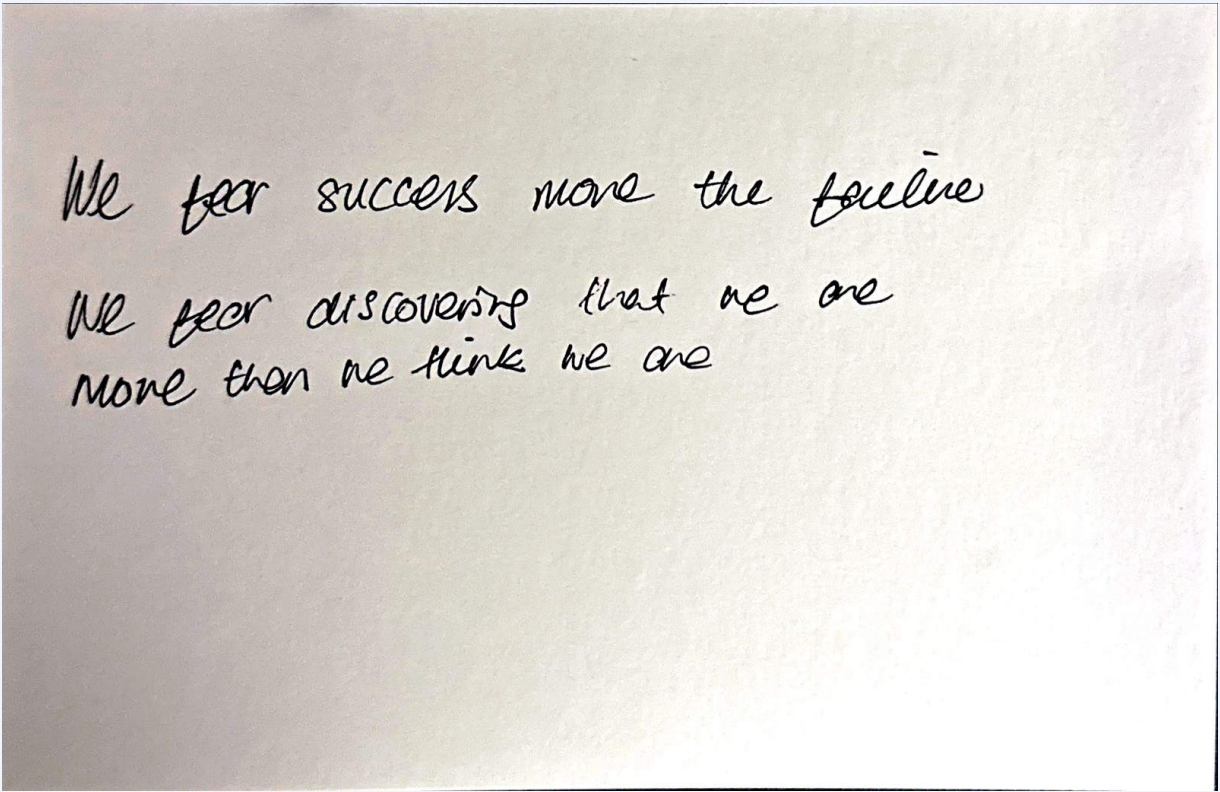
EDITED READING

Pressfield suggests that success can feel frightening because it asks us to revise our idea of who we are.

Reading note after Steven Pressfield, *The War of Art*

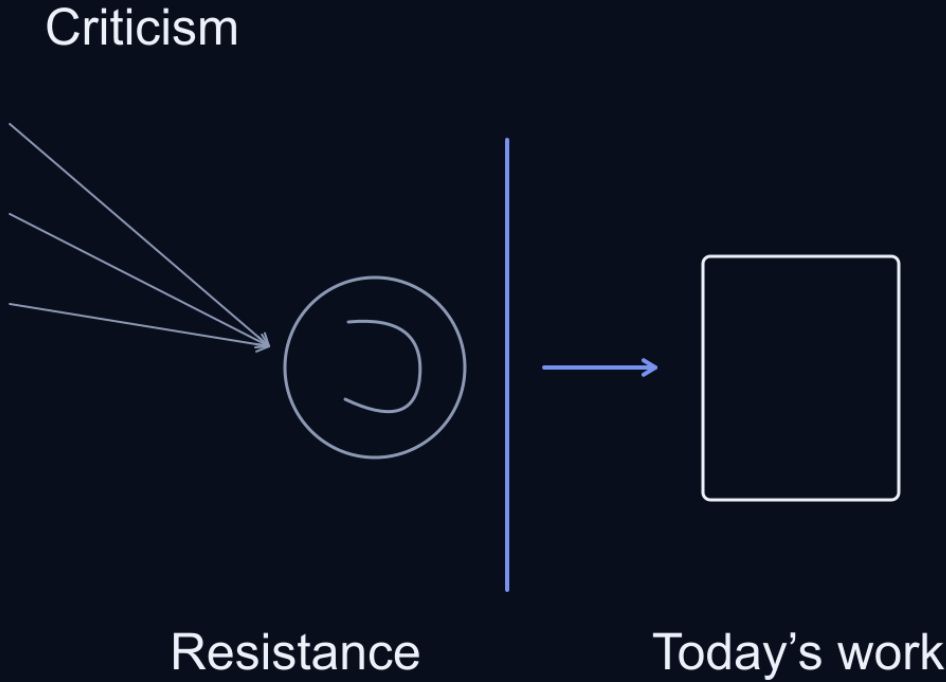
Context: Pressfield's interpretation of resistance.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 093

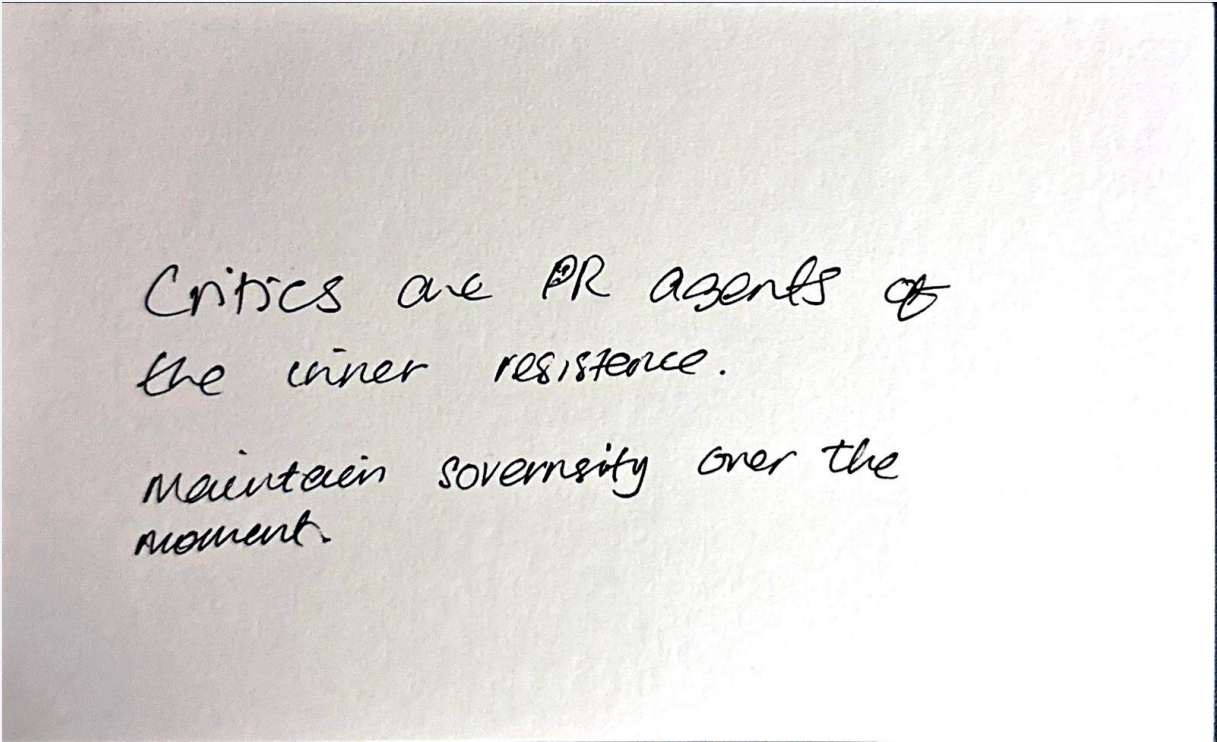
Sovereignty over the moment



Attention can be directed to the present work as criticism feeds inner resistance.

Criticism can give inner resistance more material. Keep your attention on the work in front of you.

Reading note after Steven Pressfield, The War of Art



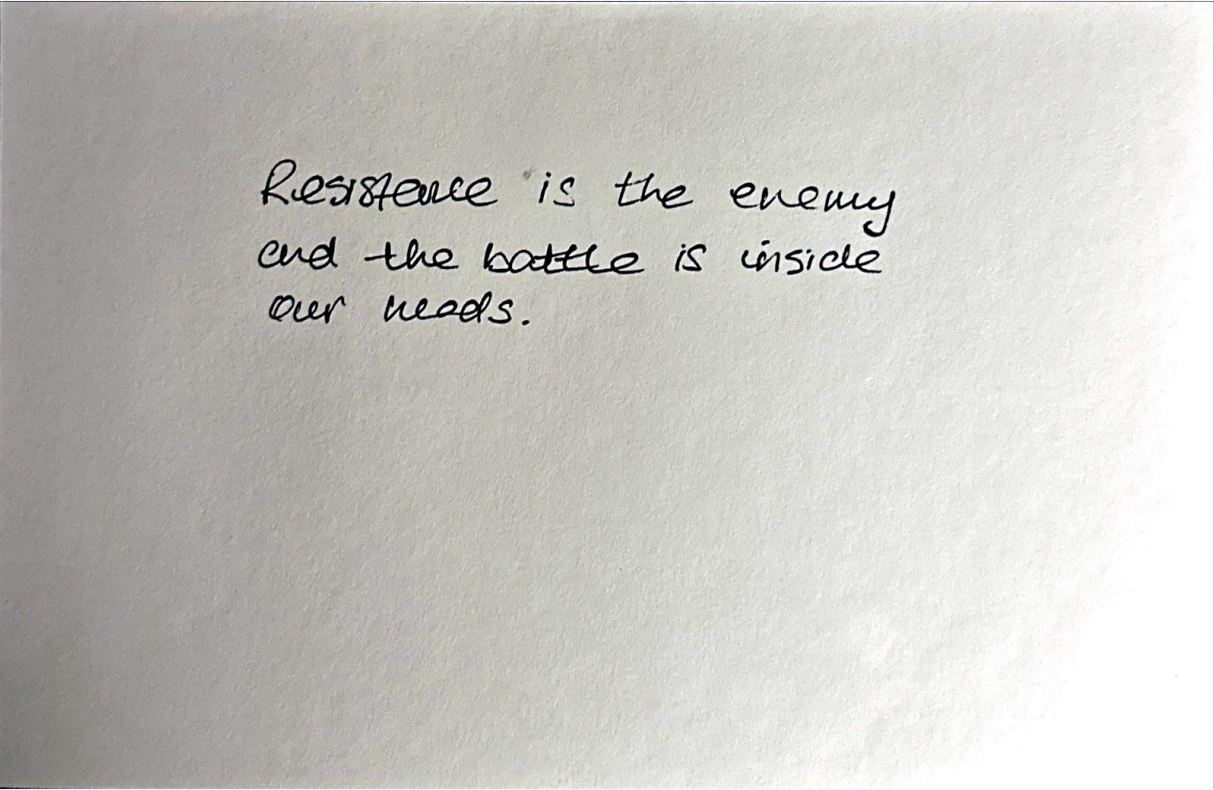
The inner battle



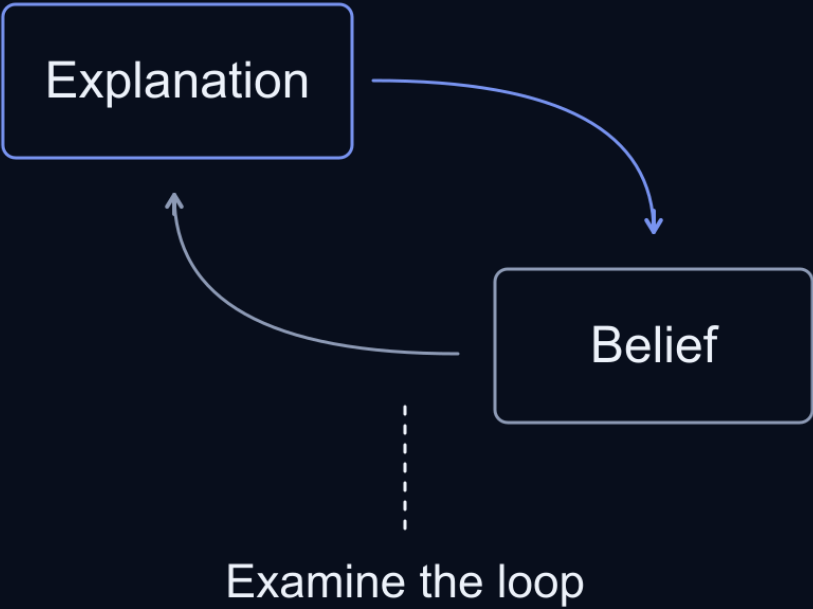
The opposing forces in the card meet within the same inner space.

Resistance is the enemy, and the battle is inside our heads.

Reading note after Steven Pressfield, The War of Art



Rationalisation

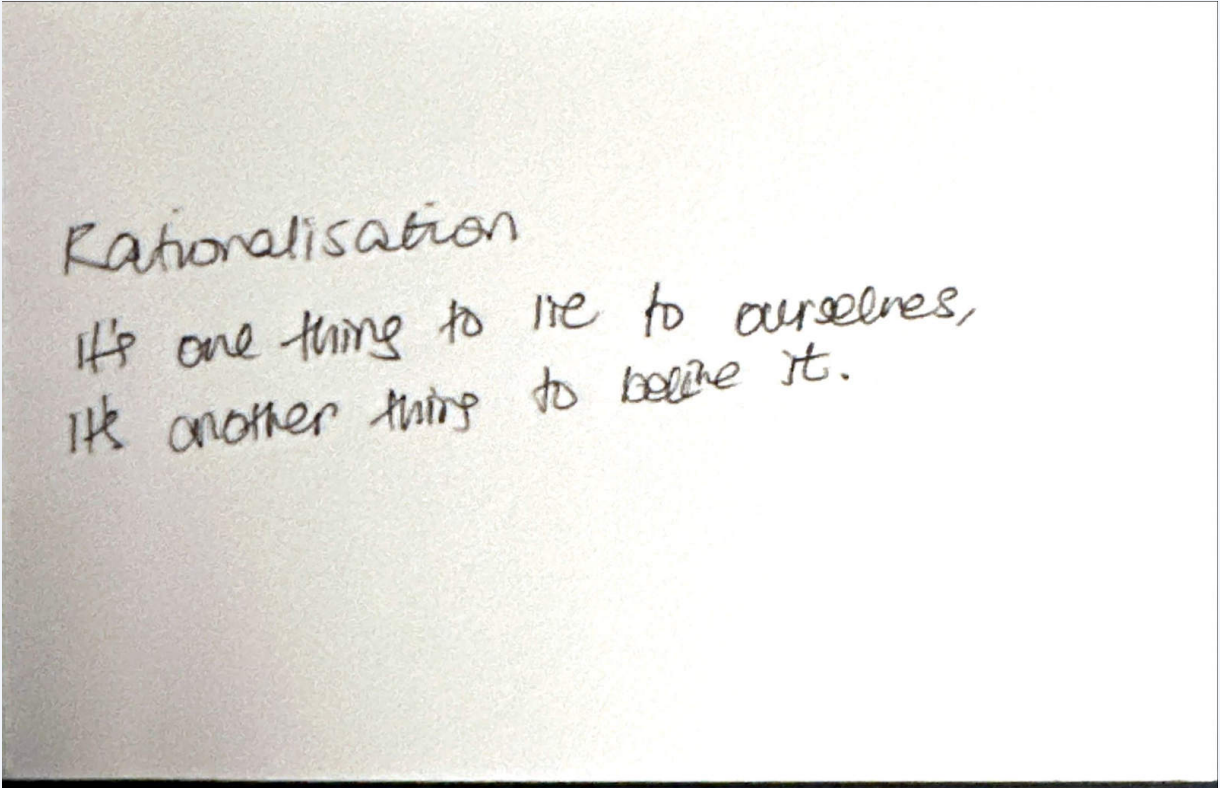


An explanation can circle back into a belief that reinforces itself.

Notice when you have begun to believe your own rationalisations.

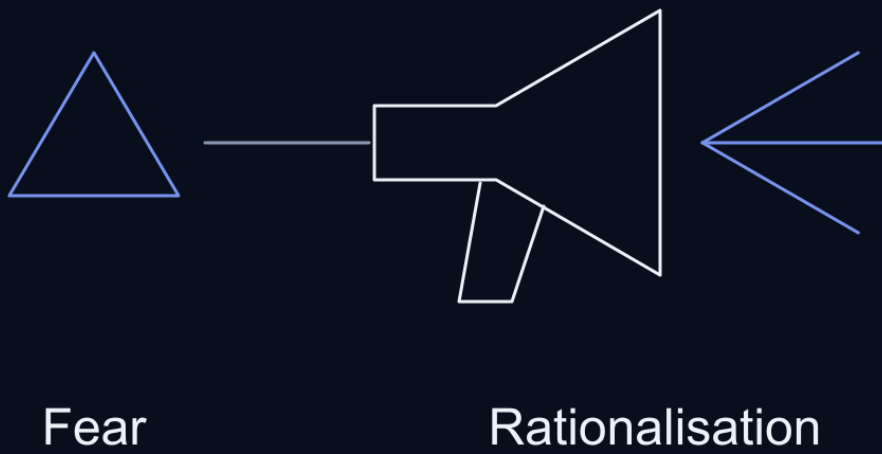
Reading note after Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 110

Fear and rationalisation



Rationalisation gives fear a persuasive outward voice in the card’s metaphor.

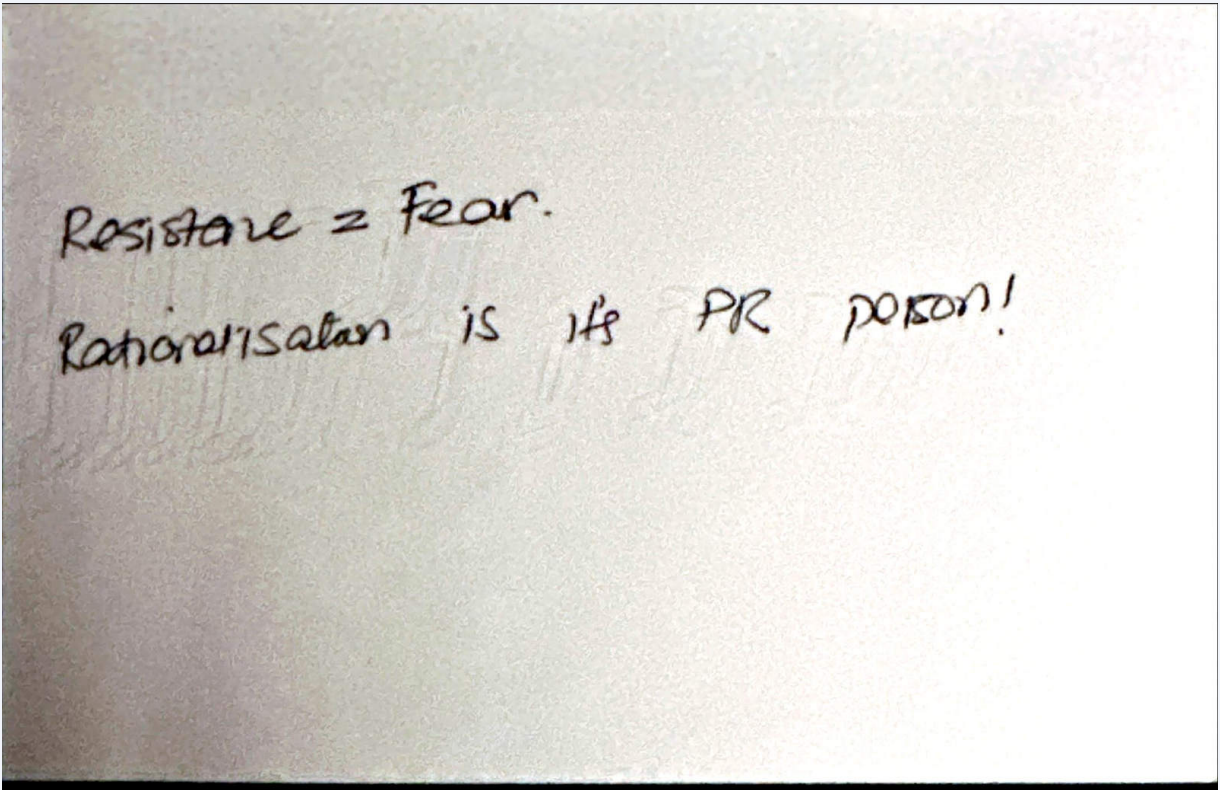
VISUAL INTERPRETATION

EDITED READING

Resistance = fear.
Rationalisation is its PR person!

Reading note after Steven Pressfield, The War of Art

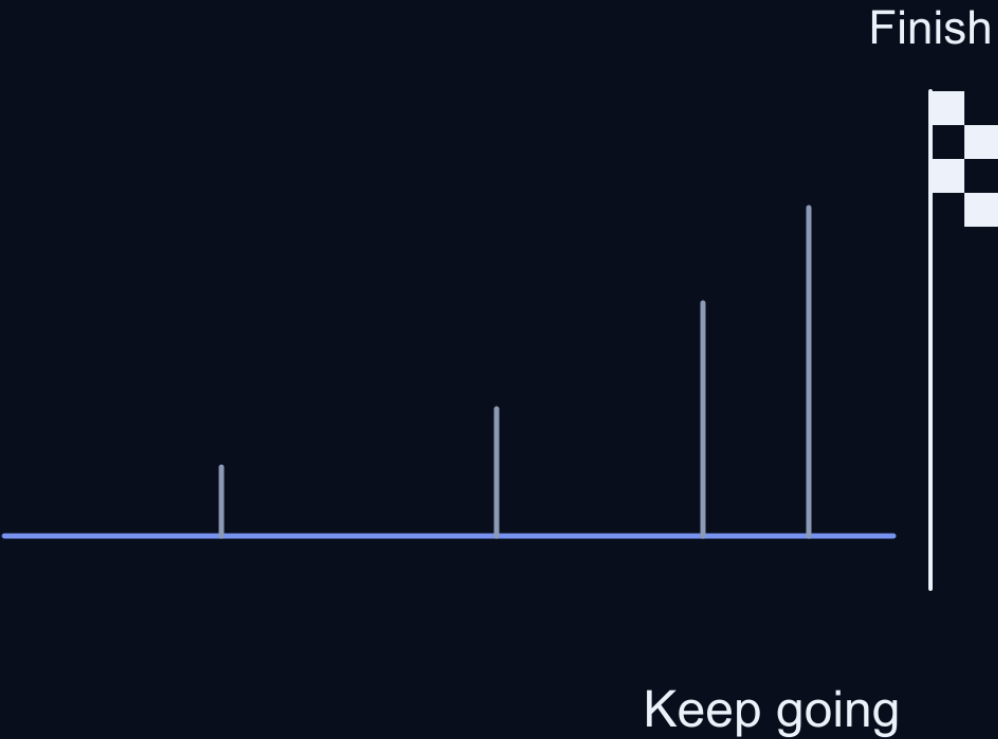
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 110

ORIGINAL CARD 116

Near the finish line



The obstacles crowd the final stretch in Pressfield’s picture of resistance.

VISUAL INTERPRETATION

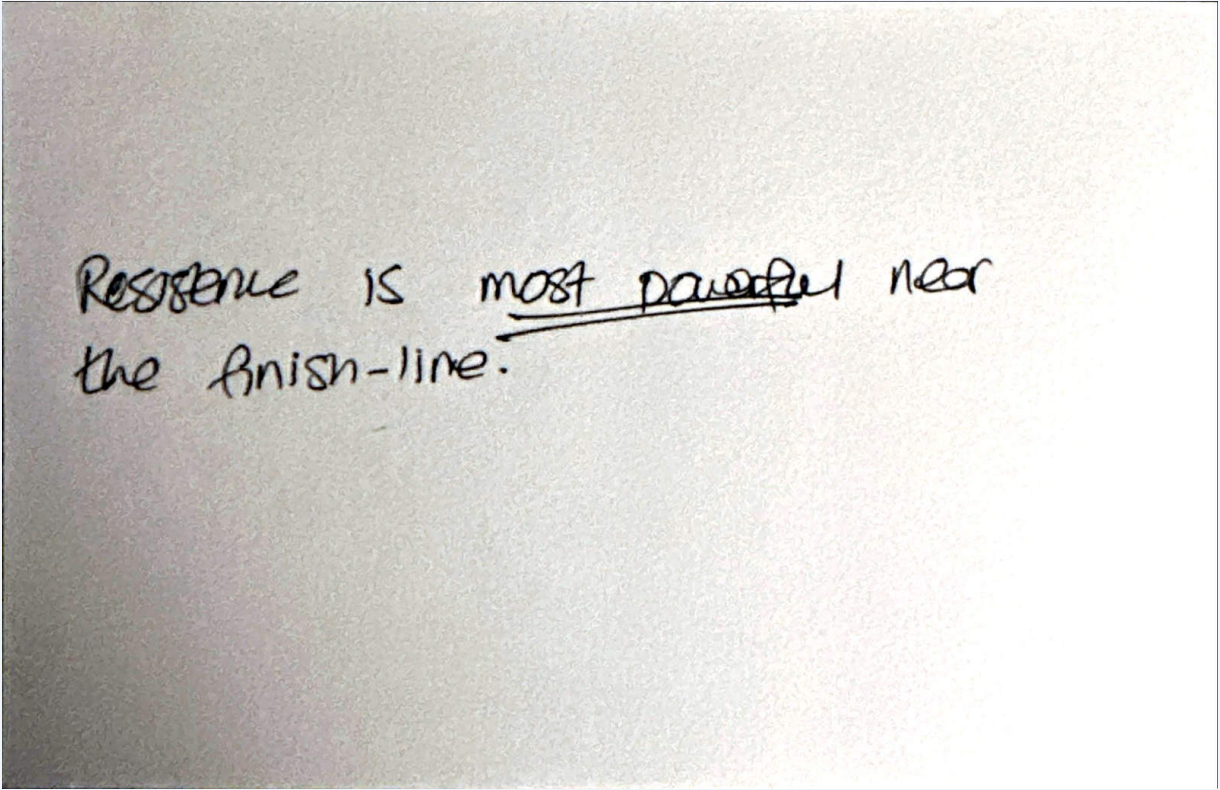
EDITED READING

Resistance is most powerful near the finish line.

Reading note after Steven Pressfield, The War of Art

Context: A creative-work heuristic within Pressfield’s Resistance framework.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 116

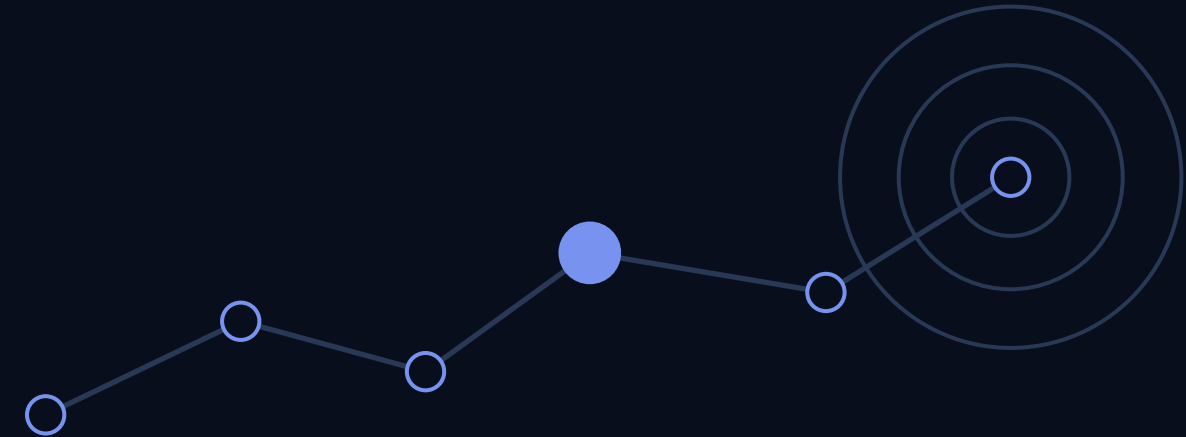
04

Do the work

This chapter gathers the practical centre of the collection: attention, care, beginning and returning to the work. A business becomes something to take care of. A writing session begins by sitting down. Failure becomes experience that can inform the next attempt. Across these cards, an intention takes shape through what a person does.

The Bhagavad Gita’s teaching on action and its fruits sits beside Pressfield’s notes on professional commitment. Each brings a different context to the relationship between effort and outcome. The connecting thread is the work within reach today, and the steadiness needed to return after success, disappointment or doubt.

21 CARDS



ORIGINAL CARD 004

The difficult part



The work continues along a route interrupted by difficult encounters.

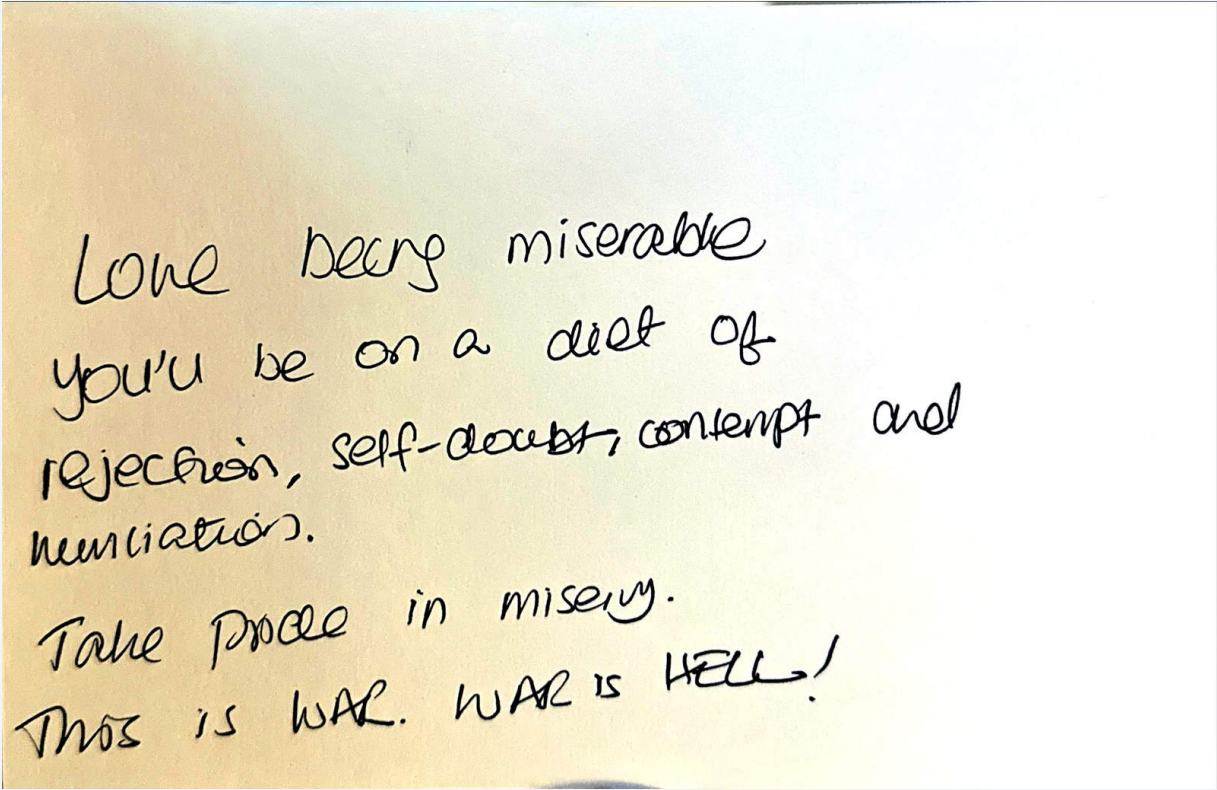
VISUAL INTERPRETATION

EDITED READING

Creative work can bring rejection, self-doubt and humiliation. The card uses the image of a battle to describe continuing through that difficulty.

Reading note after Steven Pressfield, The War of Art

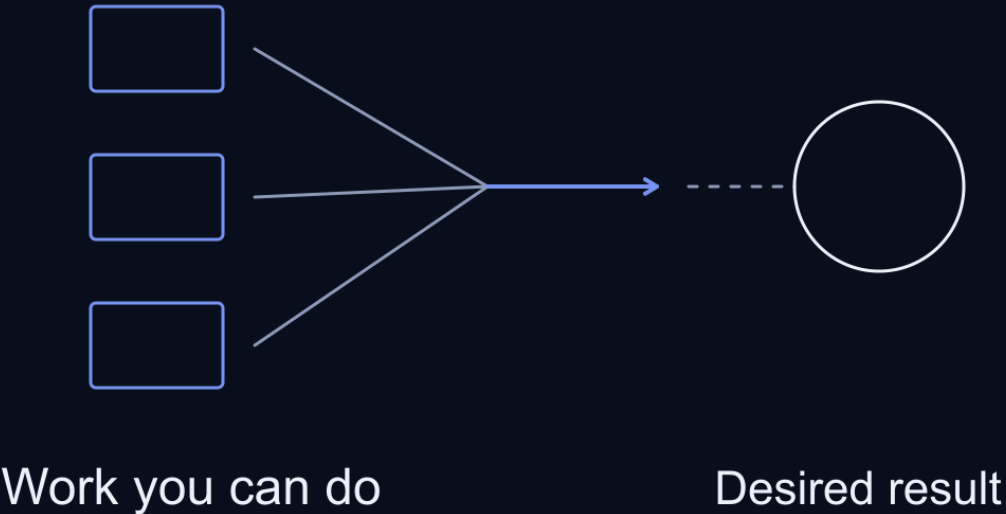
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 004

ORIGINAL CARD 006

Work and results



Specific work can contribute towards a desired result.

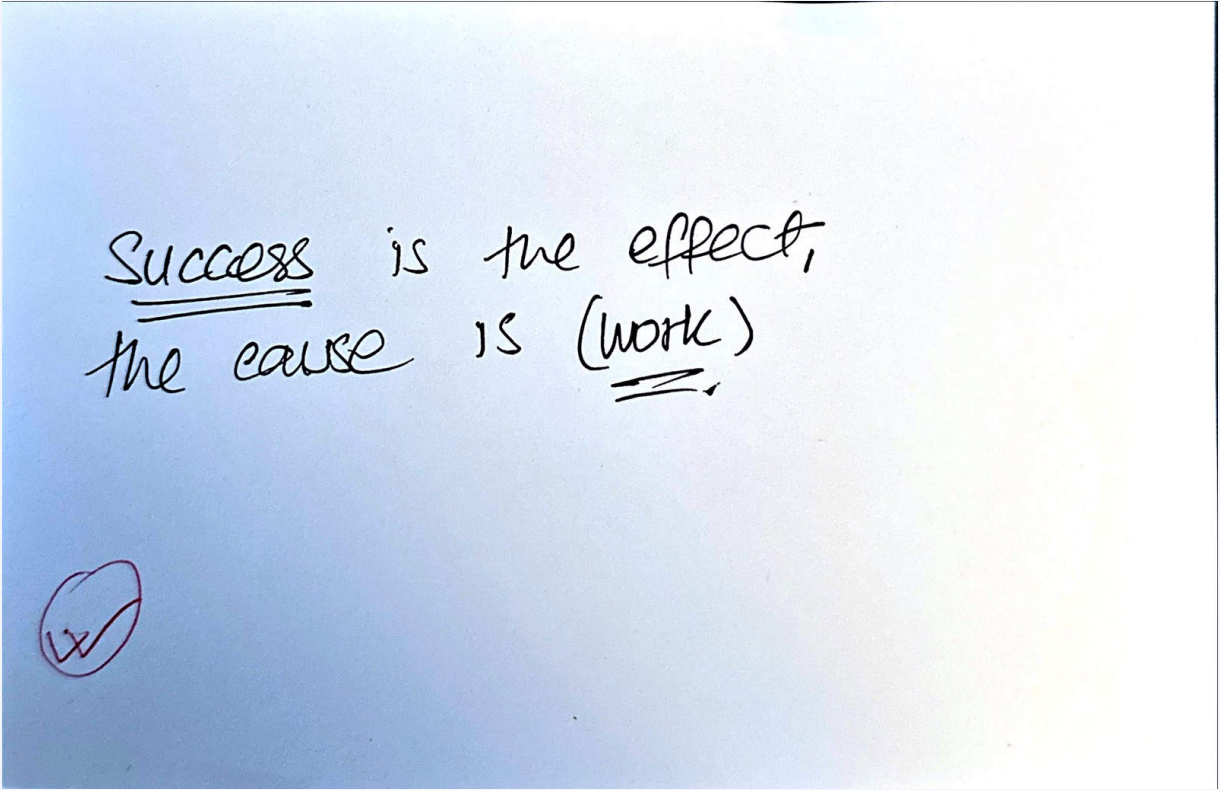
VISUAL INTERPRETATION

EDITED READING

Put your attention into the work that can contribute to the result you want.

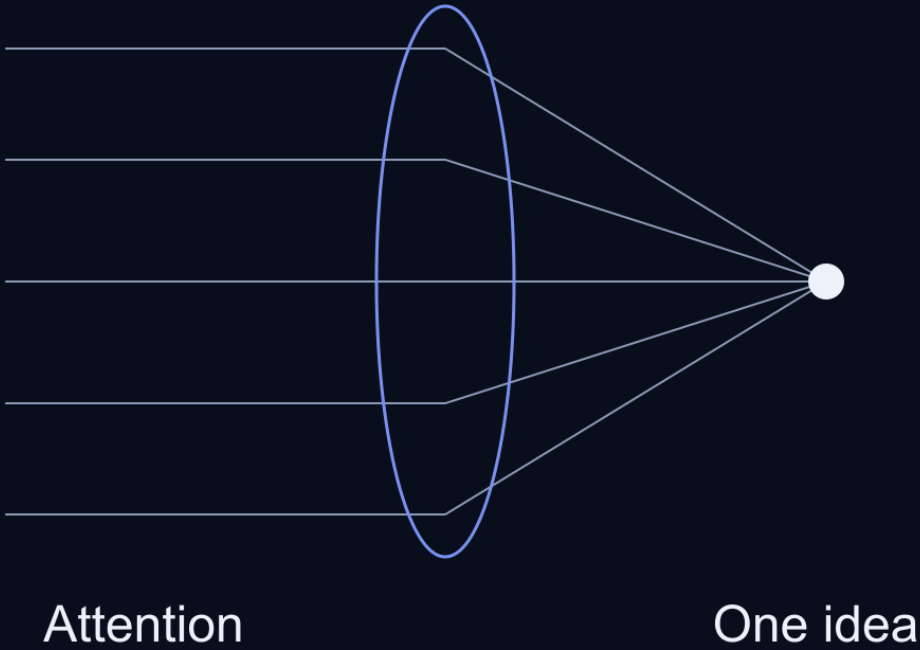
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 006

A lens of attention



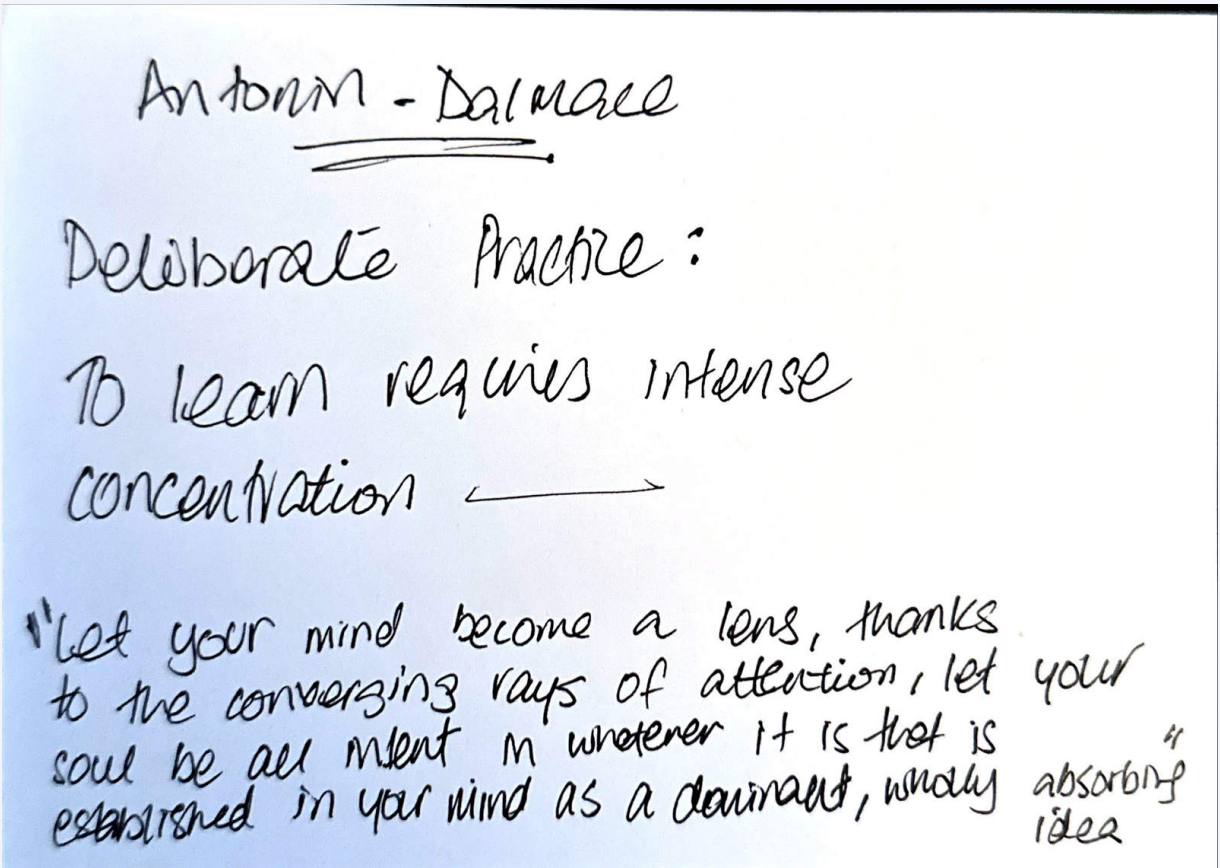
A lens brings scattered attention to one point.

VISUAL INTERPRETATION

Concentrated attention gathers the mind around one idea. Sertillanges describes it as a lens bringing rays of attention together.

After A. G. Sertillanges, *The Intellectual Life*; Mary Ryan translation

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 008

Begin

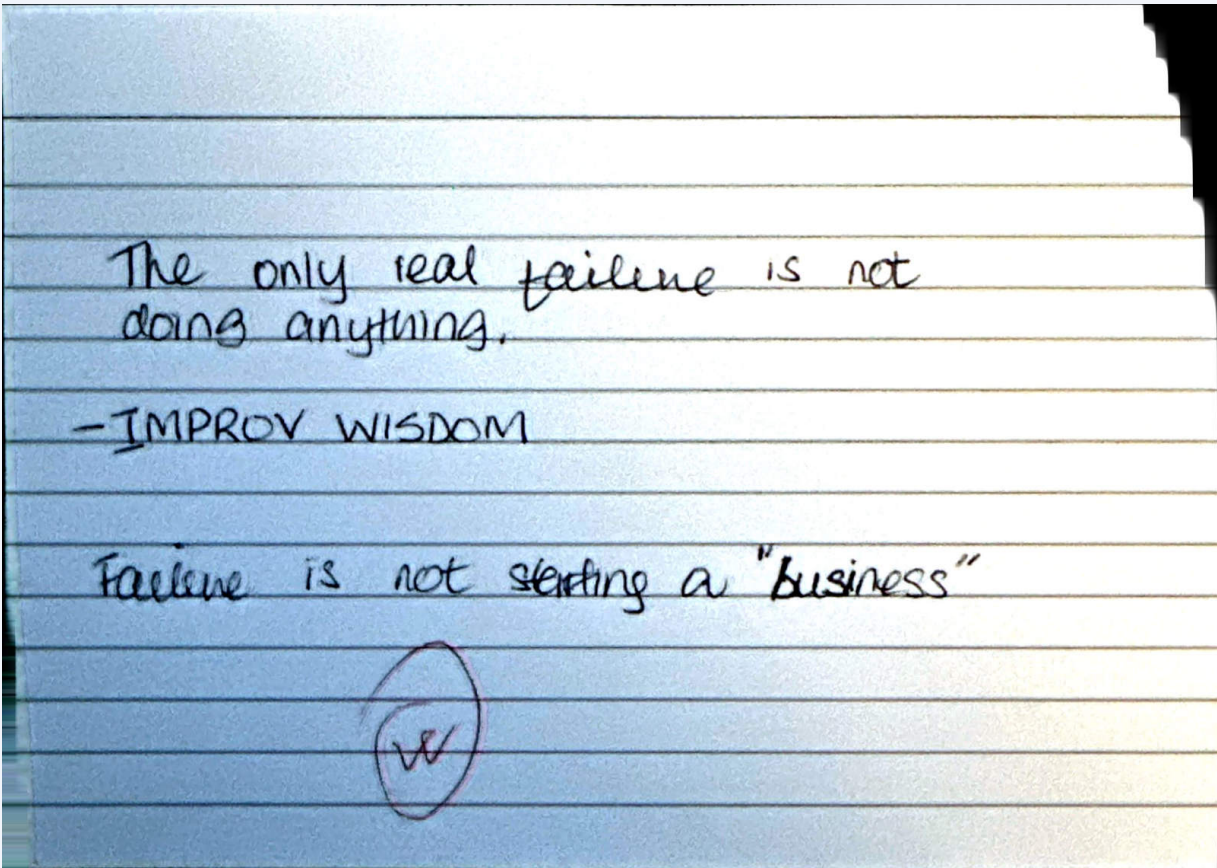


Make the first mark

A first action gives an idea a visible form to develop.

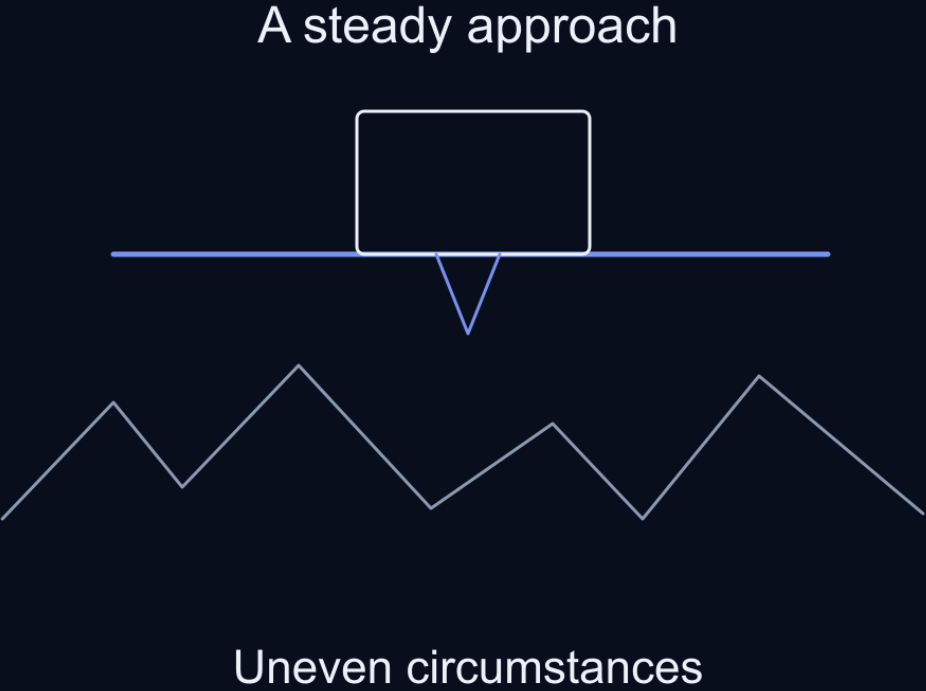
Begin. Action gives an idea a chance to become something you can learn from. The card applies this to starting a business.

After Patricia Ryan Madson, Improv Wisdom



ORIGINAL CARD 050

Handle yourself steadily



A steady approach holds its level across uneven circumstances.

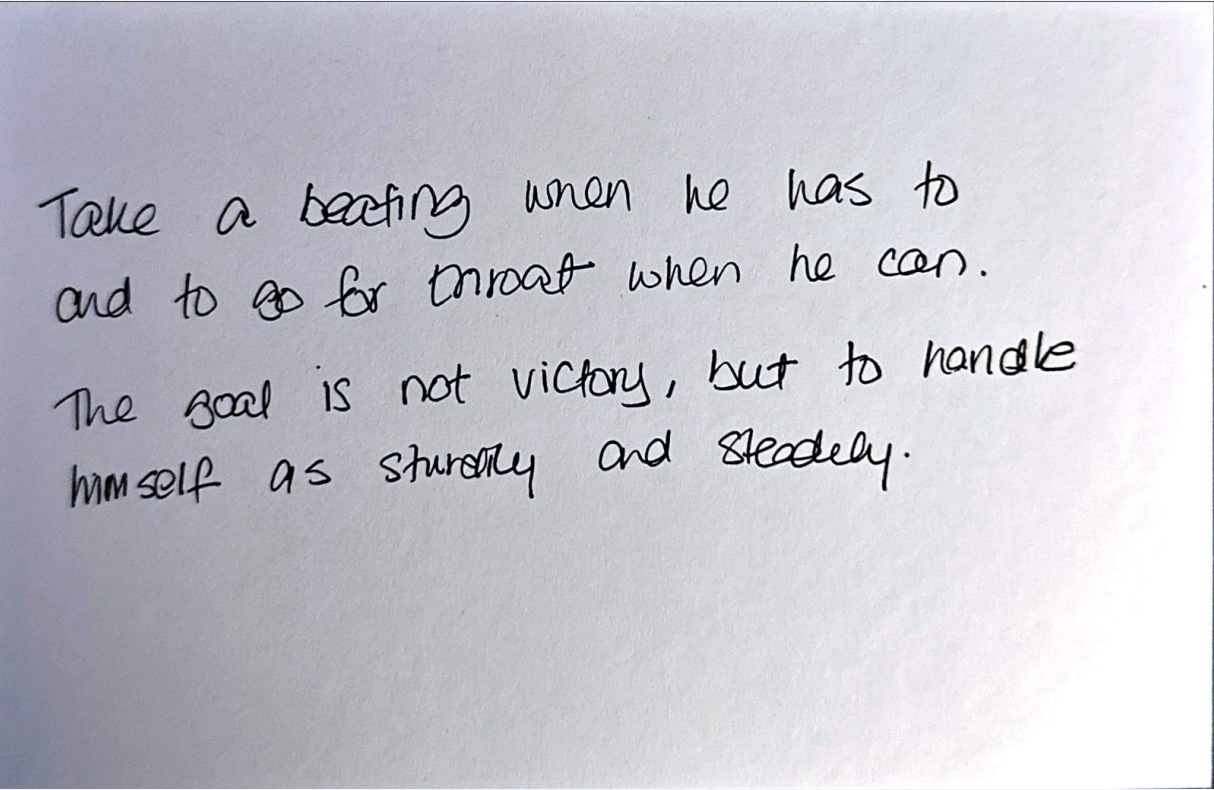
VISUAL INTERPRETATION

EDITED READING

Handle yourself steadily through the work and its setbacks.

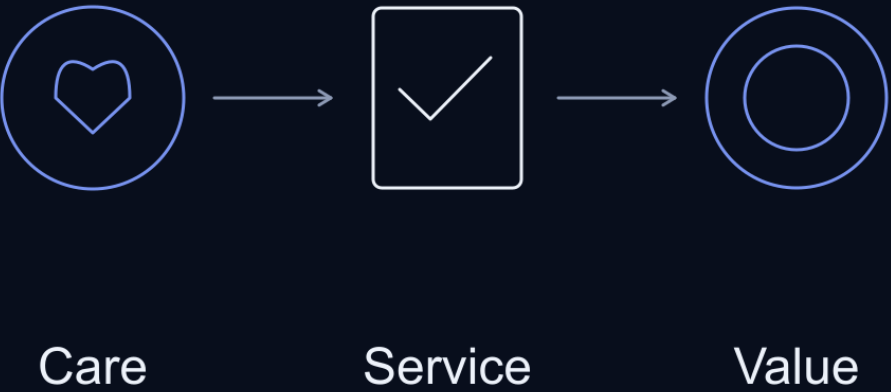
Reading note after Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 050

What is success in business?

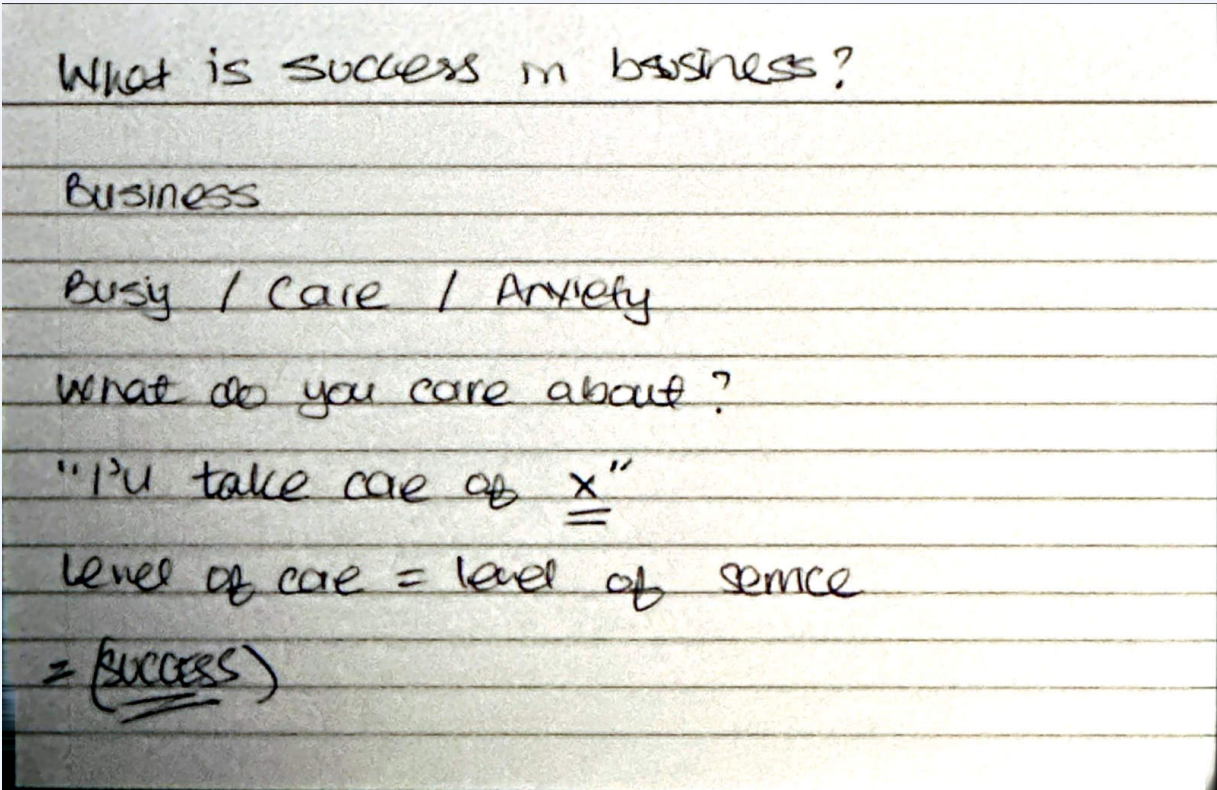


Care becomes visible through service and the value it creates.

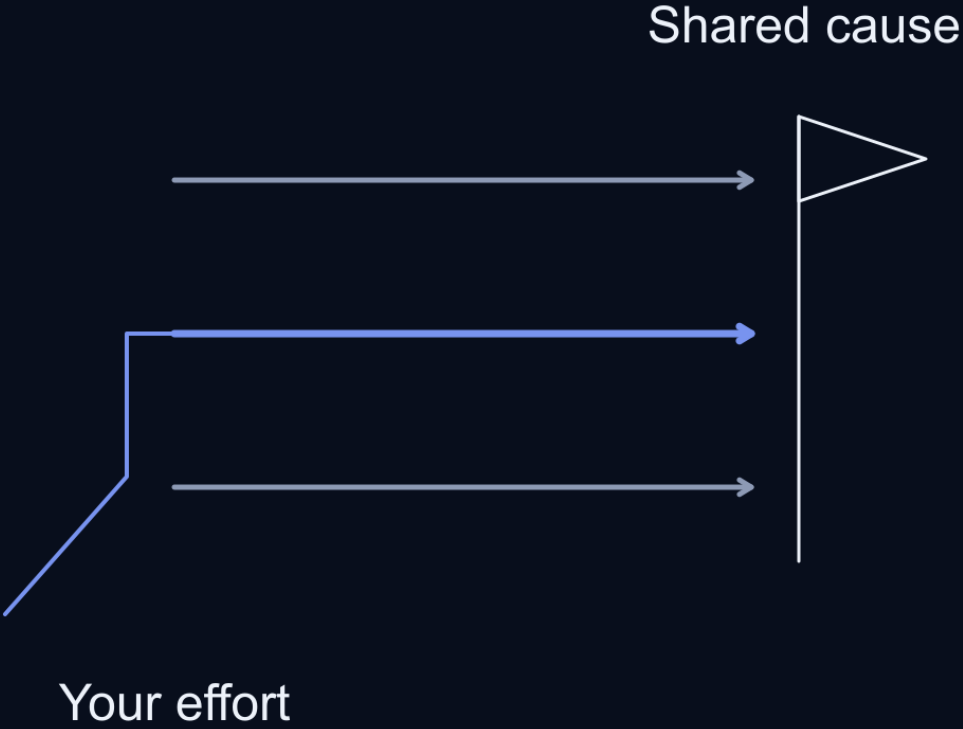
What do you care about enough to take care of? The card connects care, service and business success.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



Identification with the cause



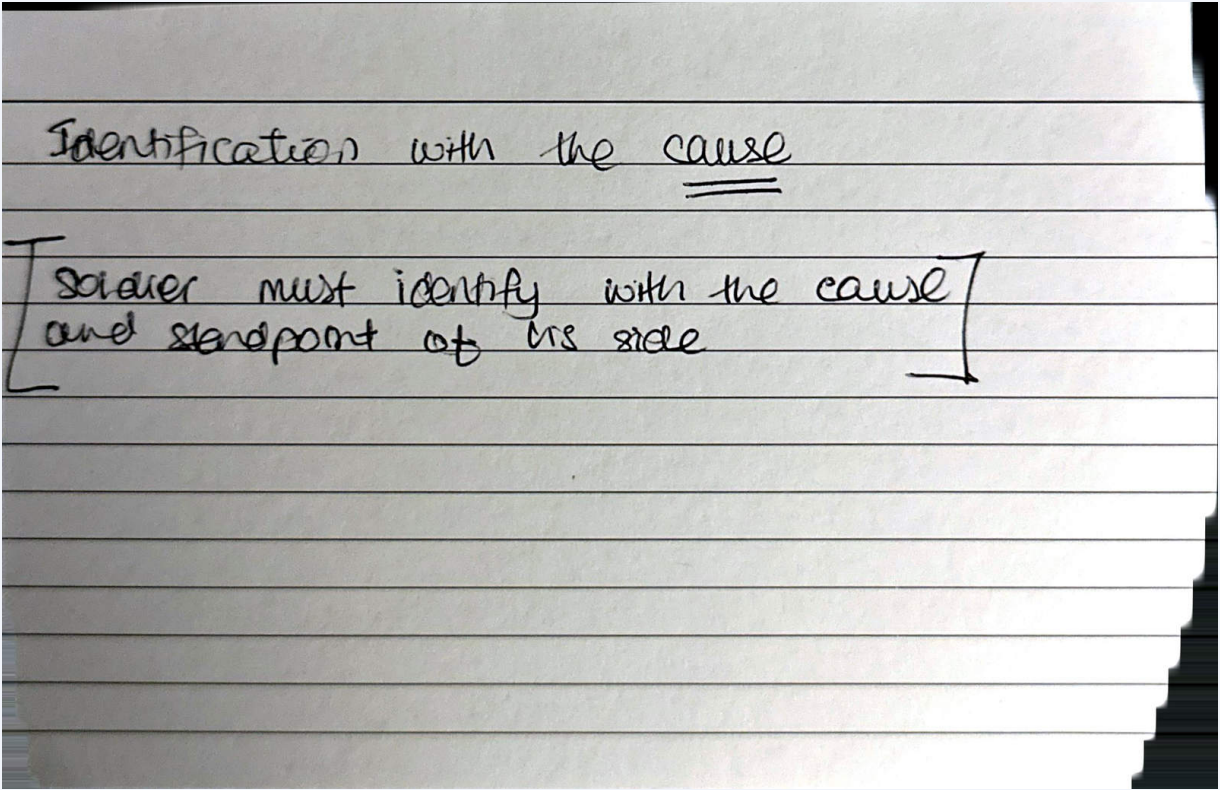
Personal effort takes direction from the cause with which it identifies.

Identification with the cause

A soldier must identify with the cause and standpoint of his side.

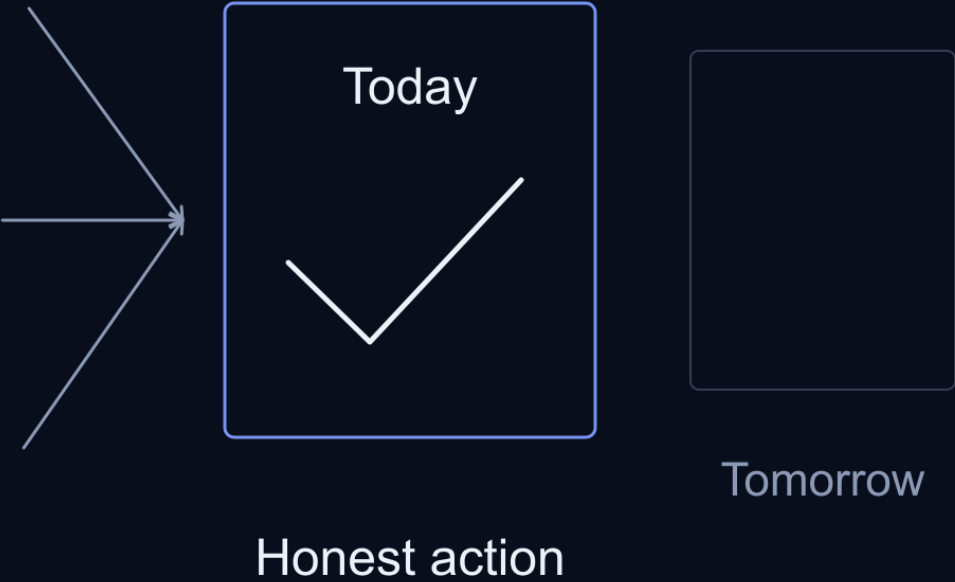
Collected note

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 072

Honest action today



Today’s action receives the available energy while tomorrow remains open.

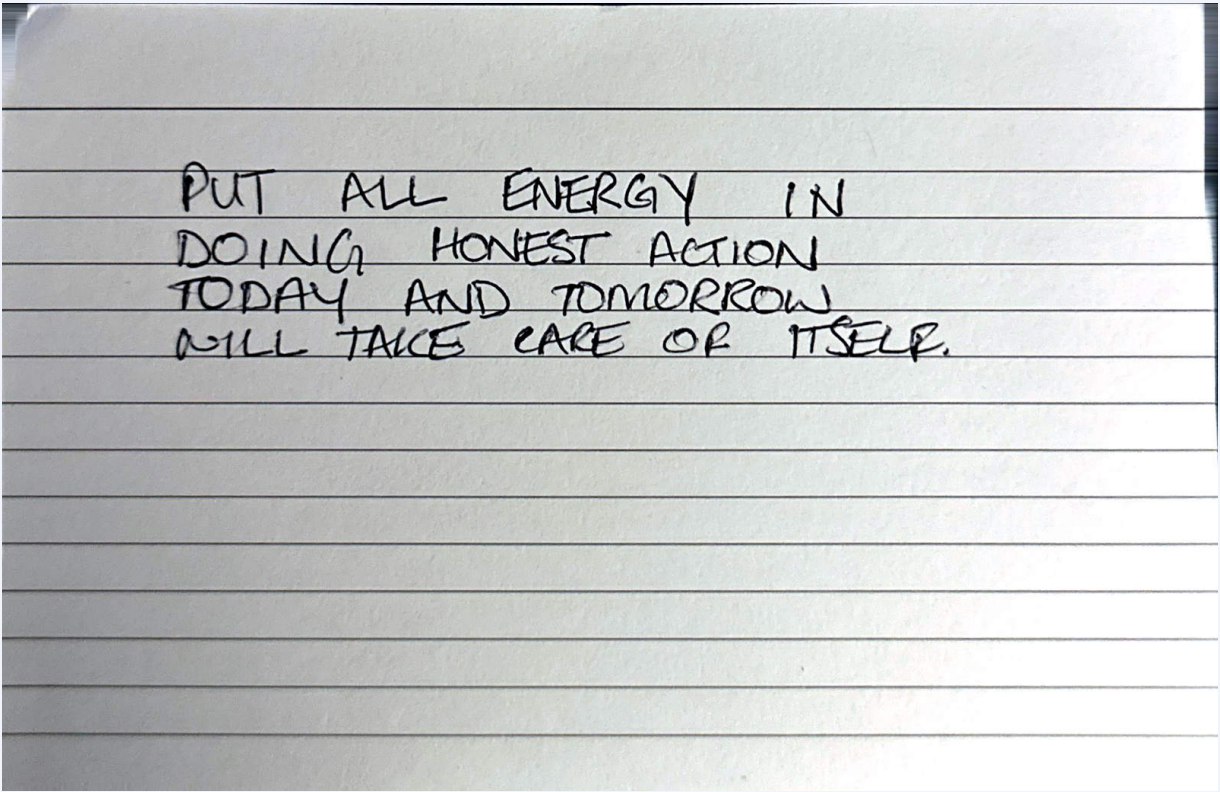
VISUAL INTERPRETATION

EDITED READING

Put all energy into doing honest action today,
and tomorrow will take care of itself.

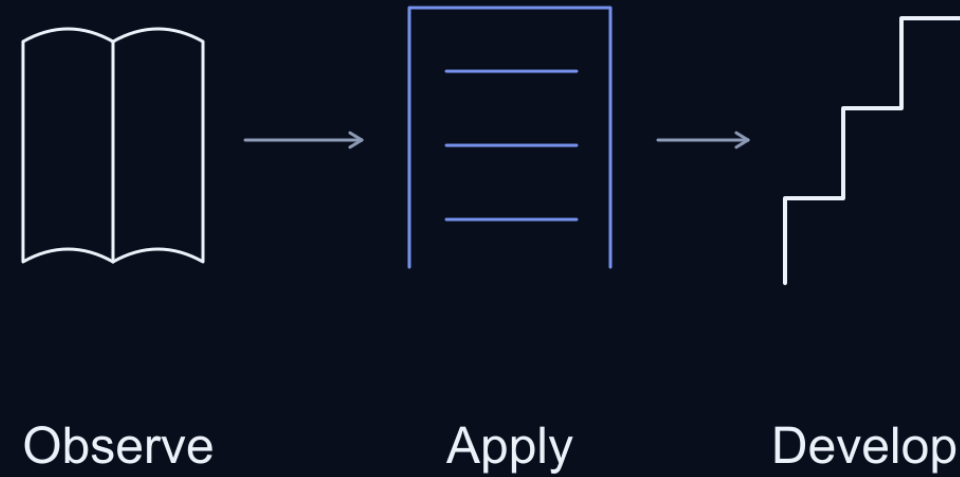
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 072

Self-made success

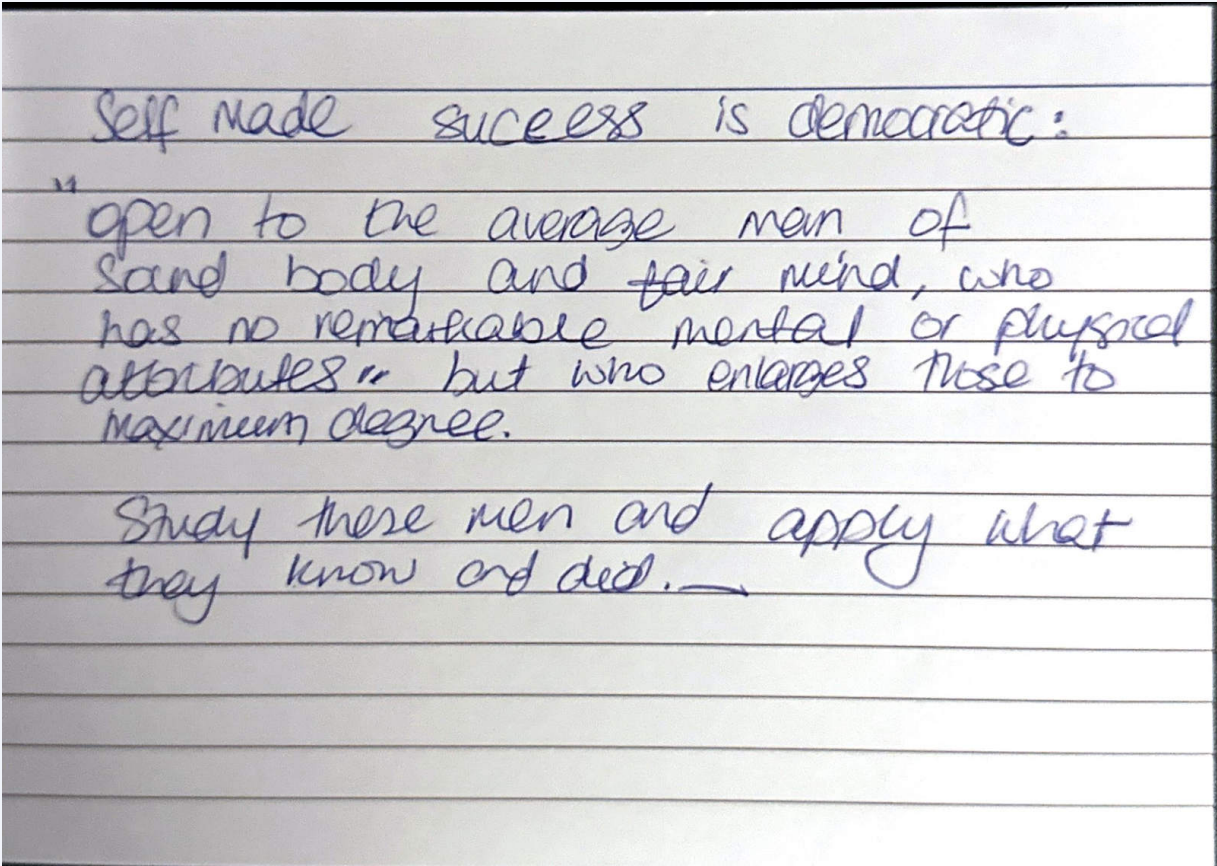


Observation becomes useful through application and the development of ability.

Roosevelt describes a life open to an ordinary person who develops the abilities they have. The card adds a practical intention: study people's actions and apply what you learn.

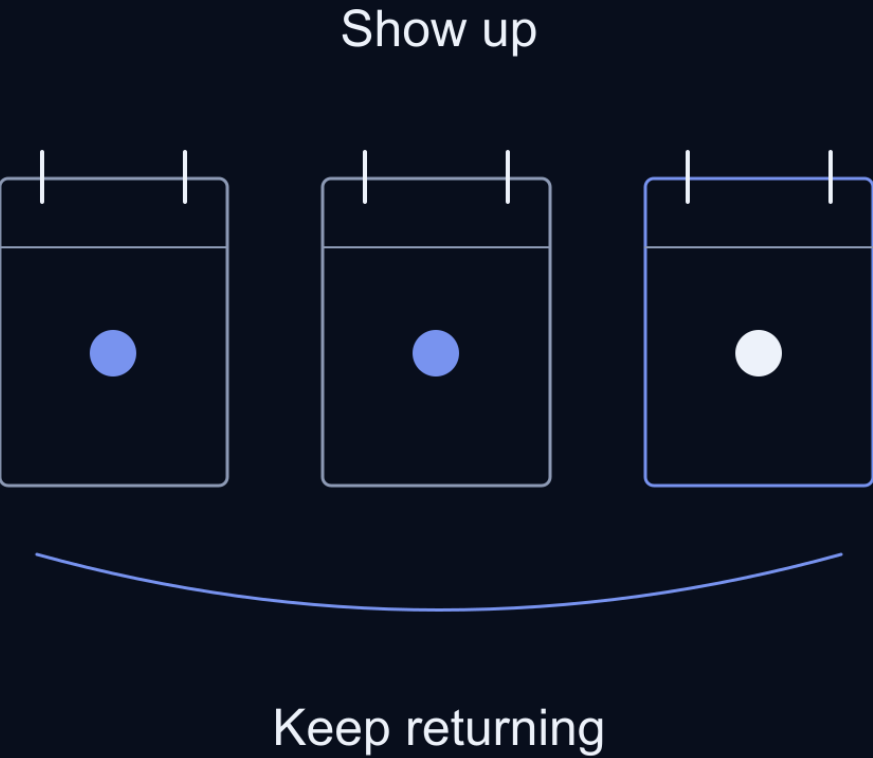
After Theodore Roosevelt, An Autobiography, chapter II

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 081

Showing up



A chosen practice is supported by the repeated habit of showing up.

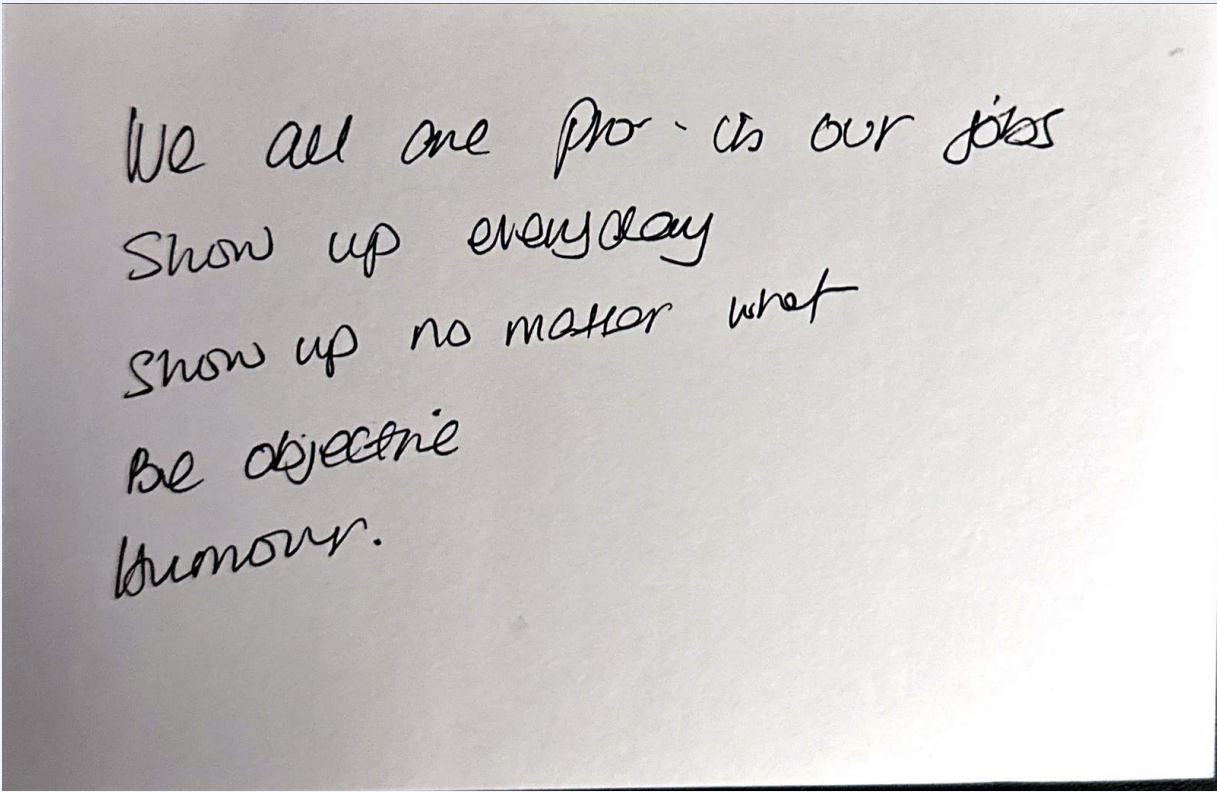
VISUAL INTERPRETATION

EDITED READING

Bring the habits of working life to your chosen work: show up, keep perspective and retain a sense of humour.

Collected note; exact source unconfirmed

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 081

ORIGINAL CARD 082

Real failures



Experiences of failure can become part of a steadier working base.

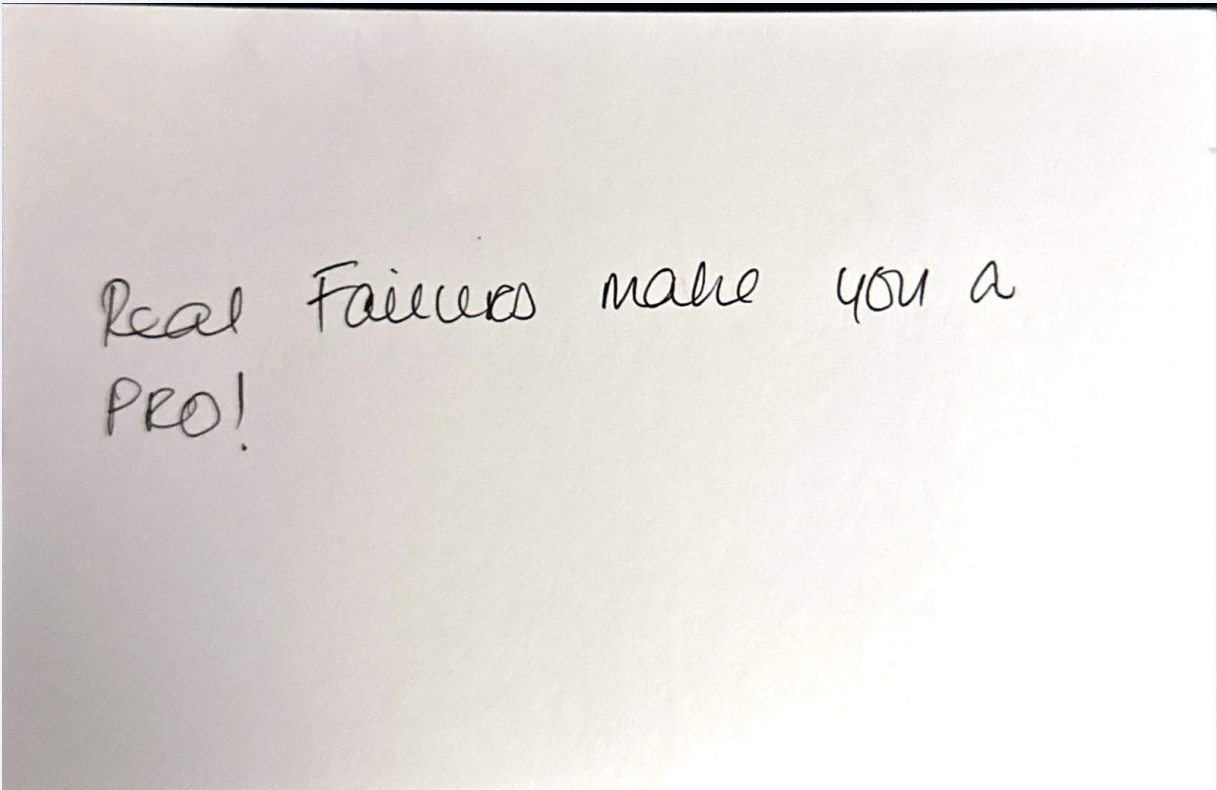
VISUAL INTERPRETATION

EDITED READING

Experience of failure can help you develop the steadiness of a professional.

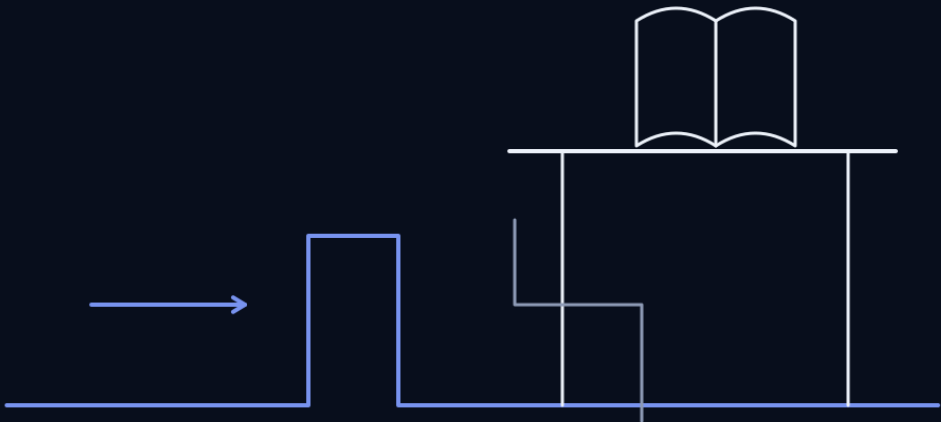
Collected note; exact source unconfirmed

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 082

Sitting down to write

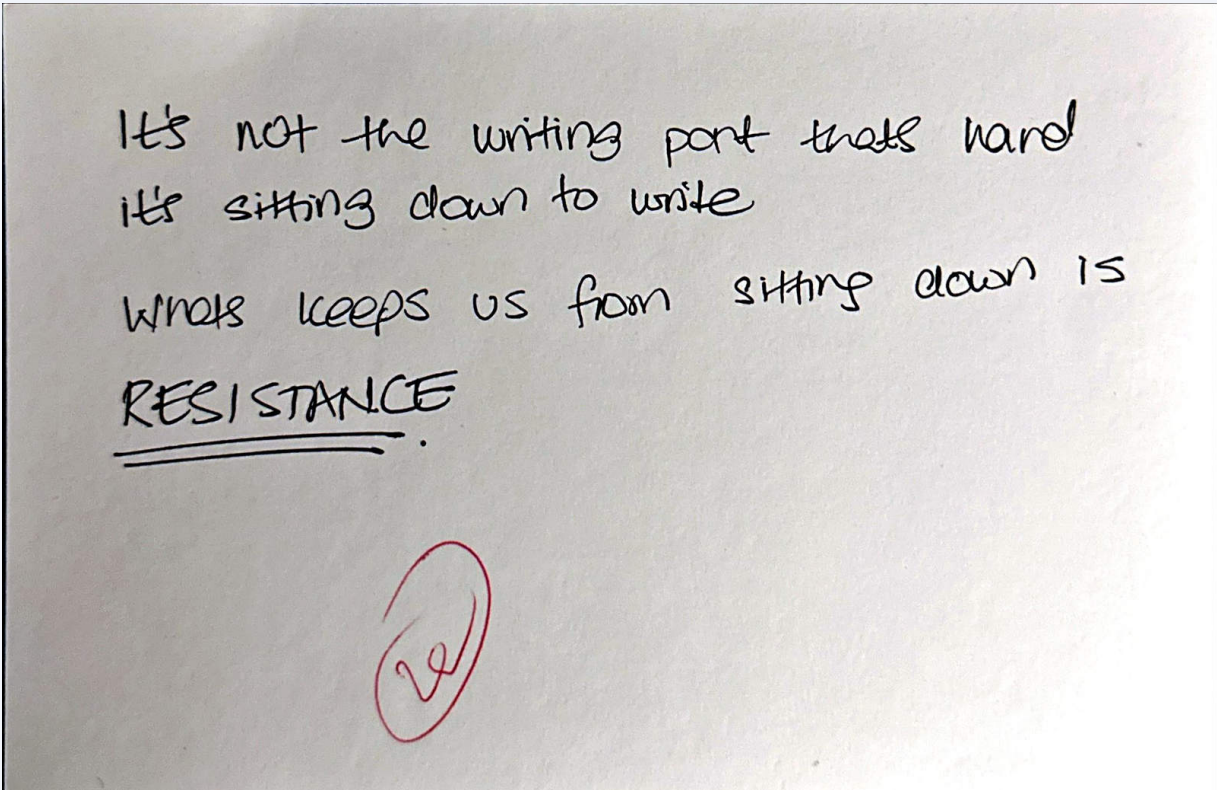


Cross the starting threshold

The difficult threshold comes before the writing session begins.

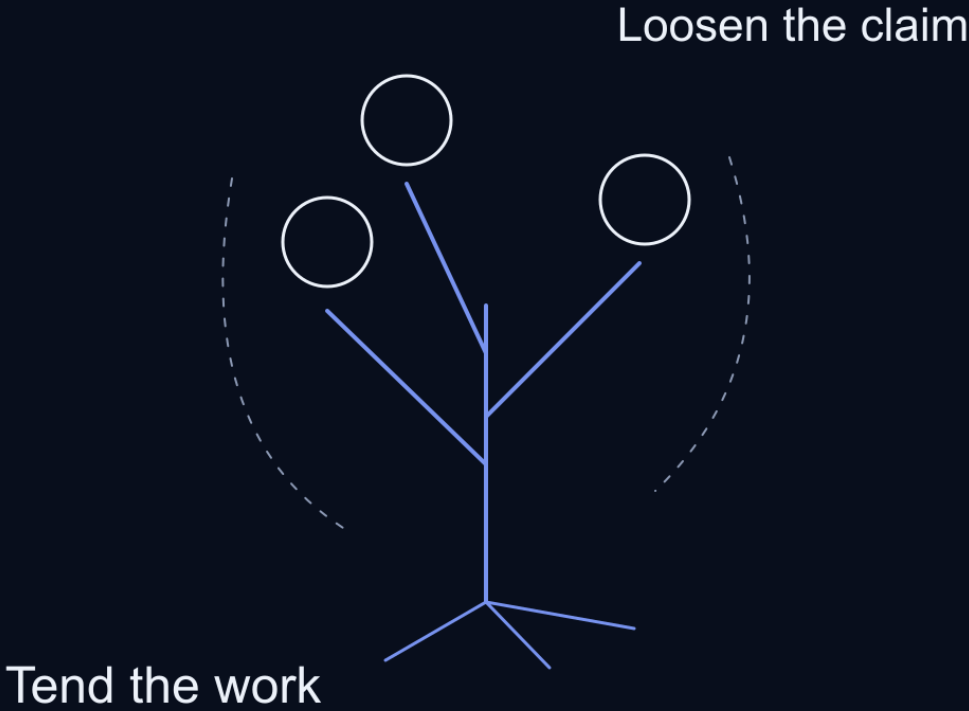
Beginning a writing session can be the hardest part. Pressfield calls the force that keeps us from sitting down resistance.

Reading note after Steven Pressfield, The War of Art



ORIGINAL CARD 085

Labour and its fruit



The work receives care while the fruits remain lightly held.

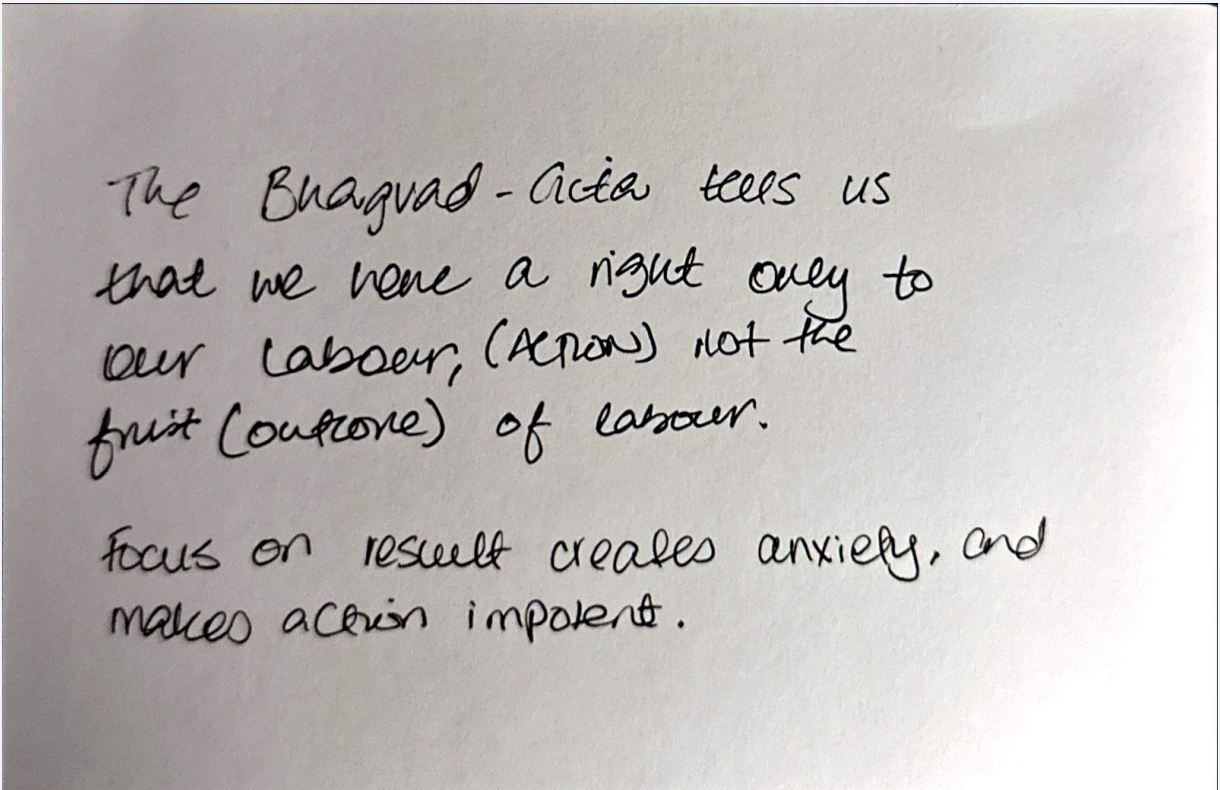
VISUAL INTERPRETATION

EDITED READING

Bhagavad Gita 2.47 directs attention to action while loosening the claim on its fruits. The card applies this to work and the anxiety attached to outcomes.

After Bhagavad Gita 2.47

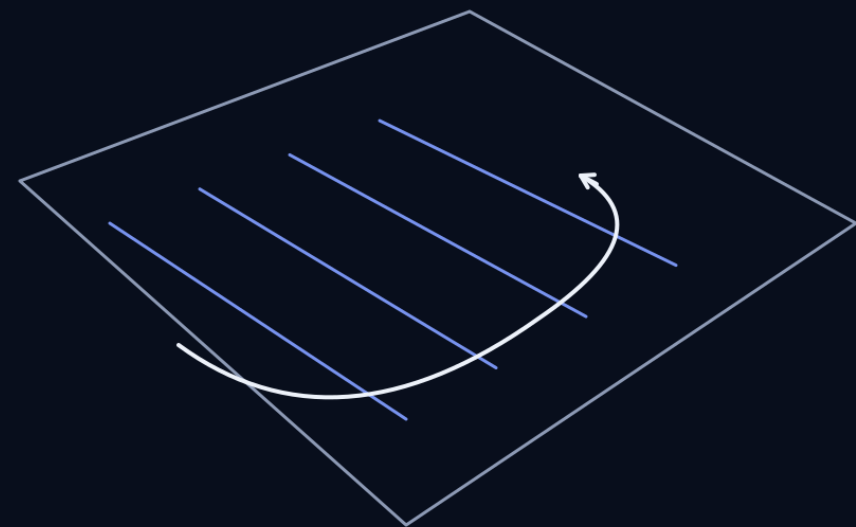
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 085

ORIGINAL CARD 086

Territory



A field you return to

A territory develops through the repeated return to a field of work.

VISUAL INTERPRETATION

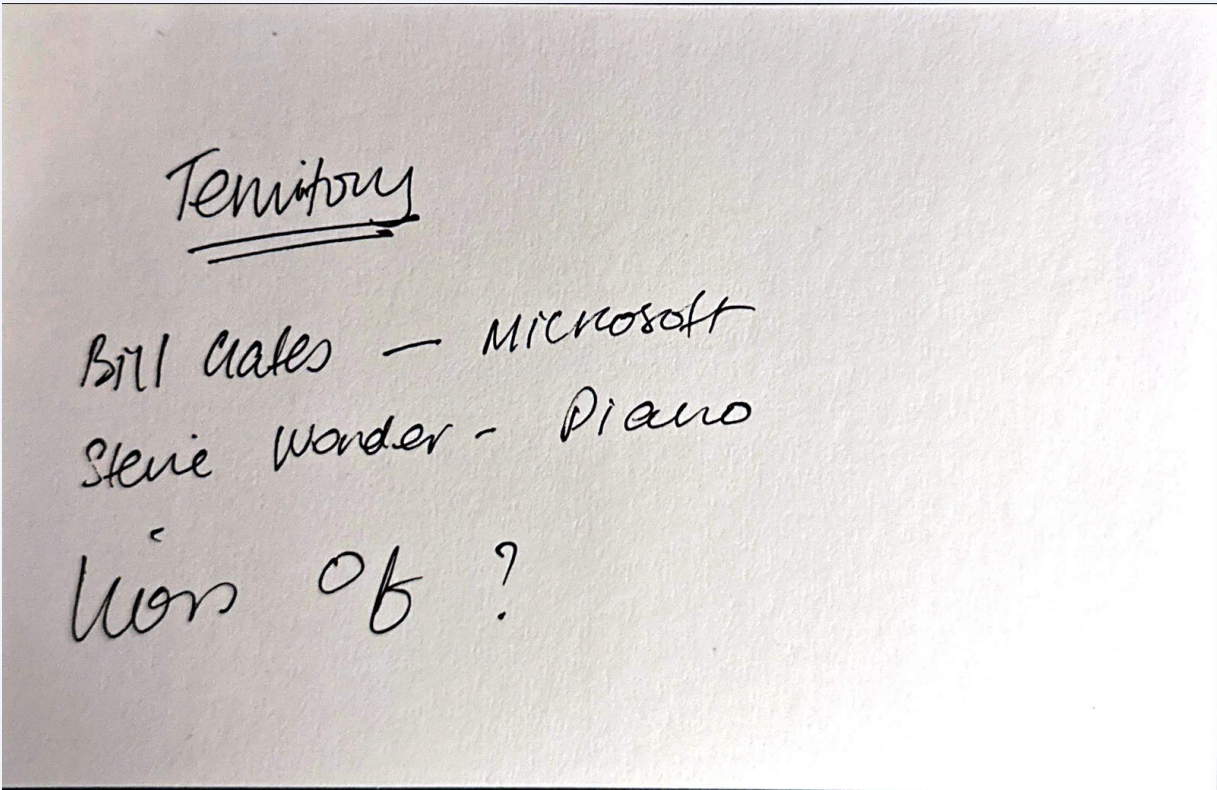
EDITED READING

The card names a person's field of work as their territory: Stevie Wonder at the piano, Bill Gates at Microsoft.

Collected note related to Steven Pressfield's territory concept

Context: The final handwritten prompt remains unclear.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 086

ORIGINAL CARD 088

Love of the art

Love of the work



At the centre

Love of the work occupies the centre of the working space.

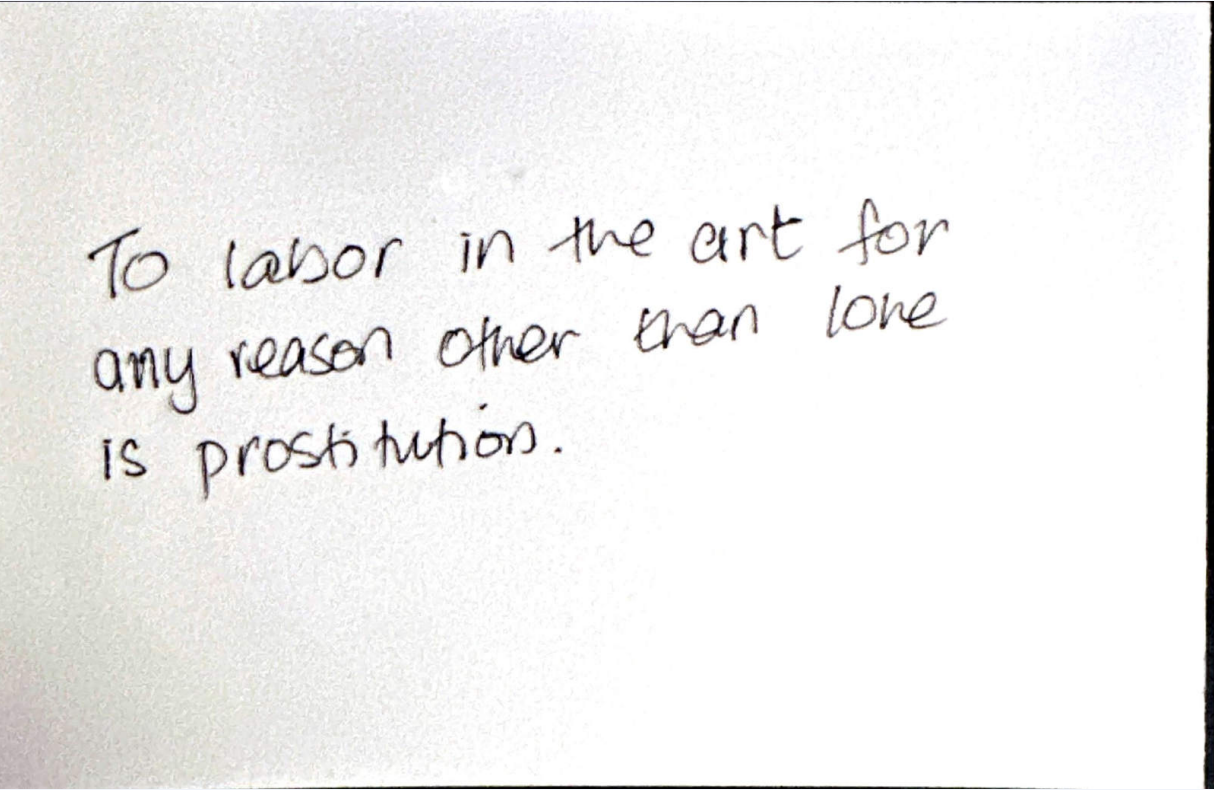
VISUAL INTERPRETATION

EDITED READING

Let love of the work have a central place in why you do it.

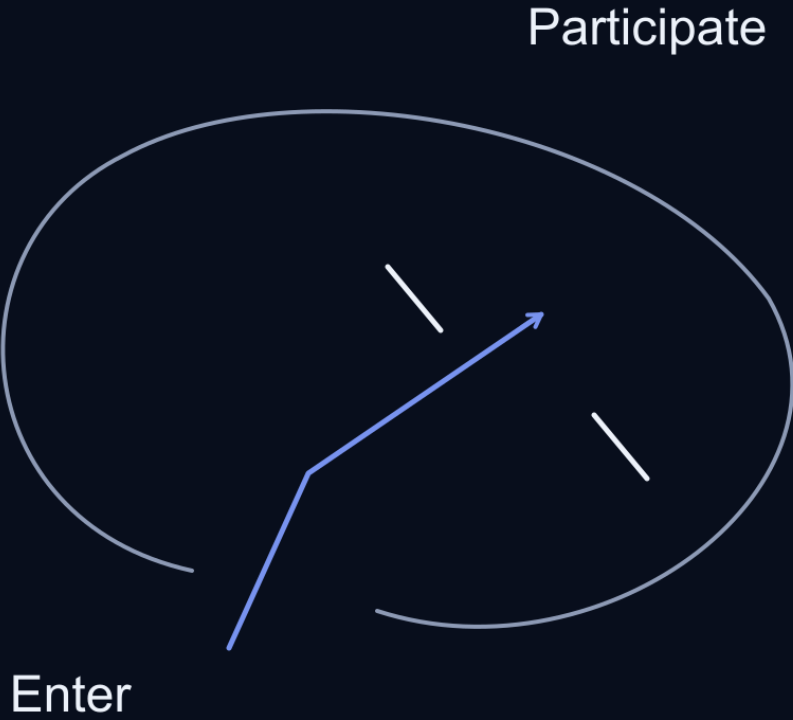
Collected reading note; probable source: Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 088

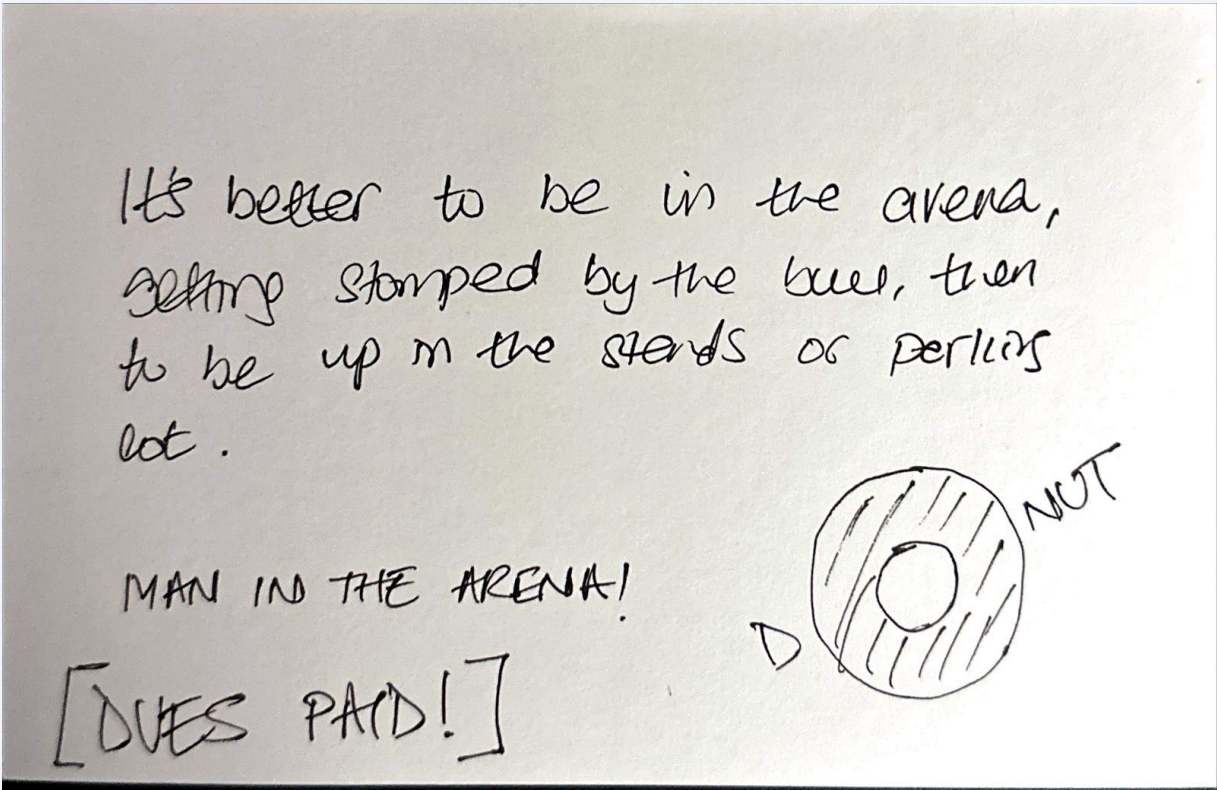
In the arena



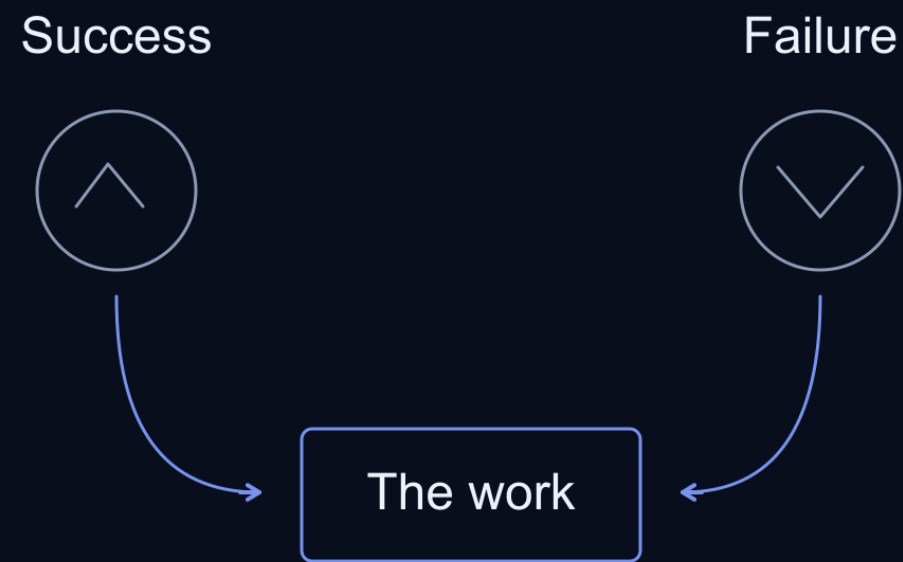
Entering the arena brings the work and its difficulties within reach.

Take part in the work and encounter its difficulties. The card uses the image of entering the arena and paying your dues.

Reading note after Steven Pressfield, *The War of Art*



Success and failure



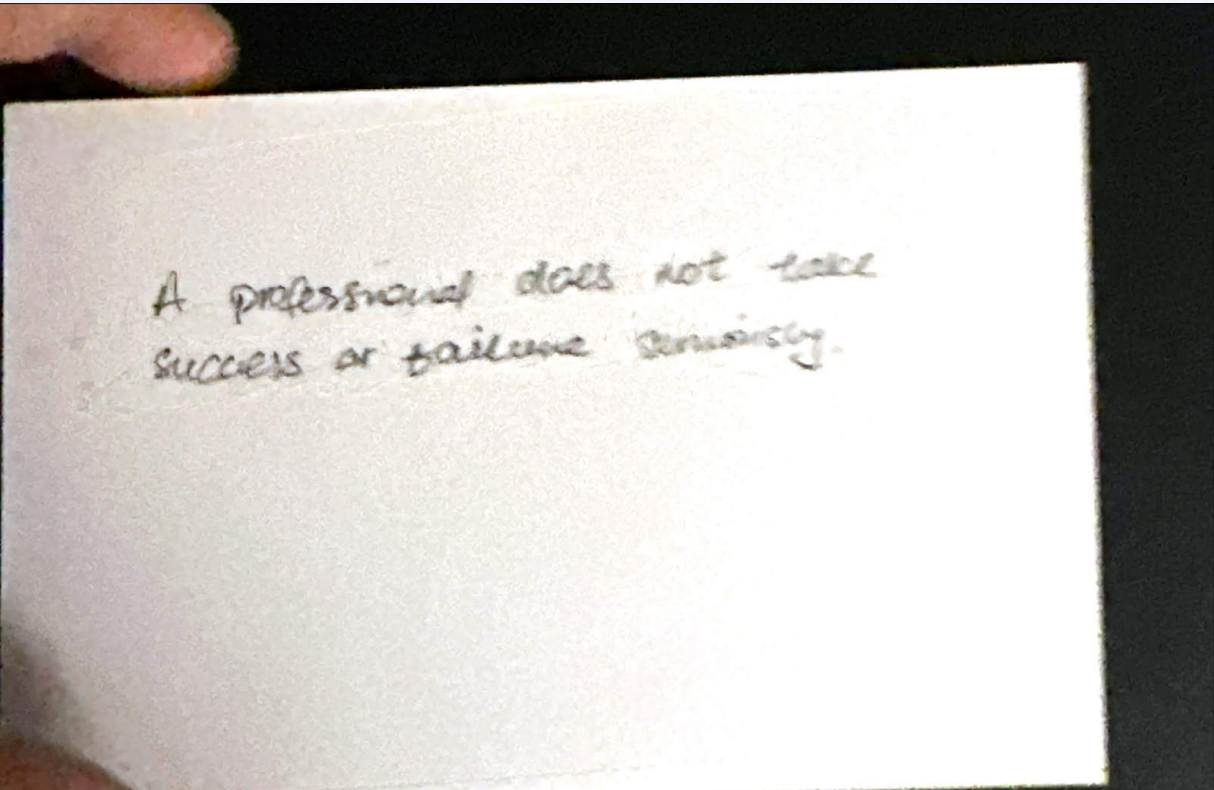
Both success and failure can lead attention back to the work.

Keep success and failure from becoming your whole identity. Return to the work.

Reading note after Steven Pressfield, The War of Art

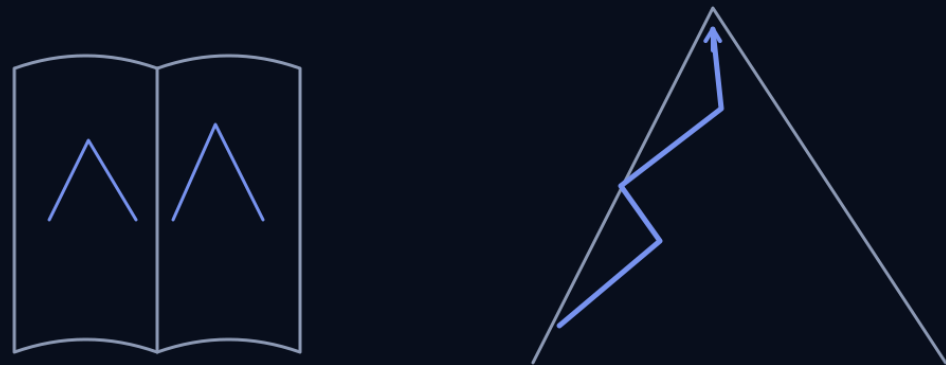
Context: The final handwritten word is blurred. This edited reading draws on Pressfield’s verified discussion of taking success and failure personally.

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 111

Living the warrior's life



Studied

Experienced

Studying a challenge and moving through it reveal different kinds of understanding.

VISUAL INTERPRETATION

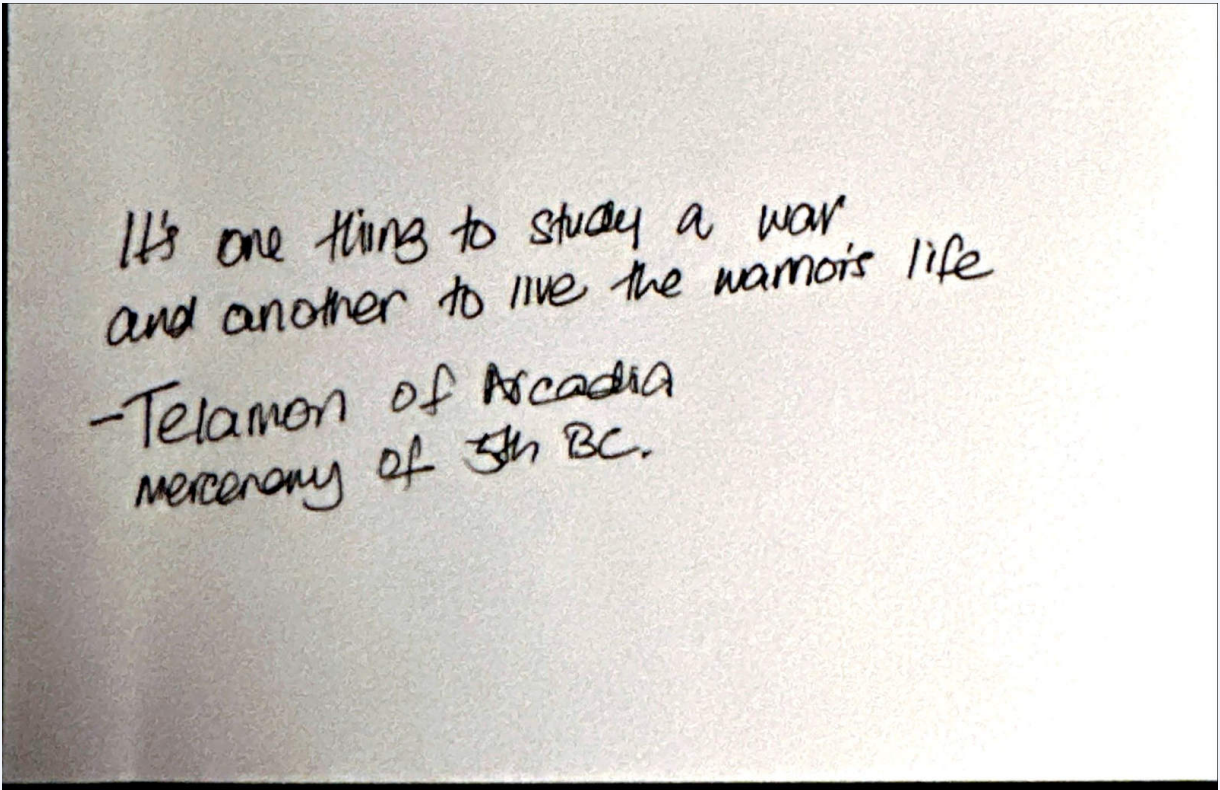
EDITED READING

Studying a challenge and living through it give different kinds of understanding.

After Steven Pressfield, through fictional Telamon of Arcadia

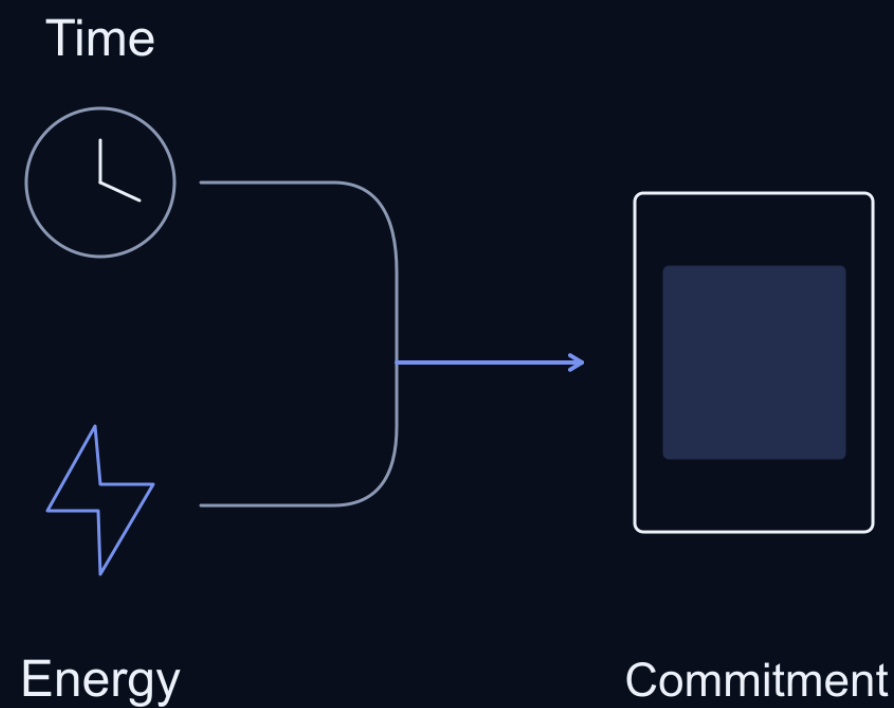
Context: Telamon of Arcadia is a fictional character used by Steven Pressfield. The edited reading preserves the contrast between studying and experiencing a challenge.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 111

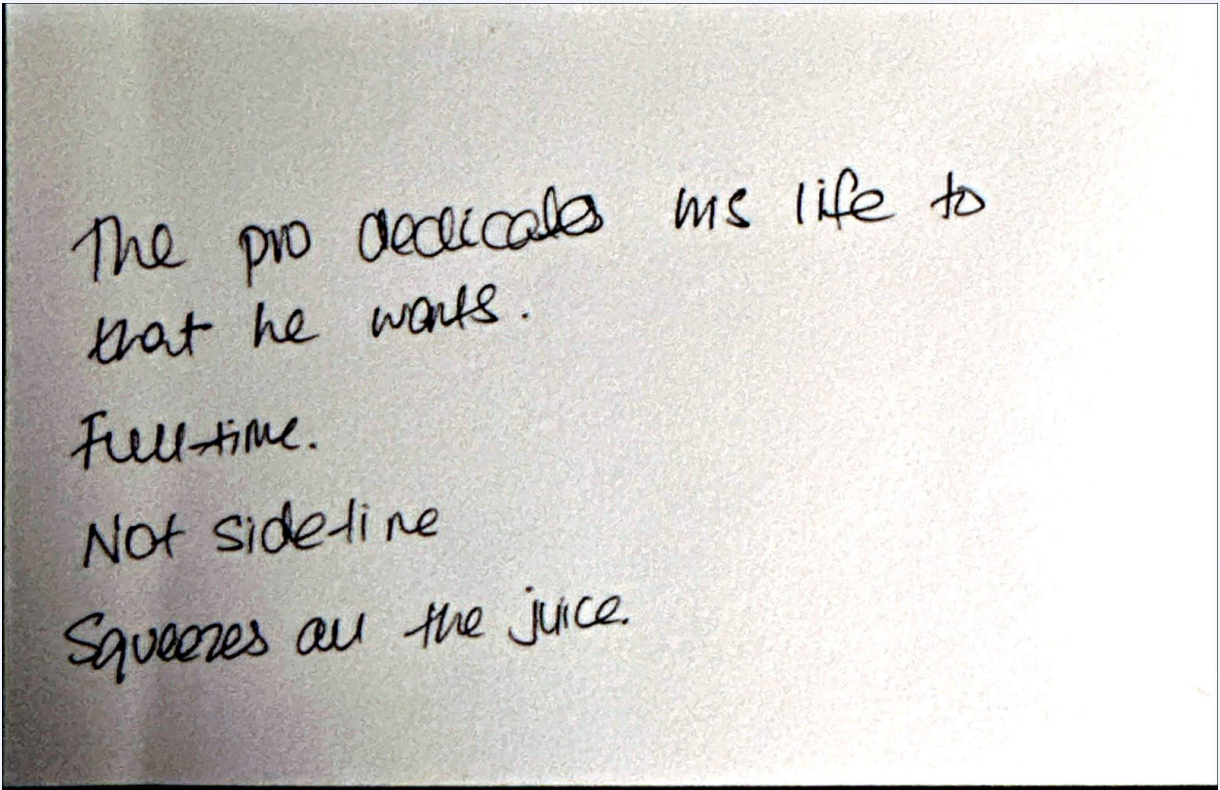
Full-time commitment



Commitment gives the work a defined share of time and energy.

Give the work a committed place in your life.
Put time and energy behind what you want to do.

Reading note after Steven Pressfield, The War of Art



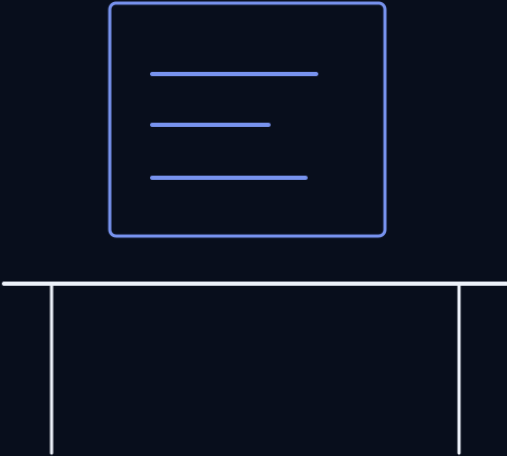
ORIGINAL CARD 113

Sit down and work



Resistance present

Work continues



Work can proceed while resistance remains nearby.

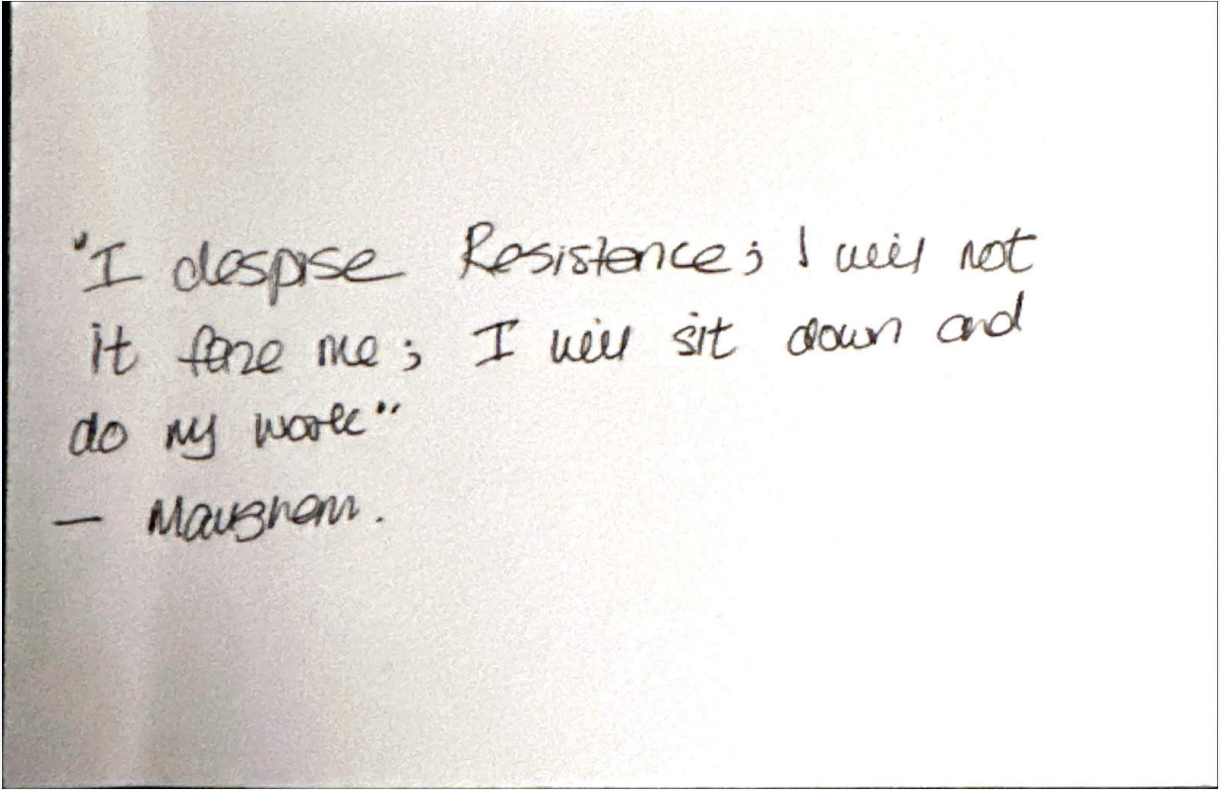
VISUAL INTERPRETATION

EDITED READING

Sit down and do the work, even while resistance is present.

After Steven Pressfield, discussing Somerset Maugham

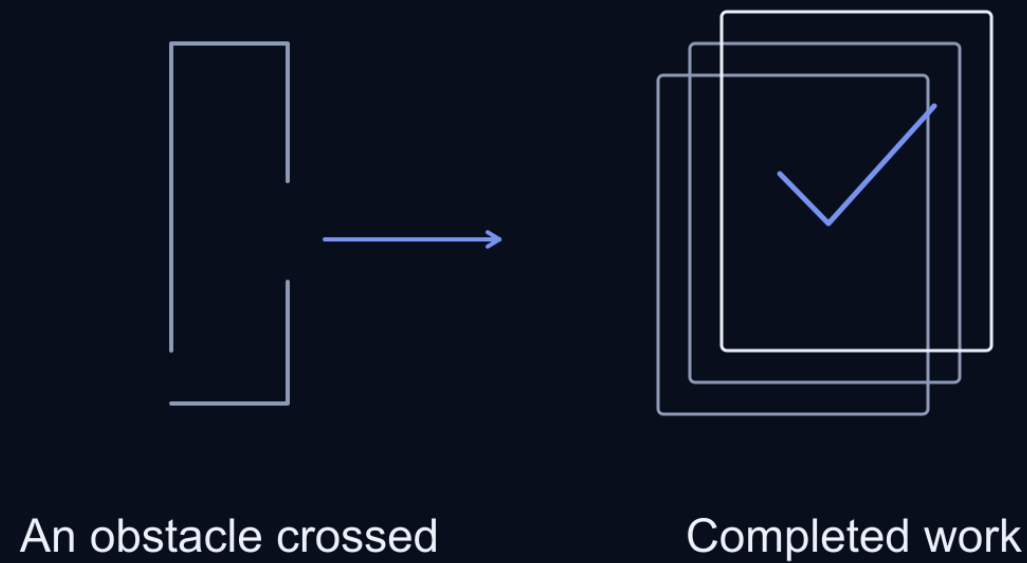
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 113

ORIGINAL CARD 114

Beating resistance



Completed work is a visible record of having crossed resistance.

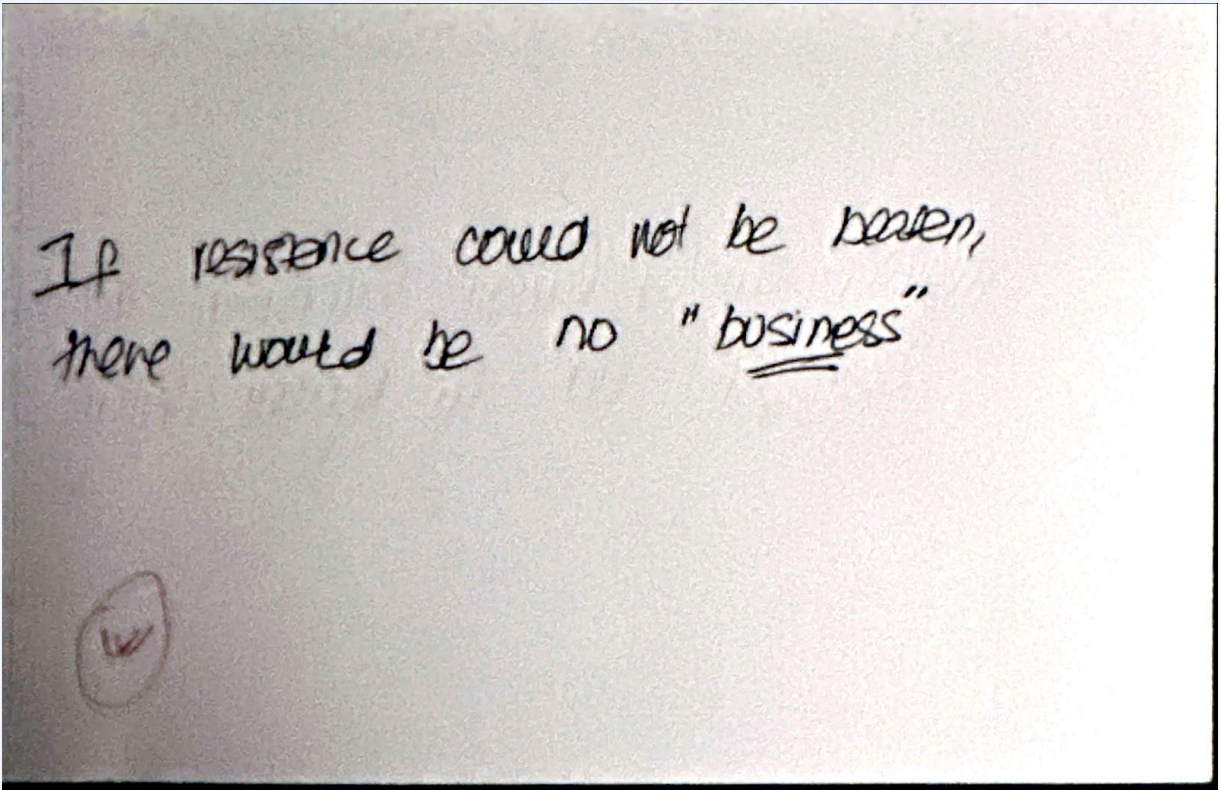
VISUAL INTERPRETATION

EDITED READING

The existence of completed work shows that resistance can be overcome.

Reading note after Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 114

CHAPTER

EDITORIAL INTRODUCTION

05

Live with others

The focus widens here to the people around us. Respect, listening, judgement and humility join the book’s questions about direction and effort. These short cards connect how a person sees themselves with how they respond to another person. Approval can carry weight; so can disapproval. Listening creates space to understand what is happening in a conversation.

The chapter brings together personal reminders, an unattributed saying, a line spoken by Shakespeare’s Polonius and a reflection associated with the Dalai Lama. Their different origins remain visible. Together they introduce relationships as another place where the ideas in the collection meet daily conduct.

7 CARDS



ORIGINAL CARD 019

Respect and humility



Respect received can deepen the roots of humility.

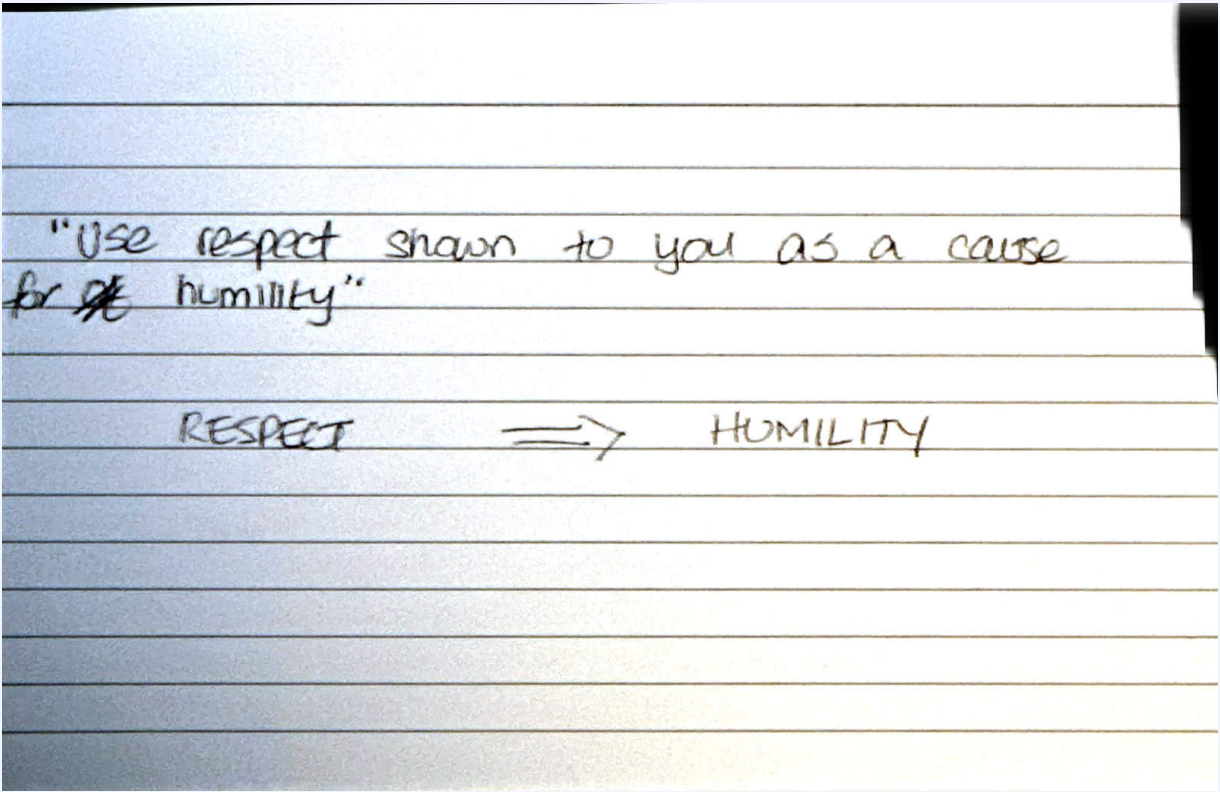
VISUAL INTERPRETATION

EDITED READING

Let the respect shown to you become a reason for humility.

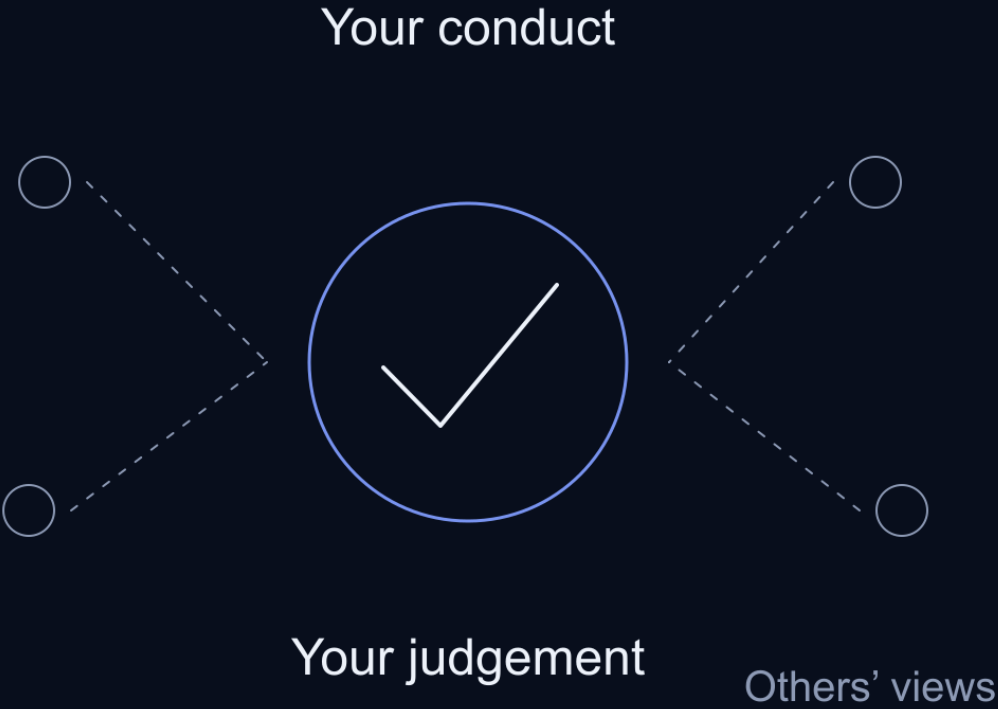
Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 019

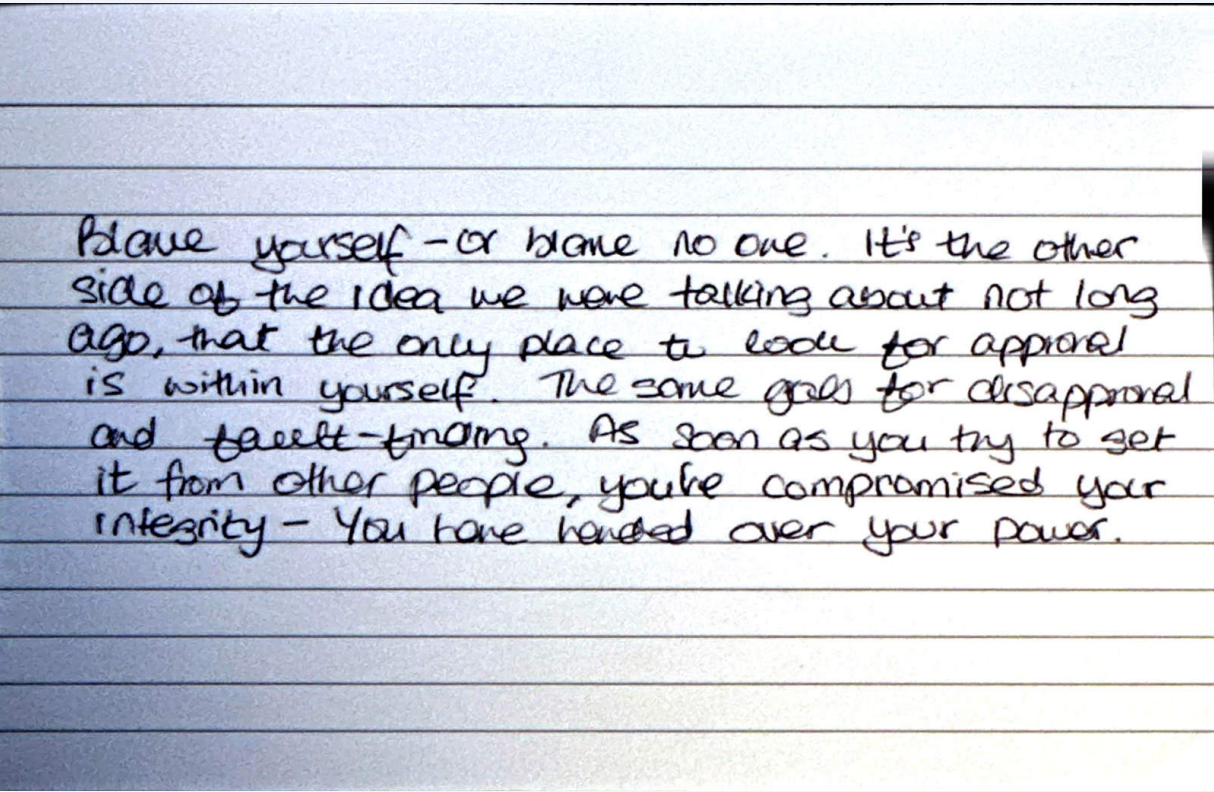
Judging yourself



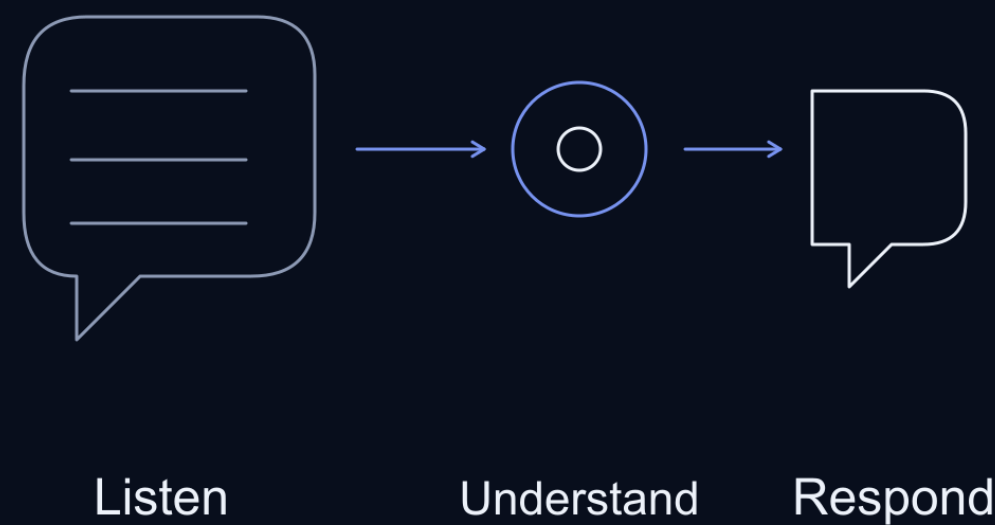
Judgement stays centred on examining personal conduct while other views remain inputs.

Examine your own conduct when judging approval, disapproval and responsibility. Giving other people complete authority over that judgement gives them power over you.

After Daily Stoic, Blame Yourself or No One



Listen to understand

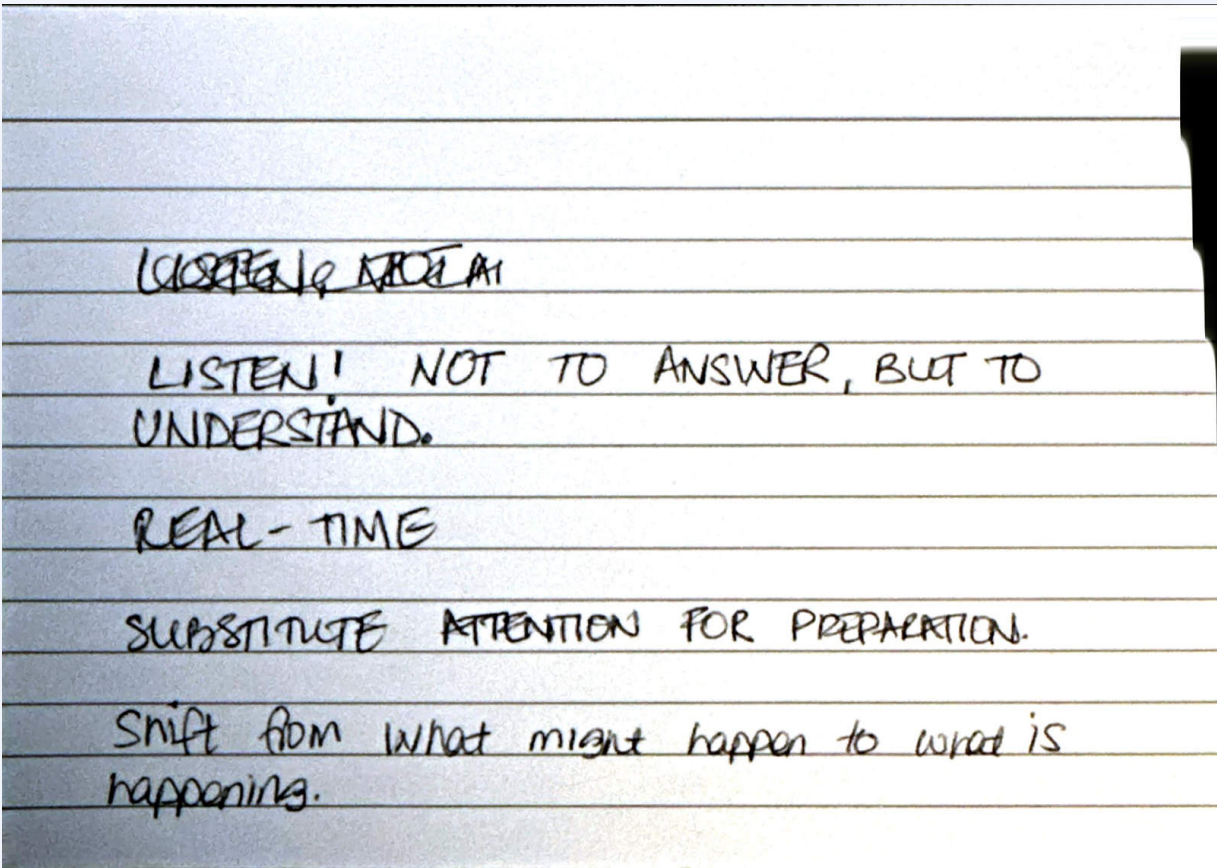


A considered response follows attention and understanding.

Listen to understand. Give attention to what is happening in the conversation. Let the present moment guide your response.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 030

Be true to yourself



Values and choices point along the same direction.

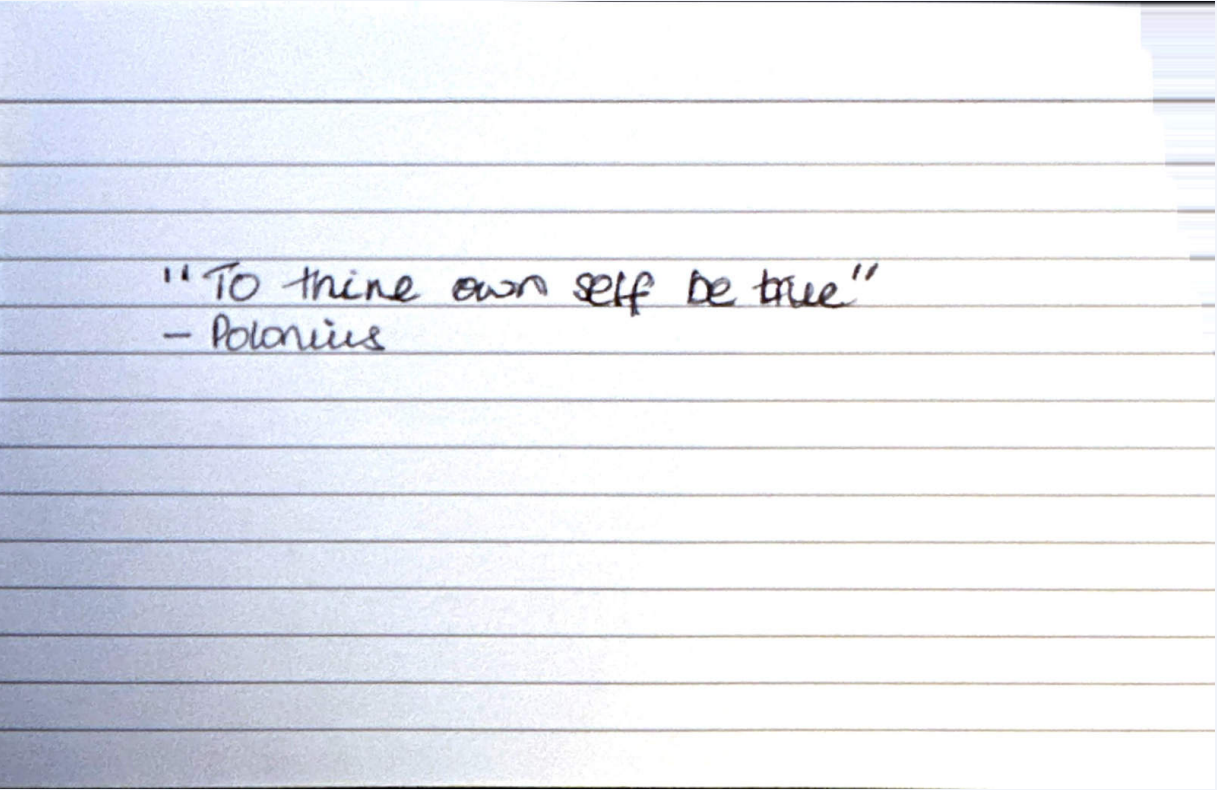
VISUAL INTERPRETATION

EDITED READING

Be true to yourself.

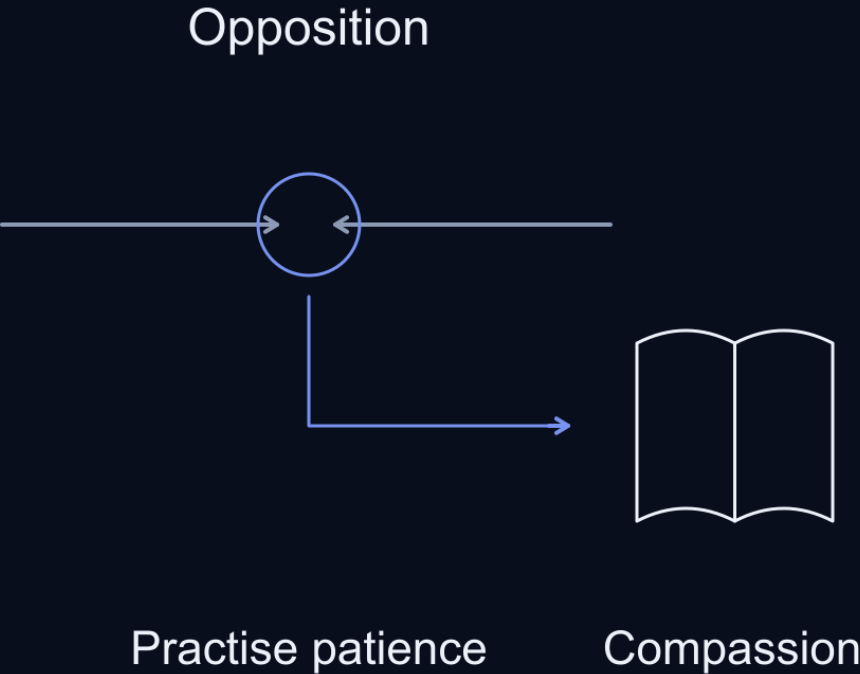
William Shakespeare, Hamlet 1.3; spoken by Polonius

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 030

The enemy as teacher



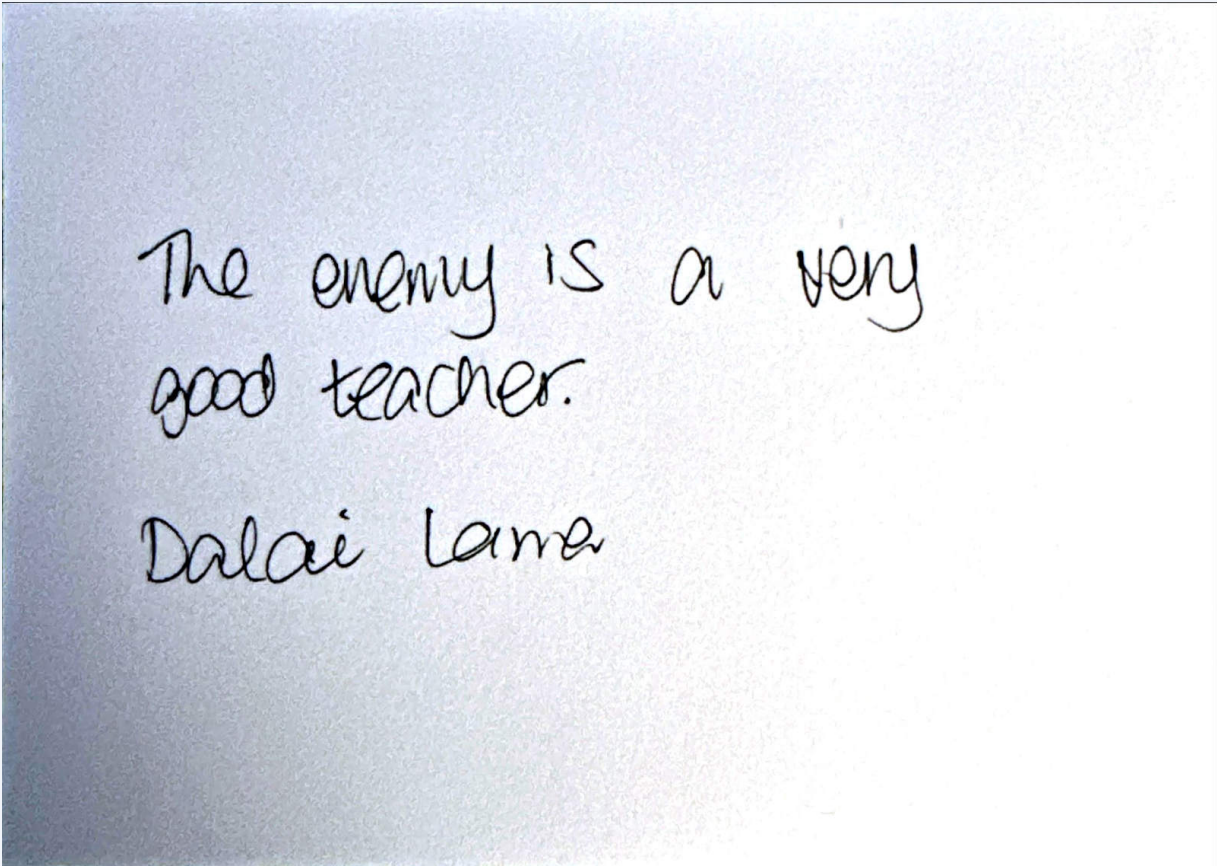
An encounter with opposition can become a practice in patience and compassion.

VISUAL INTERPRETATION

An enemy can become a teacher, giving you an opportunity to practise patience and compassion.

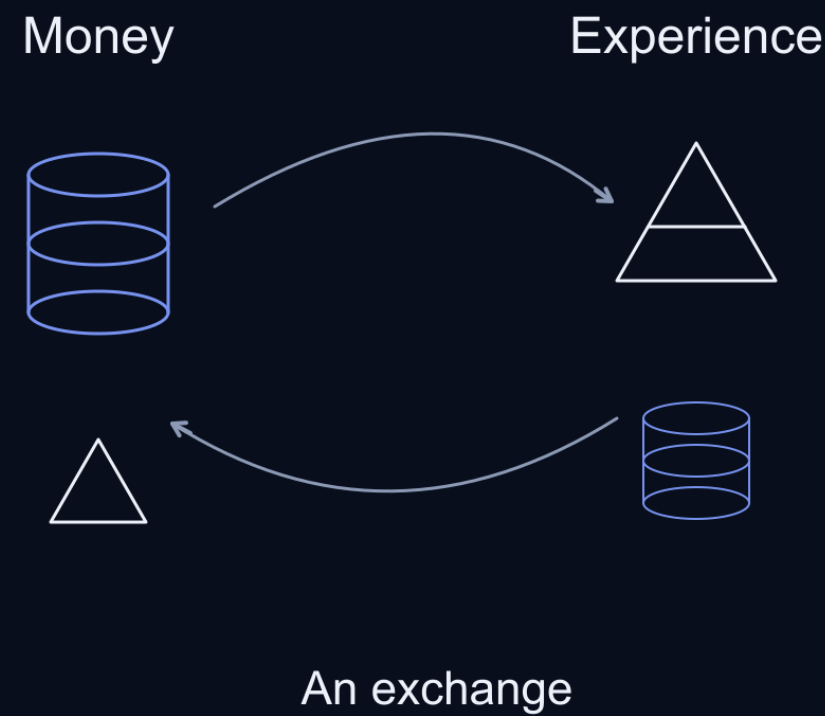
The 14th Dalai Lama, on compassion

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 044

Money man



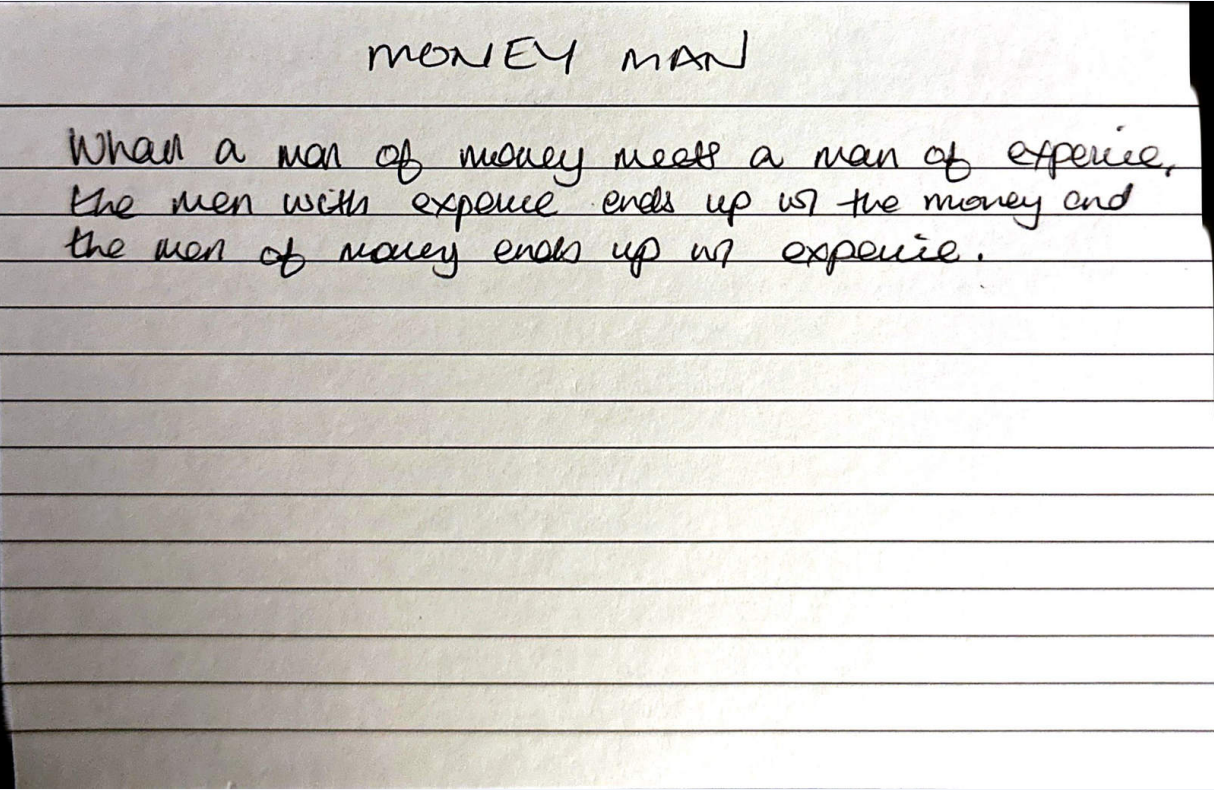
The aphorism pictures money and experience changing hands.

When a man of money meets a man of experience, the man with experience ends up with the money and the man of money ends up with experience.

Collected note

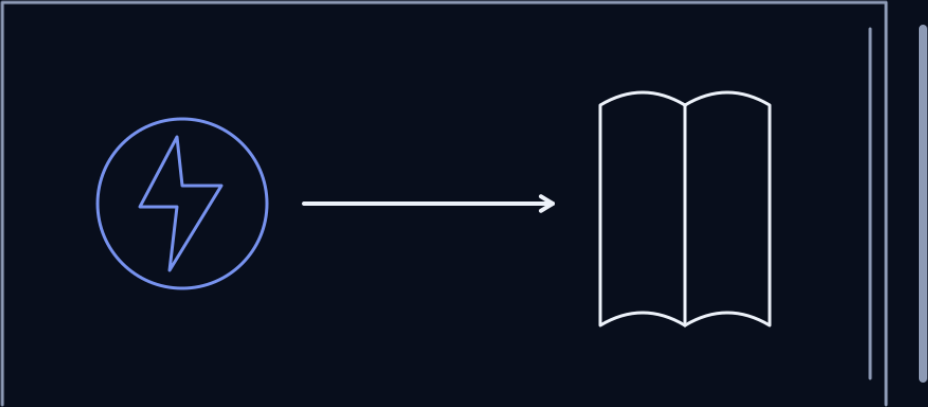
Context: An unattributed aphorism from the collection.

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 068

Seek wisdom while you have strength



Strength now

Wisdom sought

Available strength gives the search for wisdom a present opportunity.

VISUAL INTERPRETATION

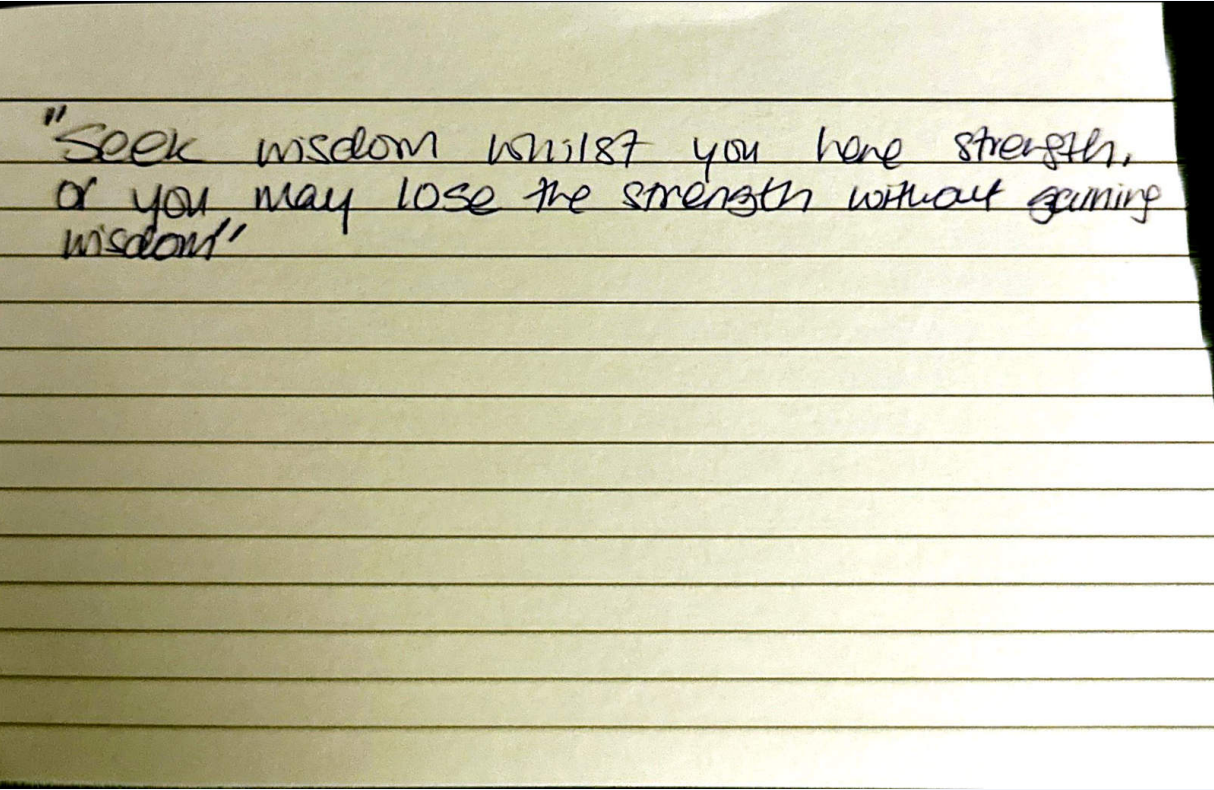
EDITED READING

“Seek wisdom whilst you have strength, or you may lose the strength without gaining wisdom.”

Collected note

Context: An unattributed quotation from the collection.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 068

06

Keep your perspective

The final chapter steps back from the immediate task. Work, comparison, enjoyment, mortality and spiritual belief appear beside one another. Poetry and mythology give some cards their images. Other cards ask how attachment to a result shapes the experience of living and working. The range reflects a notebook gathering ideas from several traditions.

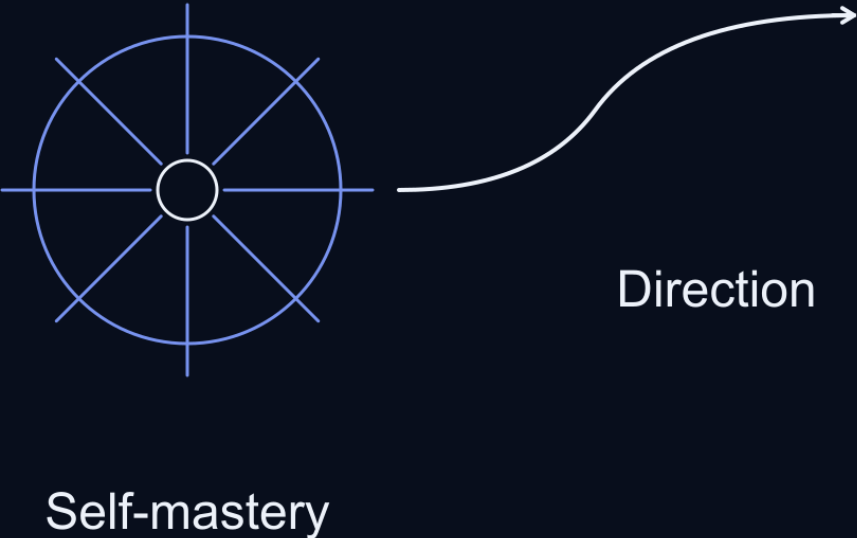
Claims about death, the soul and the self are presented in their philosophical or spiritual setting. Their presence shows the questions this collection holds open. The chapter ends the journey with perspective: choosing a direction, taking part in life and remaining willing to reconsider the stories carried along the way.

19 CARDS



ORIGINAL CARD 001

Govern yourself



Self-mastery gives a means of steering the direction of a life.

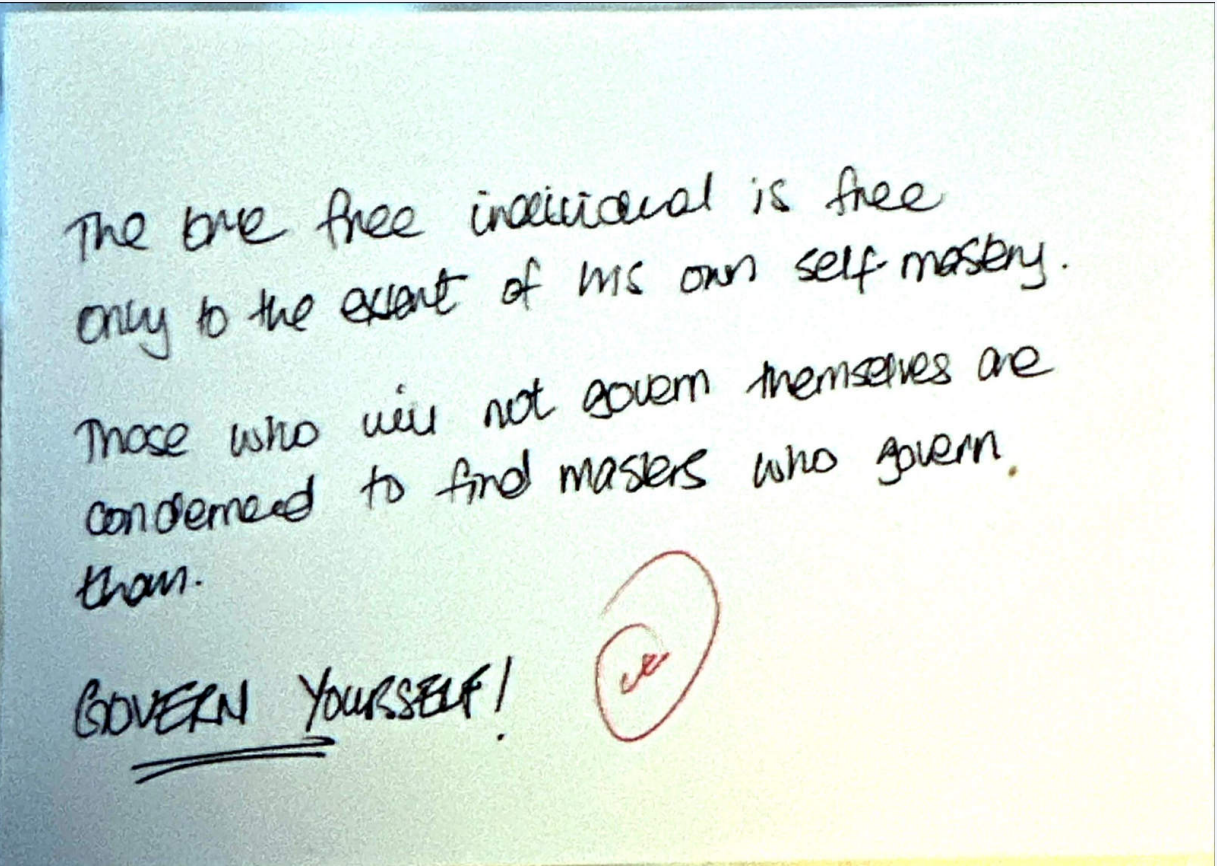
VISUAL INTERPRETATION

EDITED READING

Self-mastery gives you more freedom to direct your own life. Govern yourself.

Collected reading note; precise source unconfirmed

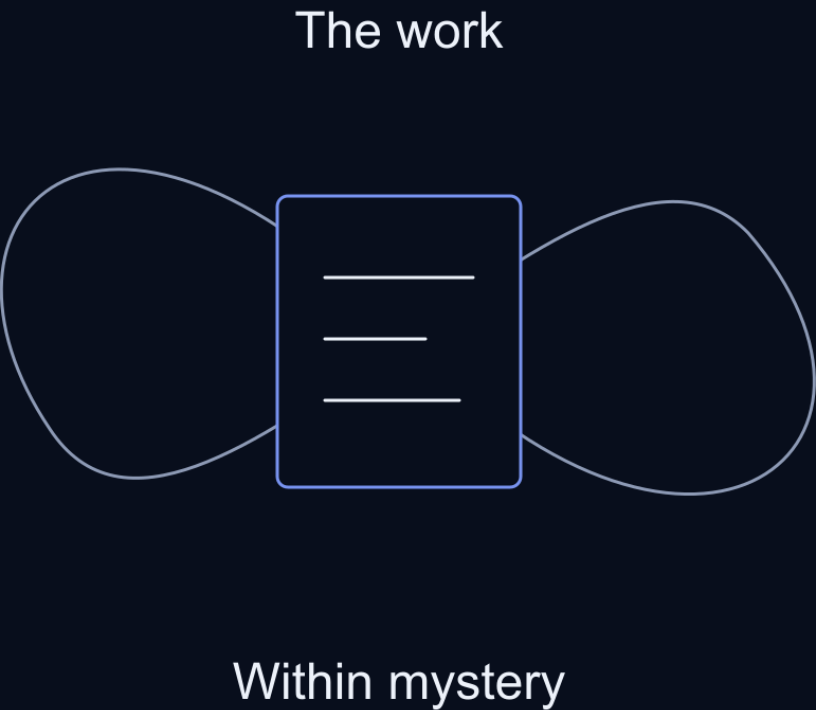
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 001

ORIGINAL CARD 005

Work for the work



A concrete piece of work sits within the card's larger spiritual sense of mystery.

VISUAL INTERPRETATION

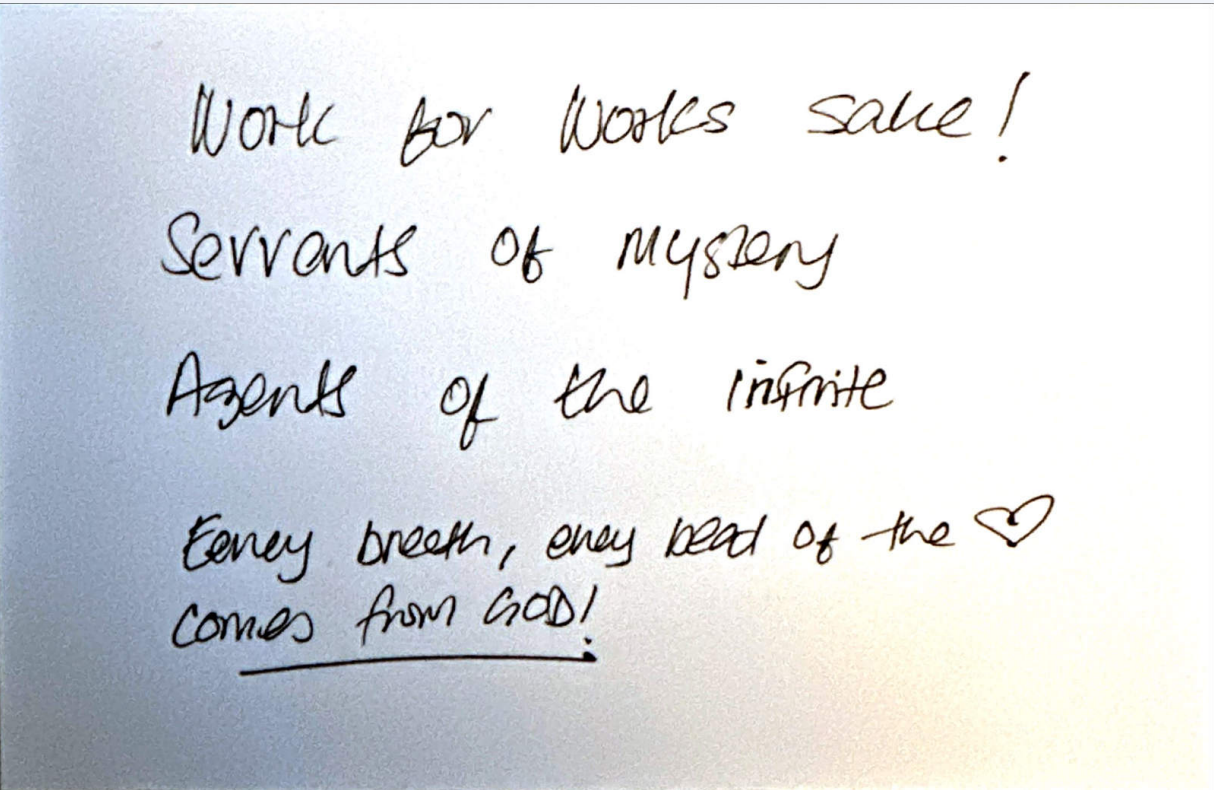
EDITED READING

Work for the sake of the work. The card describes us as servants of mystery and agents of the infinite, with each breath and heartbeat coming from God.

Reading note after Steven Pressfield, *The War of Art*

Context: A spiritual perspective in the reading notes.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 005

ORIGINAL CARD 009

The dying of the light



Light meets a descending horizon with an outward burst of vitality.

VISUAL INTERPRETATION

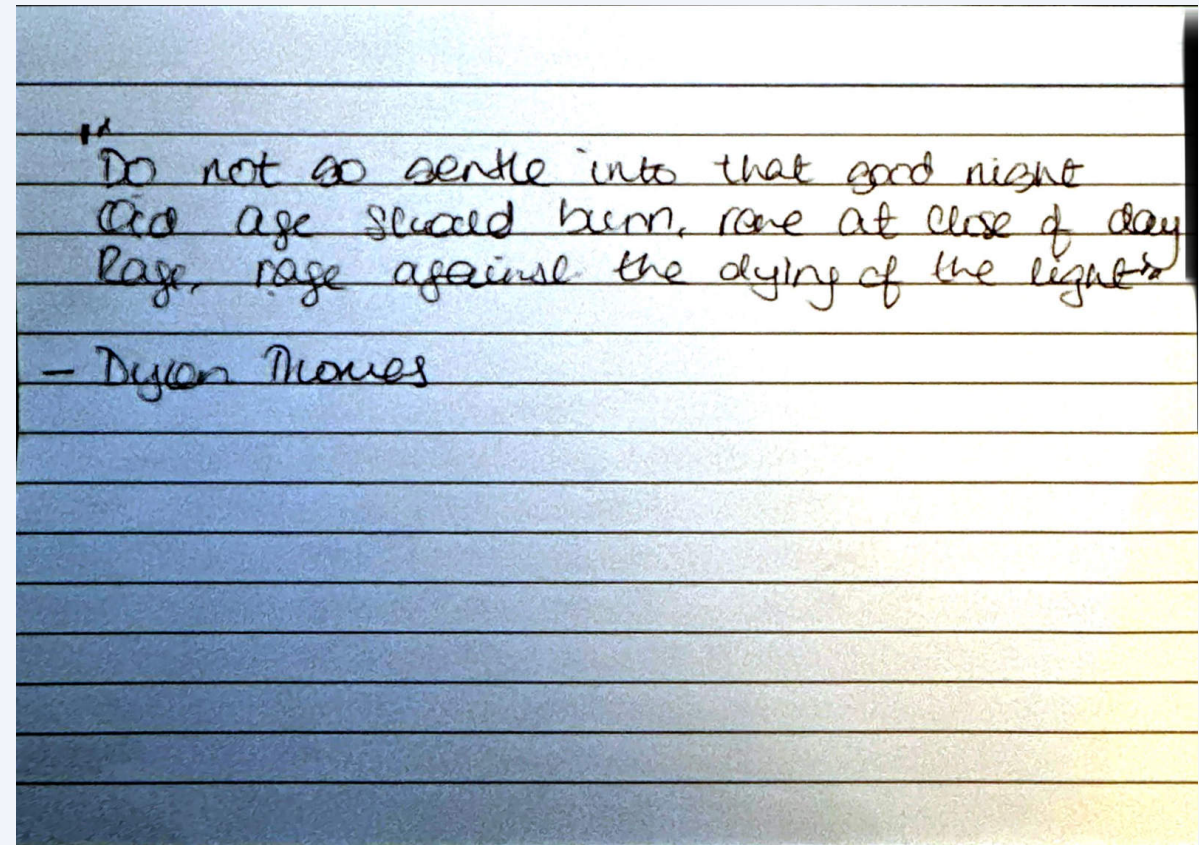
EDITED READING

Dylan Thomas urges the reader to meet the end of life with fierce vitality. The card preserves the opening stanza of his poem.

Dylan Thomas, Do not go gentle into that good night

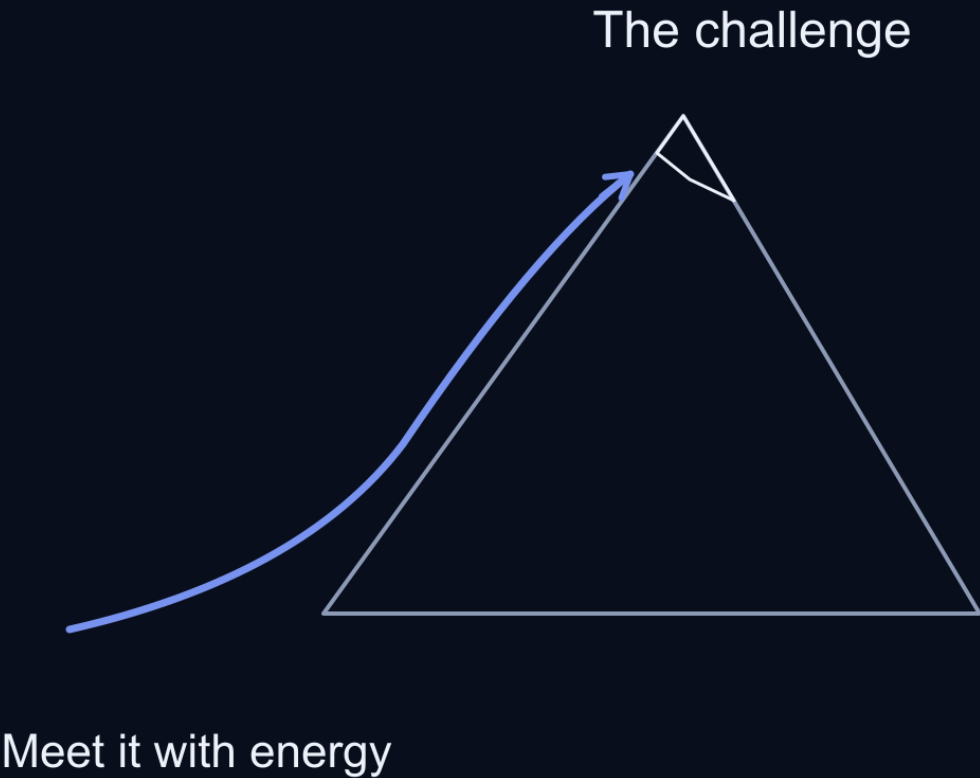
Context: The source scan clips part of the handwriting at the right edge. The edited reading summarises the poem.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 009

Bring me giants

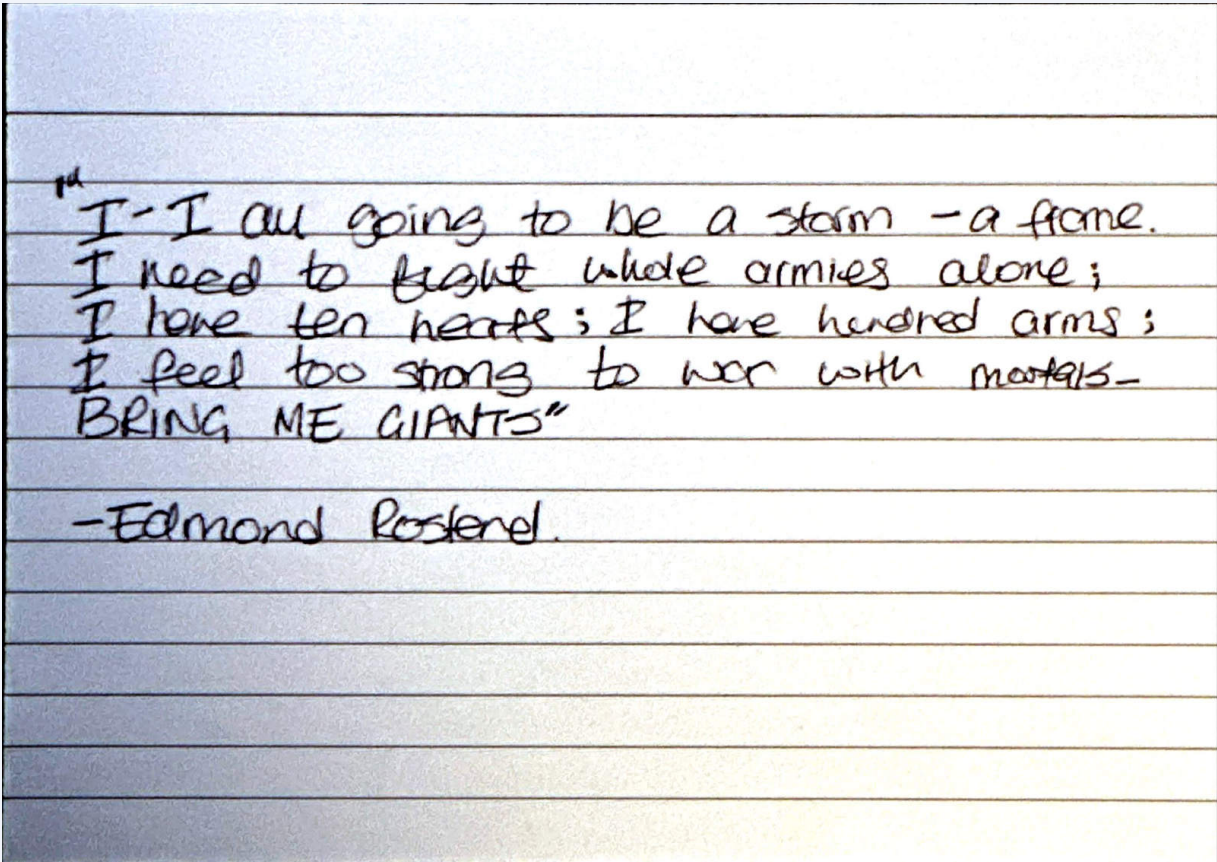


An enormous challenge is met with an equally purposeful surge of energy.

Cyrano imagines meeting enormous challenges with enormous energy. The card keeps his cry for giants as an image of ambition.

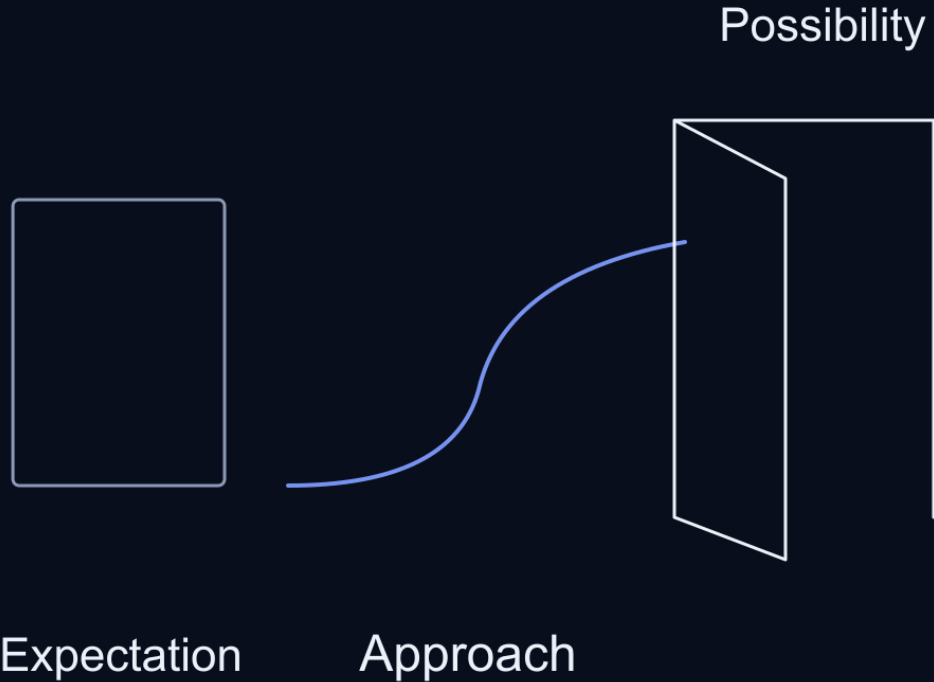
After Edmond Rostand, Cyrano de Bergerac; Brian Hooker translation

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 025

Belief and change



An expectation of possibility can shape how a person approaches what lies ahead.

VISUAL INTERPRETATION

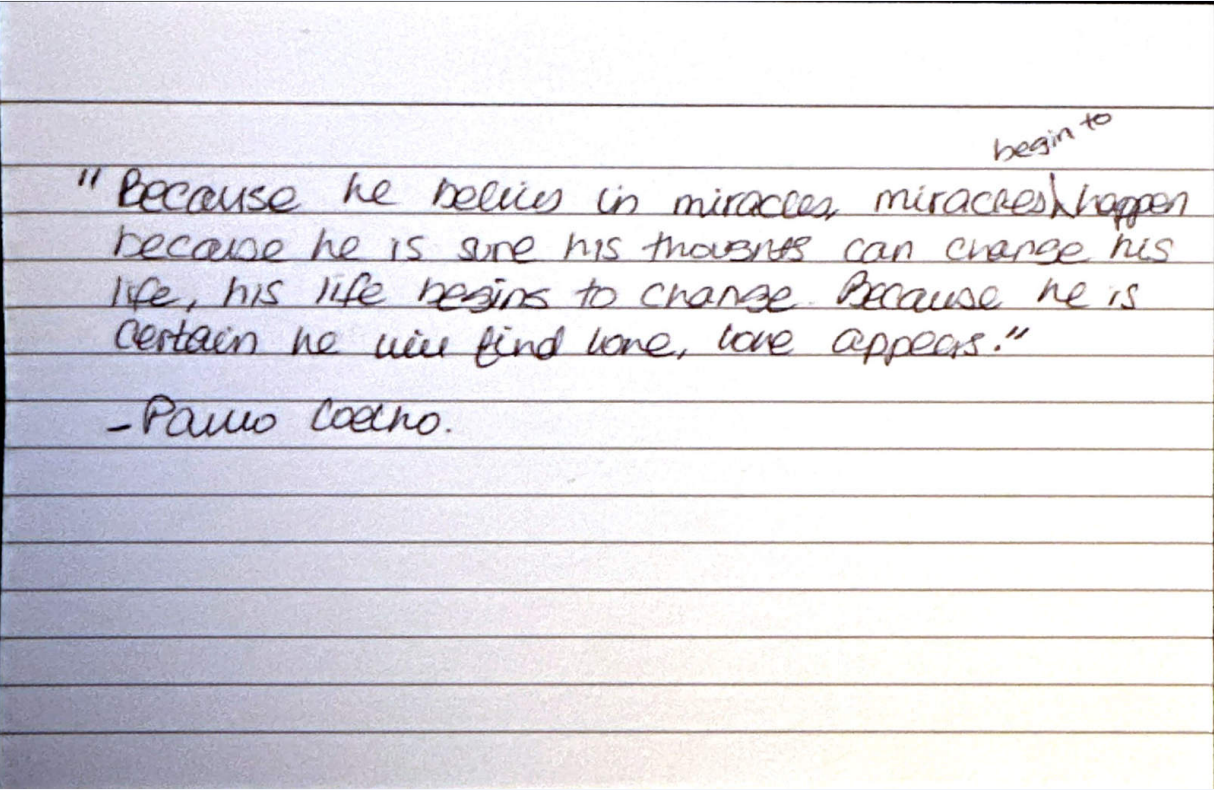
EDITED READING

Coelho describes belief as changing how a person meets life: expecting possibility, love and change can shape the experience of moving towards them.

Paulo Coelho, *Believing without fear*

Context: Coelho's spiritual perspective on belief.

THE ORIGINAL HANDWRITTEN NOTE

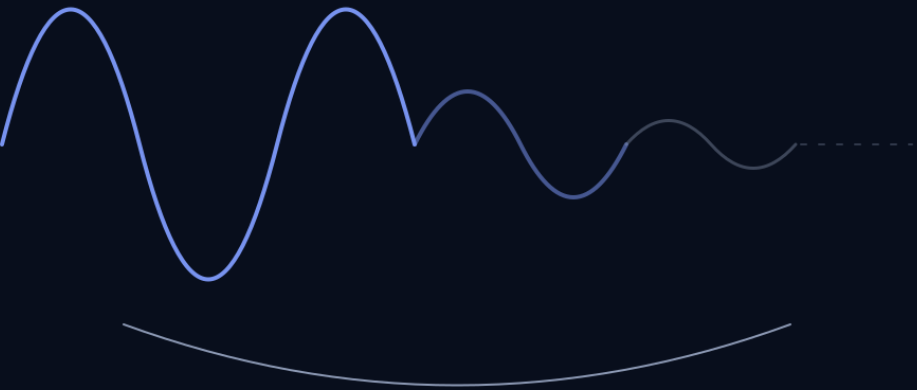


SOURCE 025

ORIGINAL CARD 027

Pain and death

Passing



Beyond the visible

A fading wave gives abstract form to the card’s metaphysical reflection on passing experience.

VISUAL INTERPRETATION

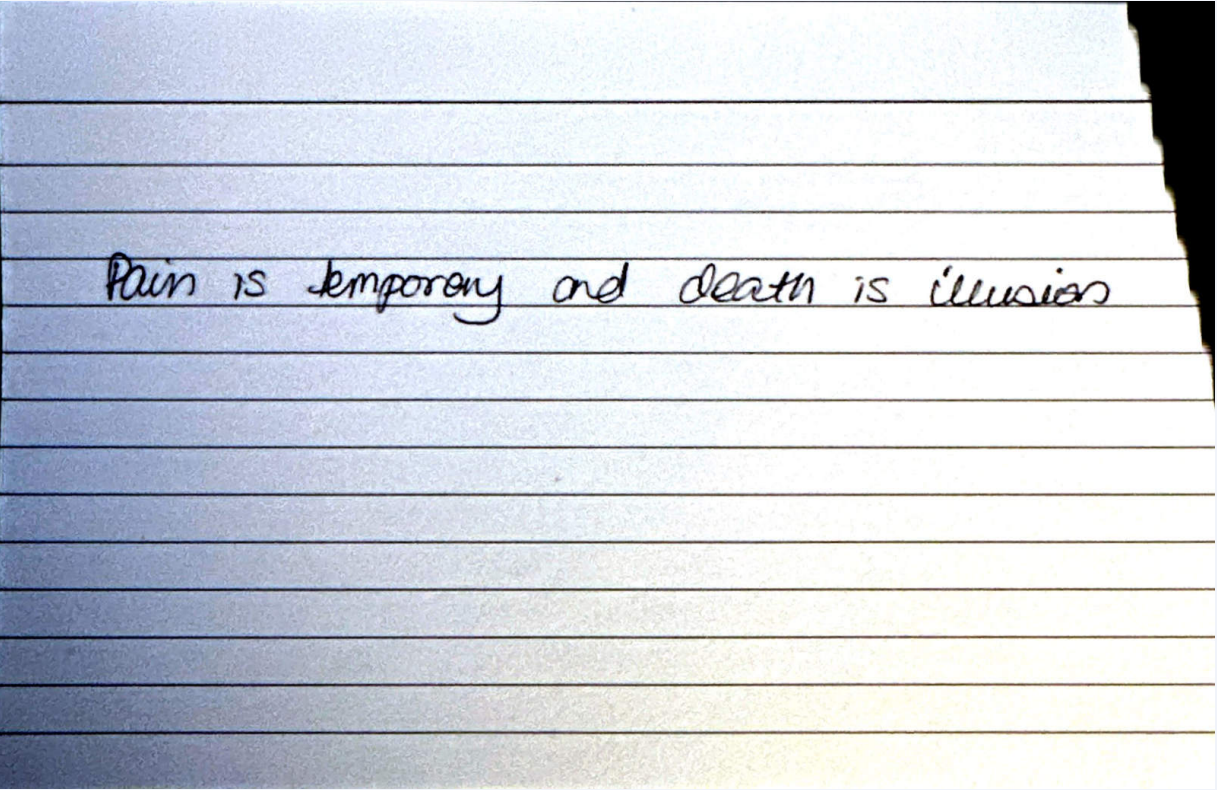
EDITED READING

Pain is temporary and death is an illusion.

Collected note

Context: A metaphysical assertion preserved from the card.

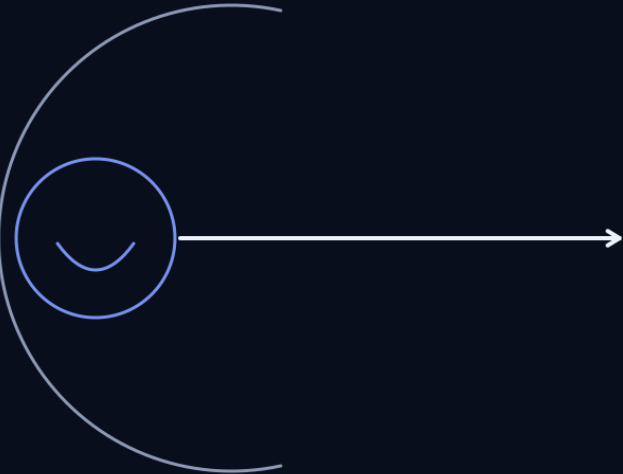
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 027

Enjoyment and freedom

Enjoy



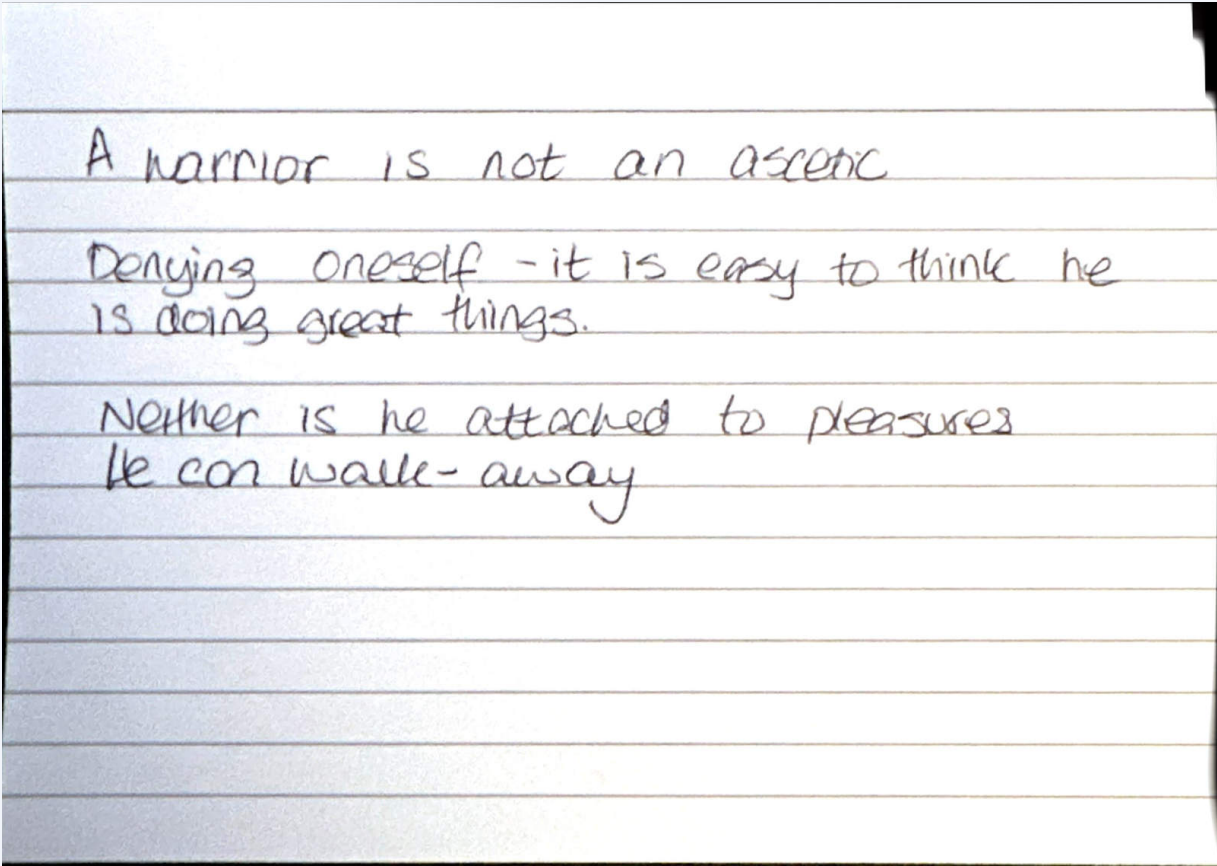
Walk away freely

Pleasure is held within a space that leaves the way out open.

Enjoyment and freedom can coexist. A warrior can enjoy pleasures and still be able to walk away from them. Self-denial alone can become another source of pride.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



Paths towards meditation

Action

Devotion

Enquiry



Action, devotion and enquiry converge towards contemplation in the card’s model.

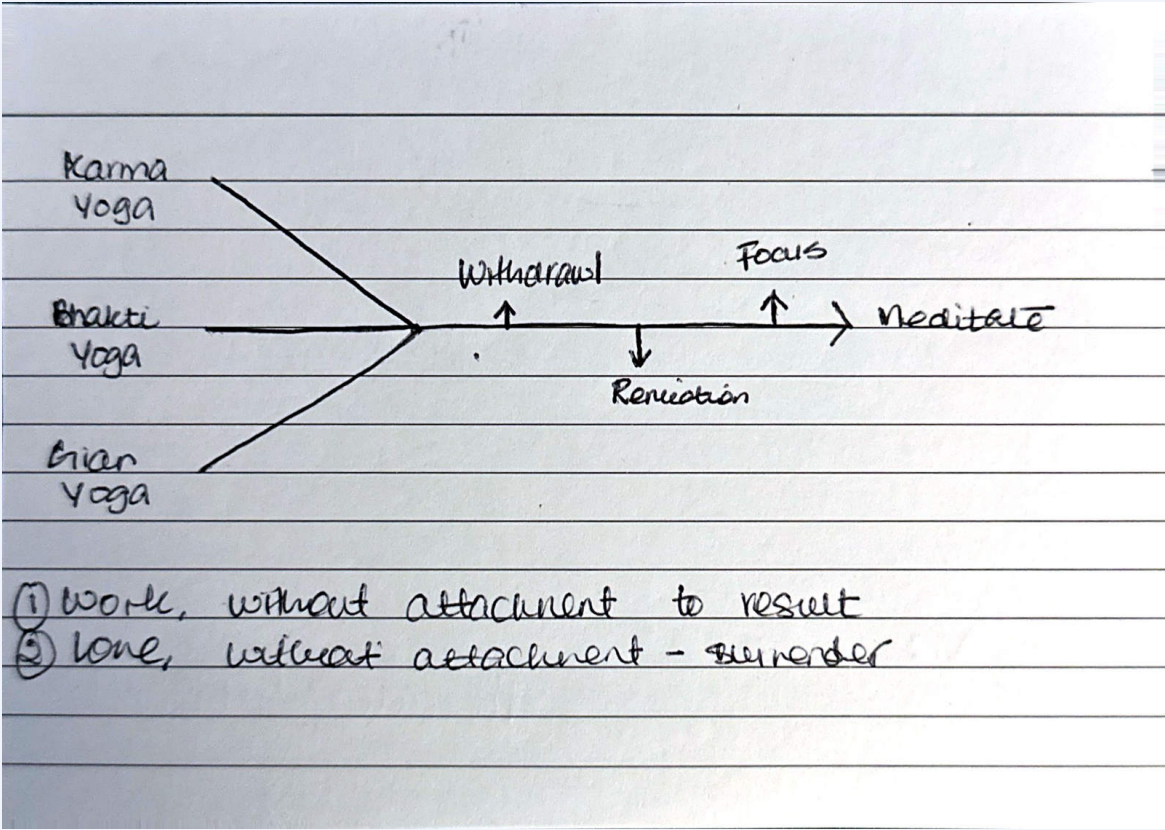
VISUAL INTERPRETATION

The card links action, devotion and enquiry with contemplation. It gives two reminders: work with less attachment to the result, and love with less attachment.

Collected note

Context: The source names karma yoga, bhakti yoga and jnana yoga.

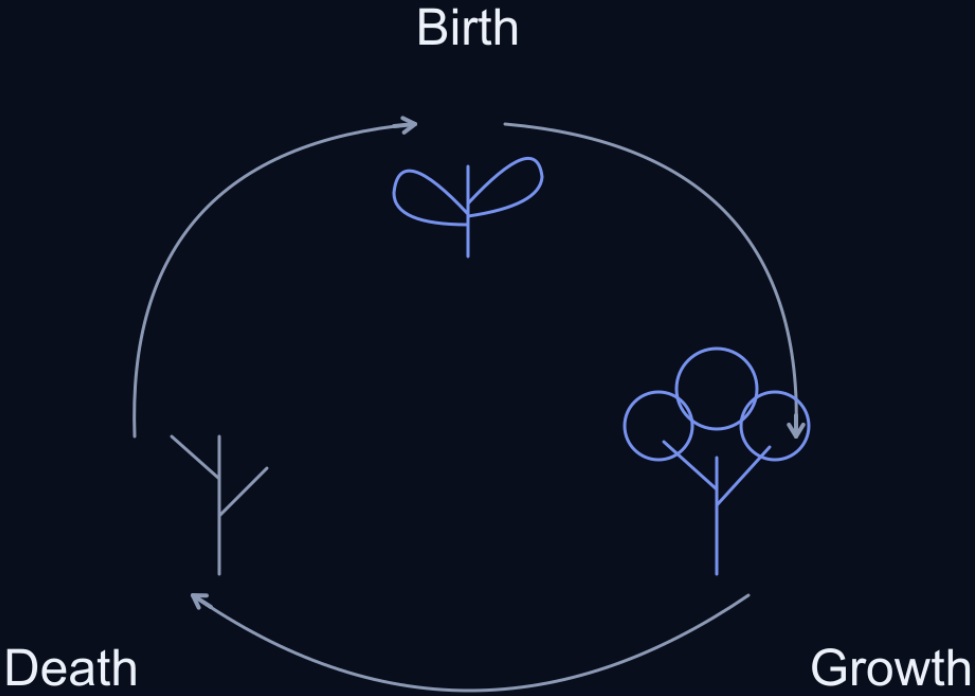
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 046

ORIGINAL CARD 047

Attachment and the experience of life



A seasonal cycle places each stage of life within a wider movement of change.

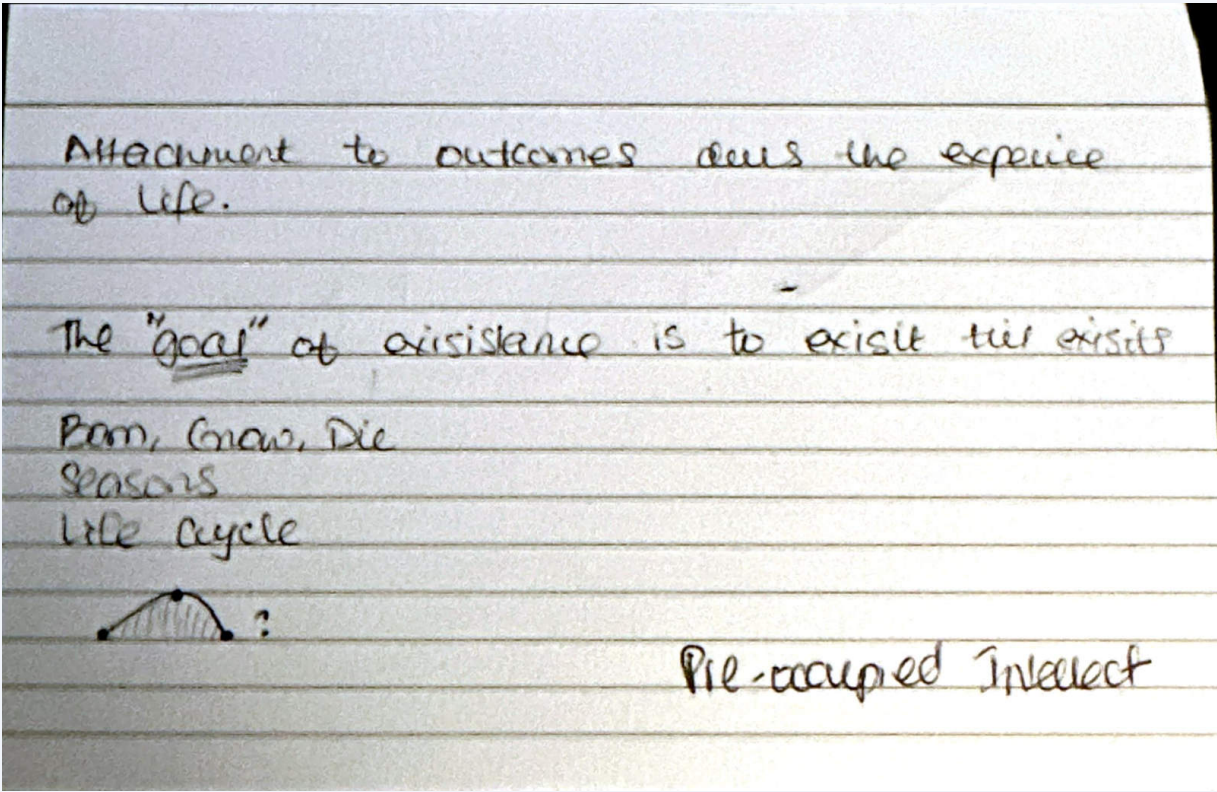
VISUAL INTERPRETATION

EDITED READING

Attachment to outcomes can dull the experience of life. The card places this beside a simple cycle: birth, growth and death, like the seasons.

Collected note

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 047

Dante's Divine Comedy



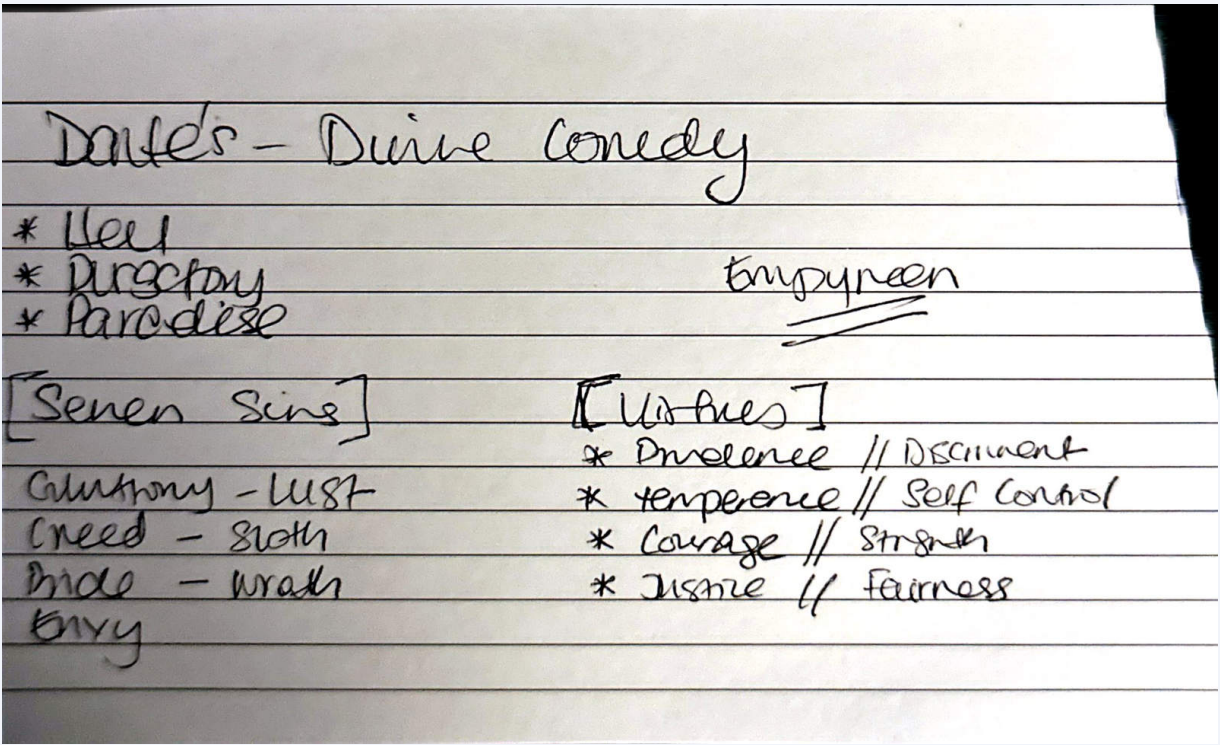
Dante's journey moves through descent, ascent and the nested heavens of Paradise.

Dante's Divine Comedy moves through Hell, Purgatory and Paradise. The Empyrean belongs within Paradise.

The card also lists seven sins: gluttony, lust, greed, sloth, pride, wrath and envy. Alongside them sit four virtues: prudence, temperance, courage and justice.

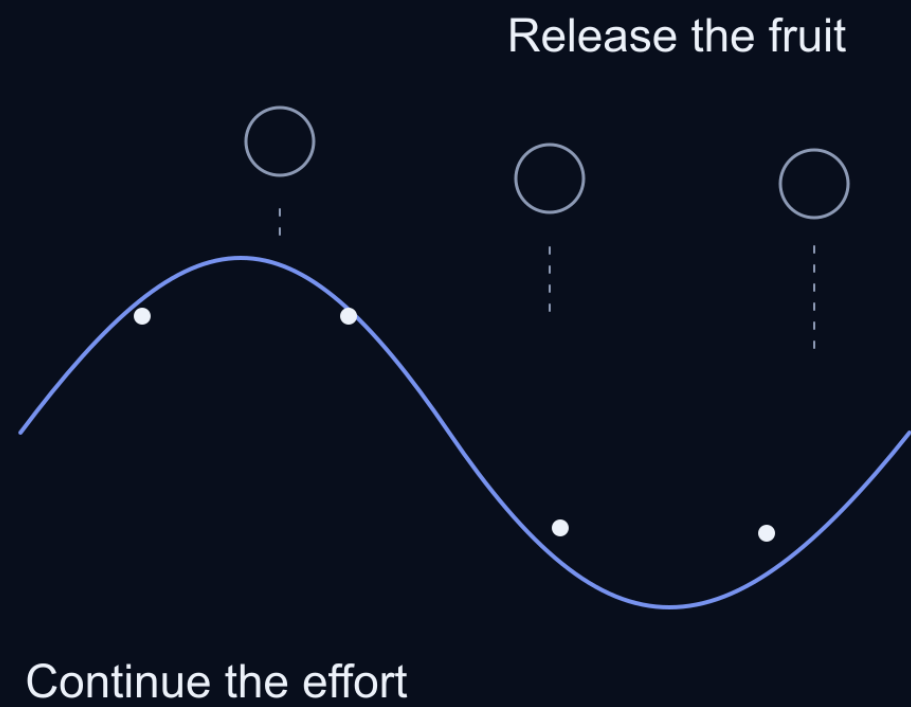
Reading notes on Dante, Divine Comedy

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 069

Action and renunciation



The path of effort continues while its outcomes are allowed to remain separate.

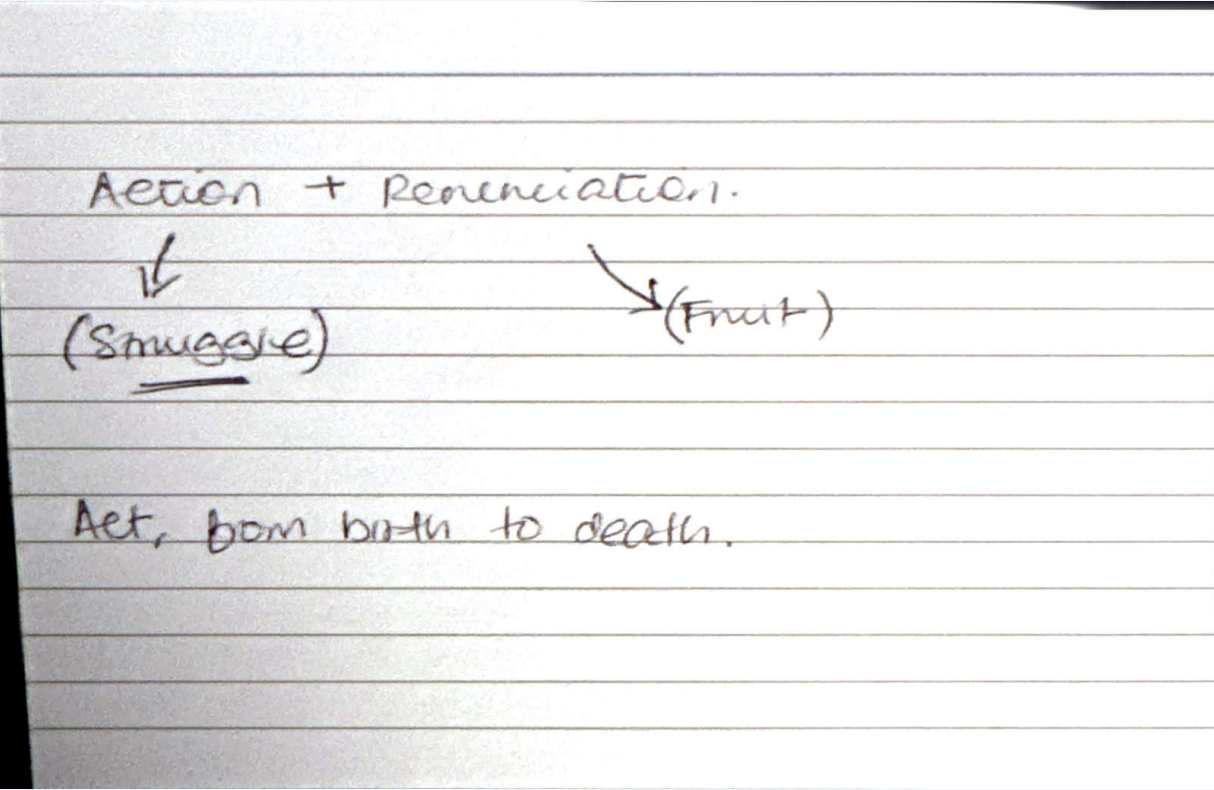
VISUAL INTERPRETATION

EDITED READING

Act throughout life. Undertake the effort while loosening attachment to its fruits.

Collected note

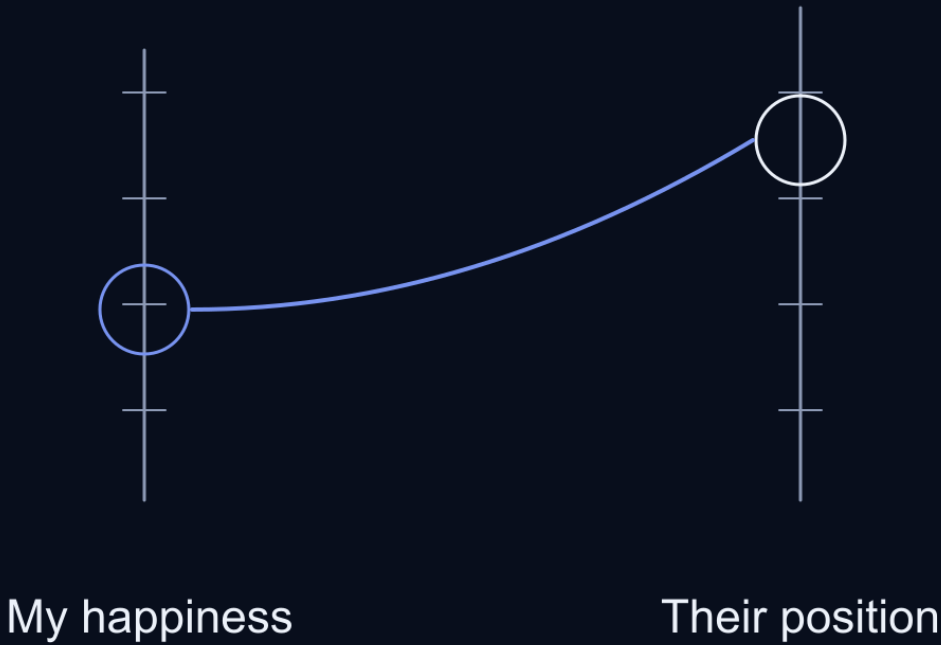
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 069

ORIGINAL CARD 089

Comparison



A tether shows happiness being made dependent on someone else's position.

VISUAL INTERPRETATION

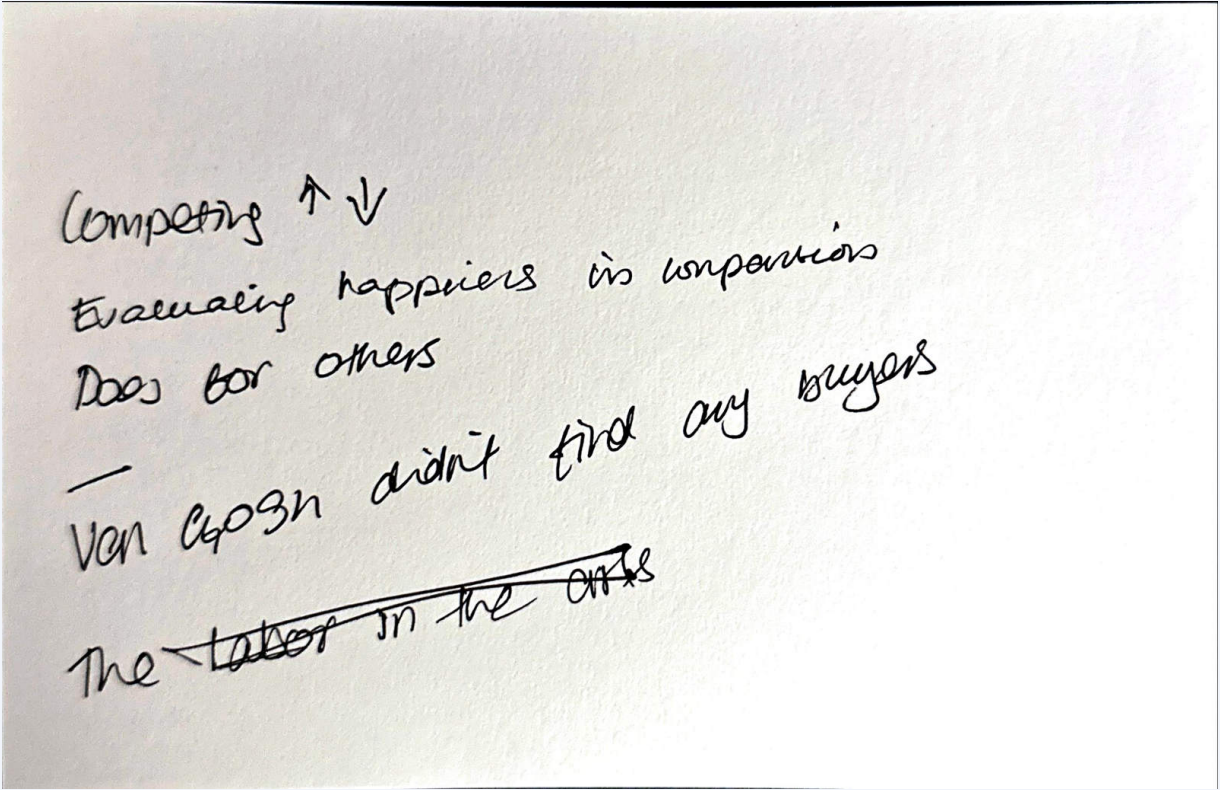
EDITED READING

Notice when your happiness depends on comparison with other people.

Reading note after Steven Pressfield, The War of Art

Context: The claim about Van Gogh's lifetime sales in the handwritten card is inaccurate. The edited reading focuses on comparison.

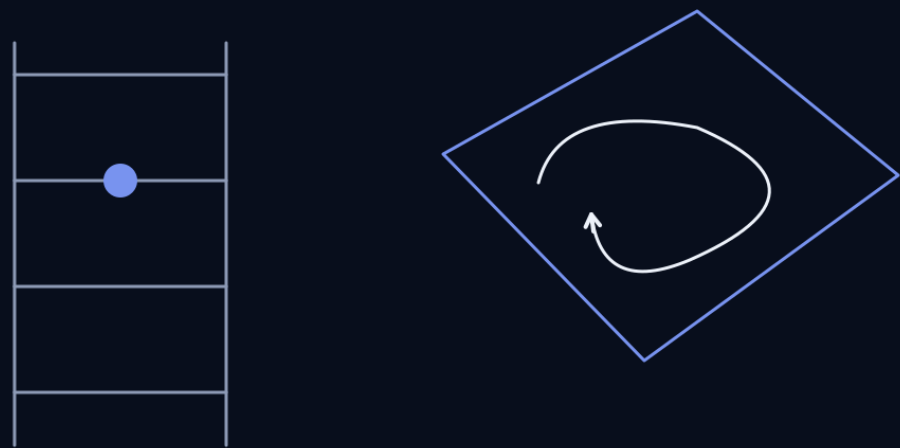
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 089

ORIGINAL CARD 090

Hierarchy and territory



Rank

Field of work

Ranking places people on levels; territory develops through return to a field of work.

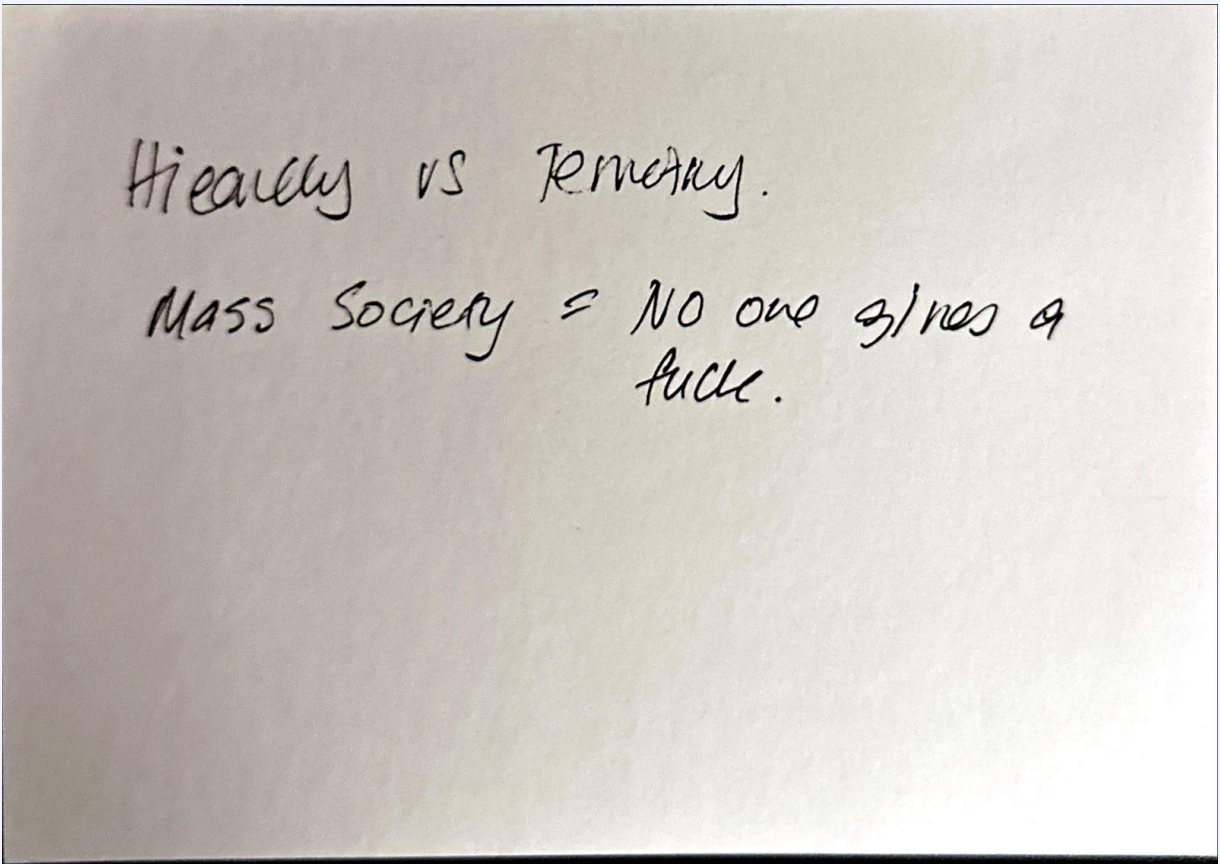
VISUAL INTERPRETATION

EDITED READING

A hierarchy asks where you rank among other people. A territory centres on the work you return to and the field you develop.

Reading note after Steven Pressfield, The War of Art

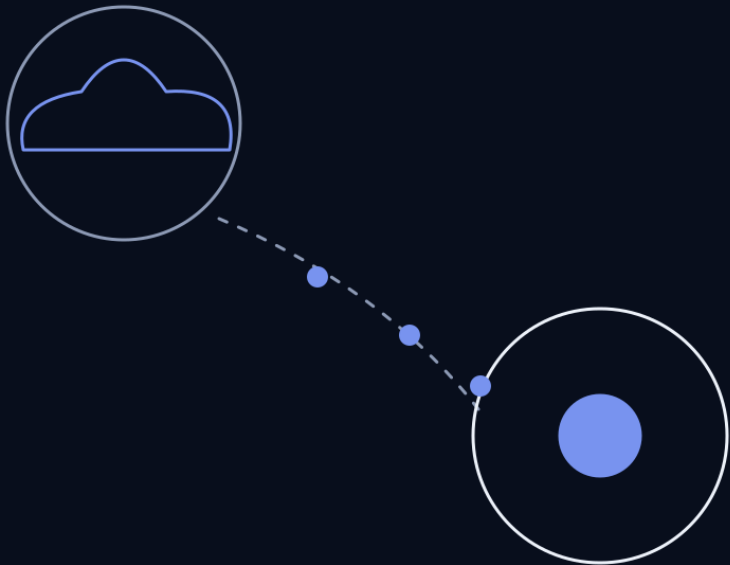
THE ORIGINAL HANDWRITTEN NOTE



SOURCE 090

Trailing clouds of glory

Spiritual home



Earthly life

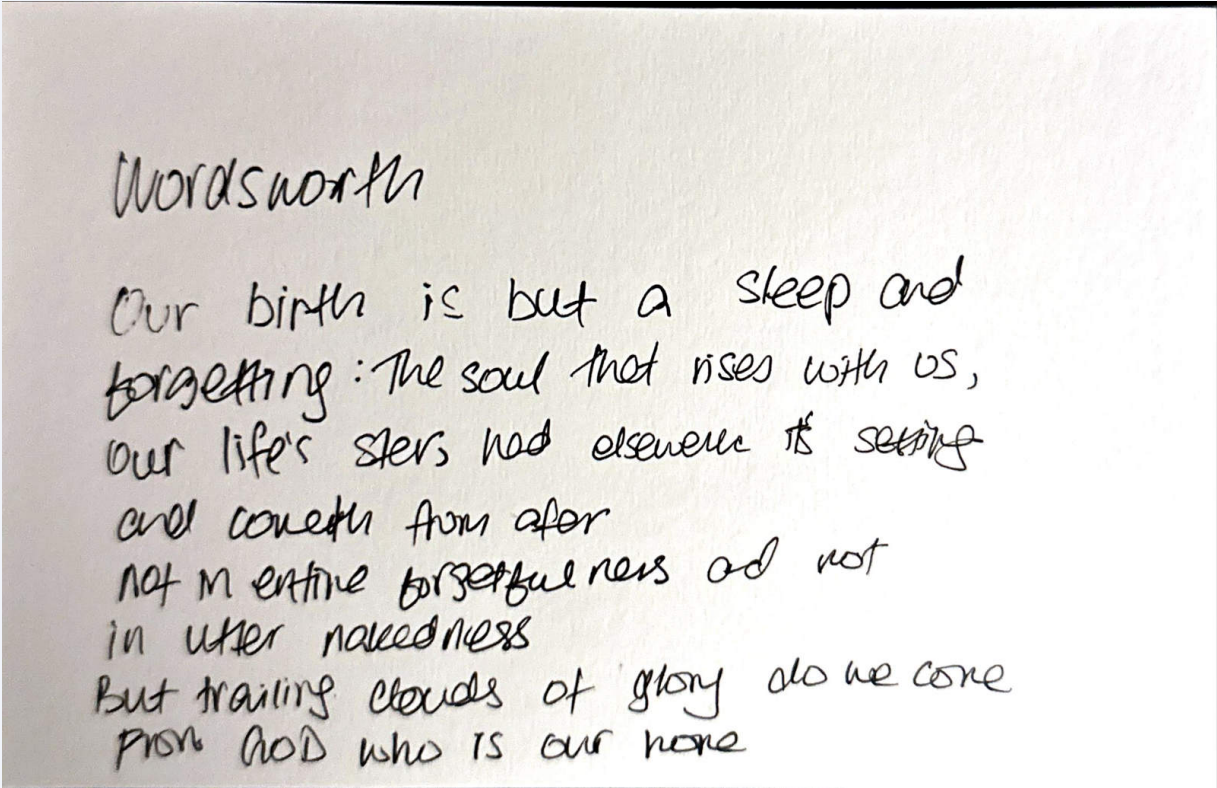
Wordsworth imagines something of a spiritual origin travelling into earthly life.

VISUAL INTERPRETATION

Wordsworth imagines birth as arriving from a spiritual home. The soul carries something of that origin into earthly life.

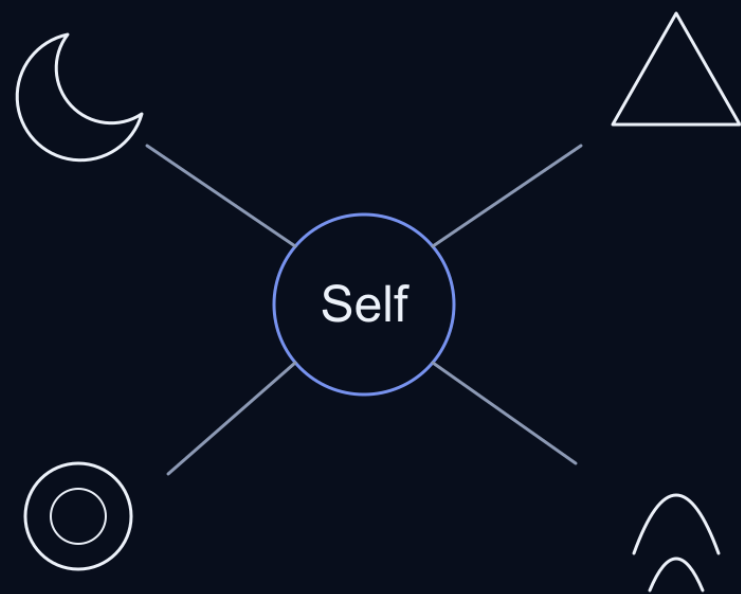
William Wordsworth, Ode: Intimations of Immortality, stanza V

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 091

Accessing the self



Paths of inner enquiry

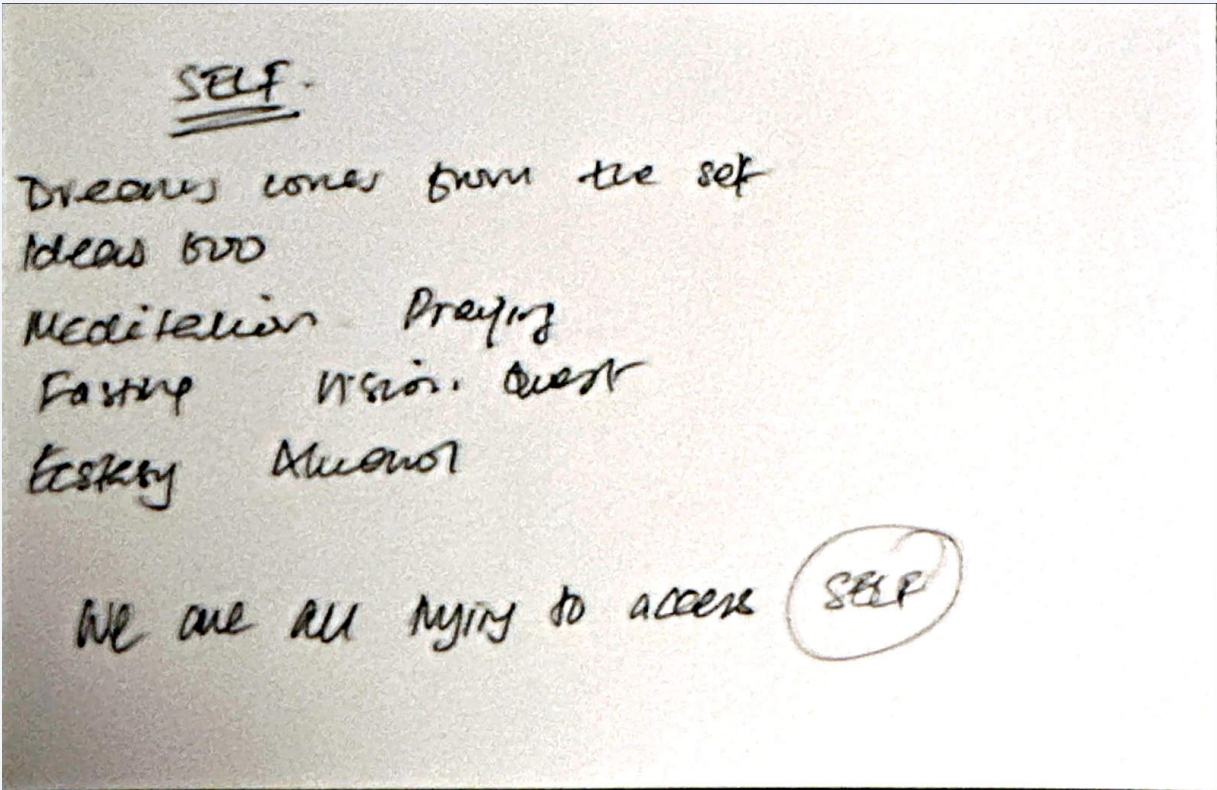
Several contemplative practices approach the self in this spiritual interpretation.

The card places dreams, ideas, meditation and prayer within a spiritual search for the self.

Reading note after Steven Pressfield, The War of Art

Context: A spiritual interpretation of creativity and the self. The handwritten list records practices and substances within that framework.

THE ORIGINAL HANDWRITTEN NOTE



Thoughts, words and deeds

Thoughts



Words



Deeds



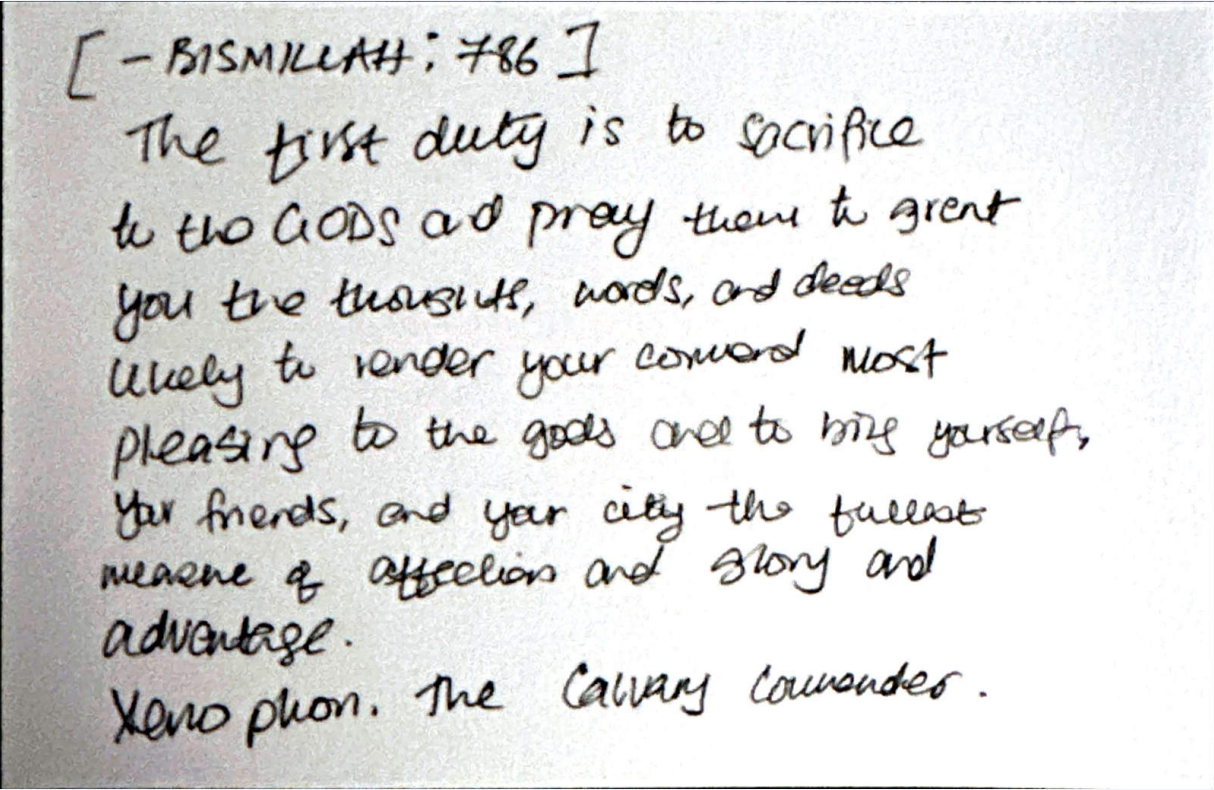
Xenophon links thought, speech and action within one intention to serve well.

Xenophon opens his advice to a cavalry commander with a prayer for thoughts, words and deeds that will serve the gods, friends and city well.

Xenophon, Cavalry Commander 1.1; E. C. Marchant translation

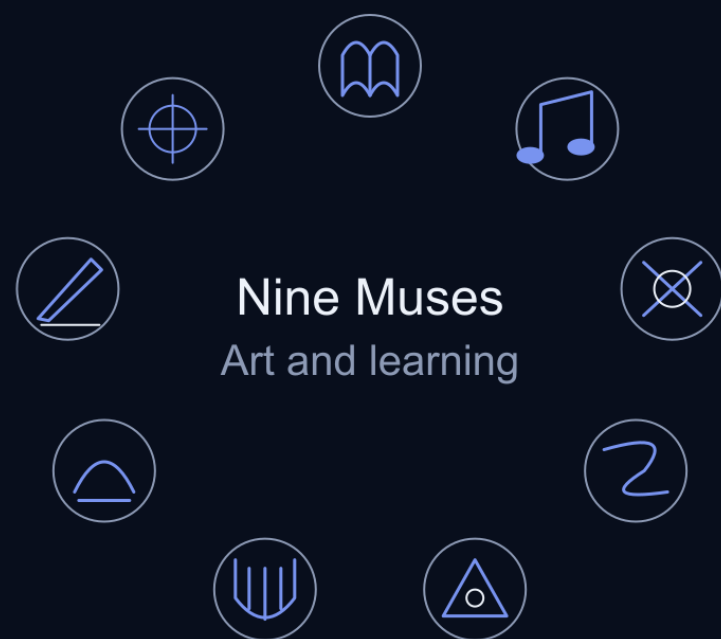
Context: From an ancient Greek text on military command.

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 100

The nine Muses



Nine distinct symbols gather the arts and learning associated with the mythological Muses.

VISUAL INTERPRETATION

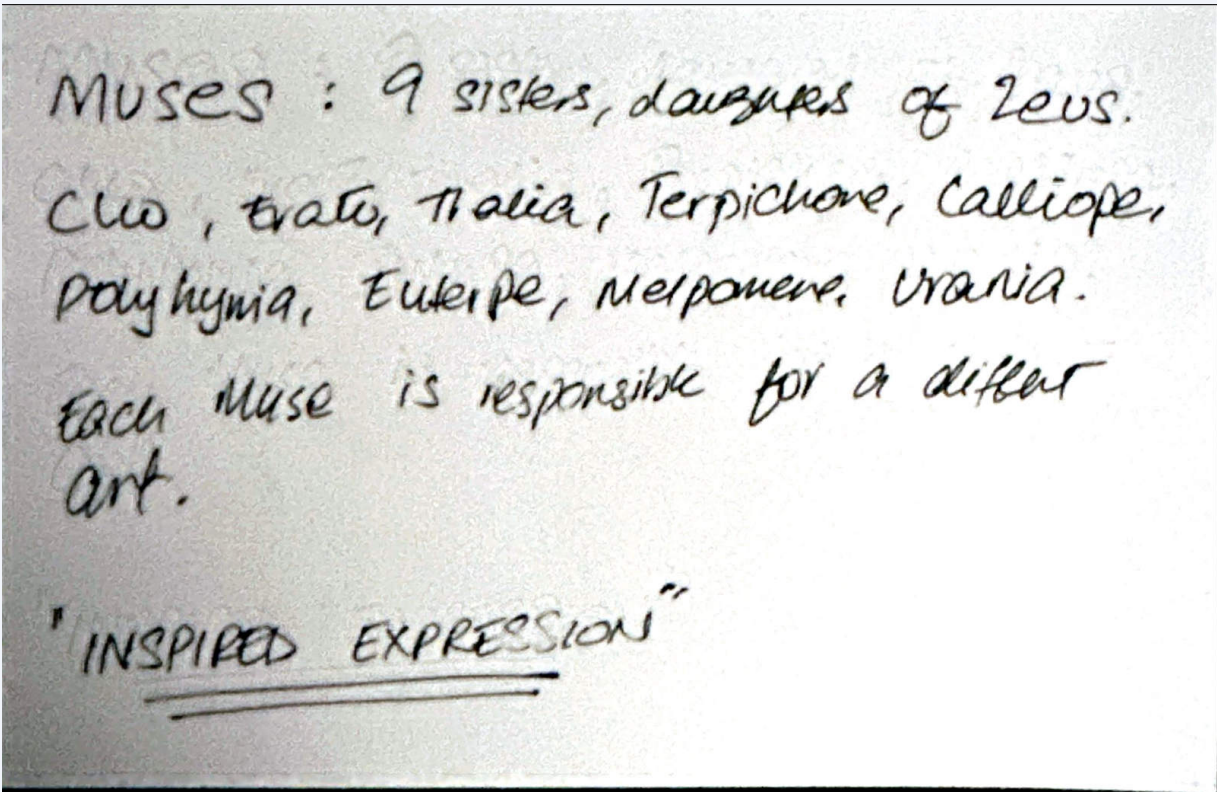
EDITED READING

In Greek mythology, the nine Muses are daughters of Zeus. They are associated with fields of art and learning: Clio, Erato, Thalia, Terpsichore, Calliope, Polyhymnia, Euterpe, Melpomene and Urania.

Reading note after Steven Pressfield, The War of Art

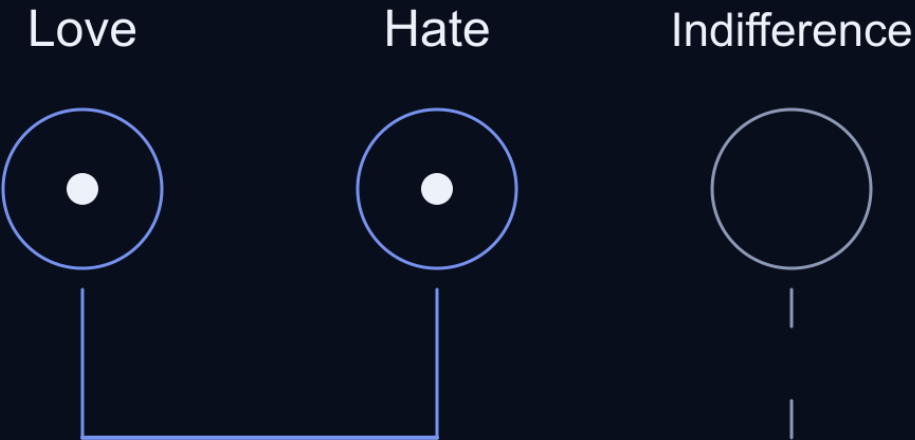
Context: Figures from Greek mythology.

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 100

Indifference

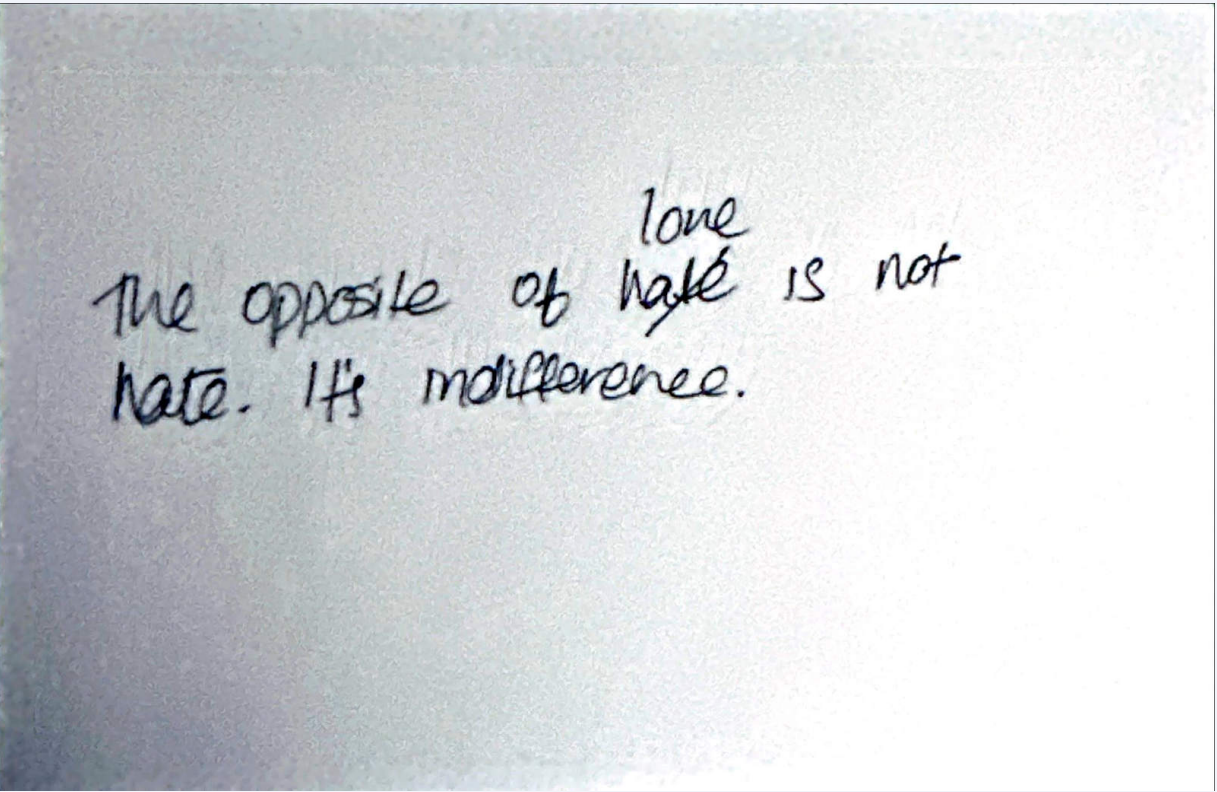


Love and hate retain an emotional connection while indifference leaves a gap.

Indifference means that emotional investment has gone. The card places this beside love and hate.

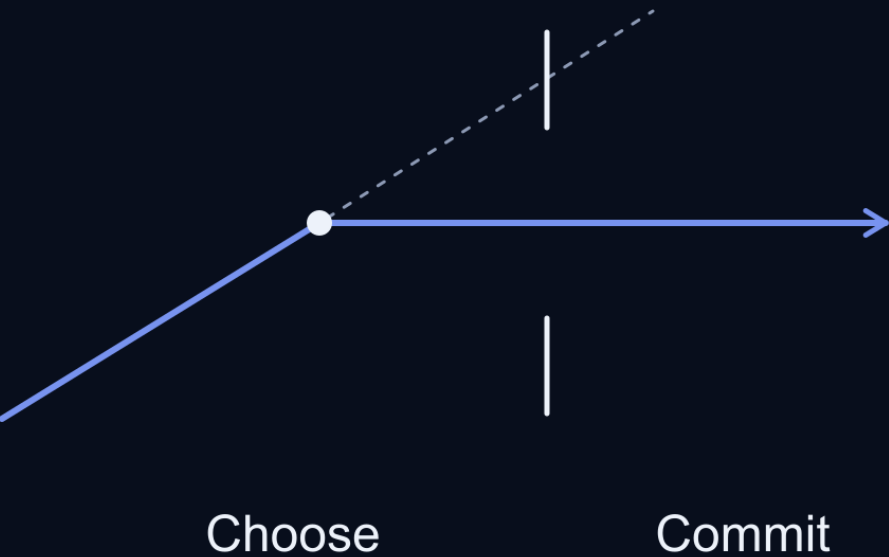
Reading note after Steven Pressfield, The War of Art

THE ORIGINAL HANDWRITTEN NOTE



ORIGINAL CARD 115

A choice



A decisive choice becomes a committed direction.

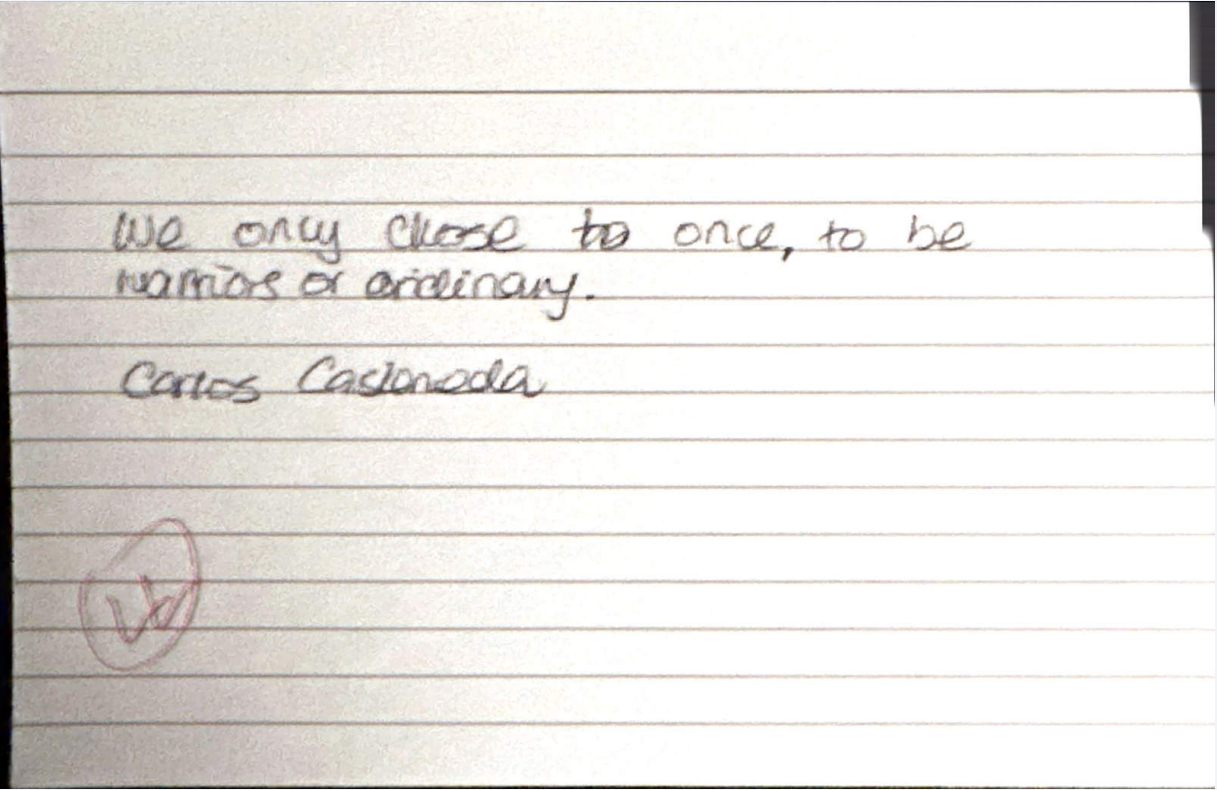
VISUAL INTERPRETATION

EDITED READING

The note presents becoming a warrior as a decisive commitment.

Collected note; original Castaneda attribution unverified

THE ORIGINAL HANDWRITTEN NOTE



SOURCE 115

Sources and credits

Steven Pressfield, The War of Art

Many cards are reading notes on resistance, professionalism, creativity and territory. This edition credits Pressfield and uses edited paraphrases.

[Open source](#) · [stevenpressfield.com](#)

A. G. Sertillanges, The Intellectual Life

The attention card draws on the Mary Ryan English translation.

[Open source](#) · [cuapress.org](#)

Dylan Thomas

Do not go gentle into that good night.

[Open source](#) · [poets.org](#)

Patricia Ryan Madson, Improv Wisdom

The starting card names this book. Its wording has been paraphrased.

[Open source](#) · [improvwisdom.com](#)

Thomas Aquinas

Summa Theologiae I.76.5, reply to objection 4, on reason and hands.

[Open source](#) · [newadvent.org](#)

Edmond Rostand, Cyrano de Bergerac

Act I, scene VII. Brian Hooker English translation.

[Open source](#) · [monadnock.net](#)

Ralph Waldo Emerson

Quotation and Originality, in Letters and Social Aims.

[Open source](#) · [emersoncentral.com](#)

Paulo Coelho

Believing without fear. A spiritual perspective, paraphrased here.

[Open source](#) · [paulocoelhoblog.com](#)

Daily Stoic

The modern commentary on approval and blame is credited to Daily Stoic.

[Open source](#) · [dailystoic.com](#)

William Shakespeare, Hamlet

Act 1, scene 3. Polonius speaks the advice to Laertes.

[Open source](#) · [folger.edu](#)

Sources accompany each card. Unconfirmed attributions remain identified in the reading notes.

Sources and credits / continued

The 14th Dalai Lama

Compassion and learning patience through difficulty.

[Open source](#) · [dalailama.com](#)

Plato, Symposium

204a-b. Diotima’s account of the love of wisdom, recounted by Socrates.

[Open source](#) · [classics.mit.edu](#)

Dante Alighieri, Divine Comedy

Reading notes on the poem and its moral vocabulary.

[Open source](#) · [digitaldante.columbia.edu](#)

Theodore Roosevelt, An Autobiography

Chapter II. Developing ordinary abilities, paraphrased.

[Open source](#) · [gutenberg.org](#)

Bhagavad Gita

Verse 2.47, action and its fruits.

[Open source](#) · [gitasupersite.iitk.ac.in](#)

William Wordsworth

Ode: Intimations of Immortality, stanza V, paraphrased.

[Open source](#) · [gutenberg.org](#)

Xenophon, Cavalry Commander

1.1, translated by E. C. Marchant, 1925. Paraphrased.

[Open source](#) · [topostext.org](#)

Epictetus, Discourses

2.21.9. Examining assumptions about oneself, paraphrased.

[Open source](#) · [en.wikisource.org](#)

Telamon of Arcadia

A fictional character used by Steven Pressfield. The original card’s ancient-author framing has been corrected.

[Open source](#) · [stevenpressfield.com](#)

Sources accompany each card. Unconfirmed attributions remain identified in the reading notes.

FIND AN ORIGINAL CARD

From the notebook to this edition.

Each entry links to a card. The first number identifies the original notebook card; the final number is the page in this PDF.

001	Govern yourself	095	028	Enjoyment and freedom	101	059	What is success in business?	070	090	Hierarchy and territory	107
002	Procrastination	046	029	Listen to understand	089	060	Dante's Divine Comedy	104	091	Trailing clouds of glory	108
003	An audience of one	005	030	Be true to yourself	090	061	Philosophy and its subjects	027	093	Fear of success	058
004	The difficult part	065	031	Seeking validation	017	062	A new trap	056	094	Accessing the self	109
005	Work for the work	096	032	Philosophy	018	063	Resistance and higher goals	057	095	What matters	042
006	Work and results	066	033	Train the dog	019	066	Money man	092	096	Self-revision	032
007	Familiar patterns	006	036	Entertain a thought	020	068	Seek wisdom while you have strength	093	098	Thoughts, words and deeds	110
008	A lens of attention	067	037	Resistance and fear	048	069	Action and renunciation	105	099	Reinvent yourself	043
009	The dying of the light	097	038	The daily battle	049	070	Emotion and intellect	028	100	The nine Muses	111
010	Knowing your limits	007	039	Mind and intellect	021	071	Identification with the cause	071	101	Sovereignty over the moment	059
011	The unlive d life	047	040	Where resistance appears	050	072	Honest action today	072	102	In the arena	080
012	Begin	068	041	Between me and the mission	051	073	Intellect as a firewall	029	103	The inner battle	060
013	Reason and hands	008	042	The invisible force	052	074	As the mind, so the individual	030	104	Success and failure	081
015	Limited data	009	043	Immediate gratification	053	075	Self-made success	073	105	Information and wisdom	033
016	A sketch of experience	010	044	The enemy as teacher	091	076	Aim, act and learn	038	106	Illusions about myself	034
017	Mind and intellect	011	046	Paths towards meditation	102	077	Confidence through action	039	107	Capacity before opinion	035
018	Bring me giants	098	047	Attachment and the experience of life	103	078	Clean your lens	031	108	Rationalisation	061
019	Respect and humility	087	049	Procrastinating about procrastination	054	080	Move towards the target	040	109	Indifference	112
020	The next question	012	050	Handle yourself steadily	069	081	Showing up	074	110	Fear and rationalisation	062
021	Attached to a view	013	051	Confidence and uncertainty	055	082	Real failures	075	111	Living the warrior's life	082
022	Being wrong	014	052	Becoming what you want to be	037	083	Sitting down to write	076	112	Full-time commitment	083
023	Thinking about thinking	015	053	Names for fields of knowledge	022	084	Employ yourself	041	113	Sit down and work	084
024	Books and the reader	016	054	Anthropology and archaeology	023	085	Labour and its fruit	077	114	Beating resistance	085
025	Belief and change	099	055	The philosopher and the sage	024	086	Territory	078	115	A choice	113
026	Judging yourself	088	057	What the philosopher seeks	025	088	Love of the art	079	116	Near the finish line	063
027	Pain and death	100	058	Being and the origins of words	026	089	Comparison	106	117	A leap of faith	044