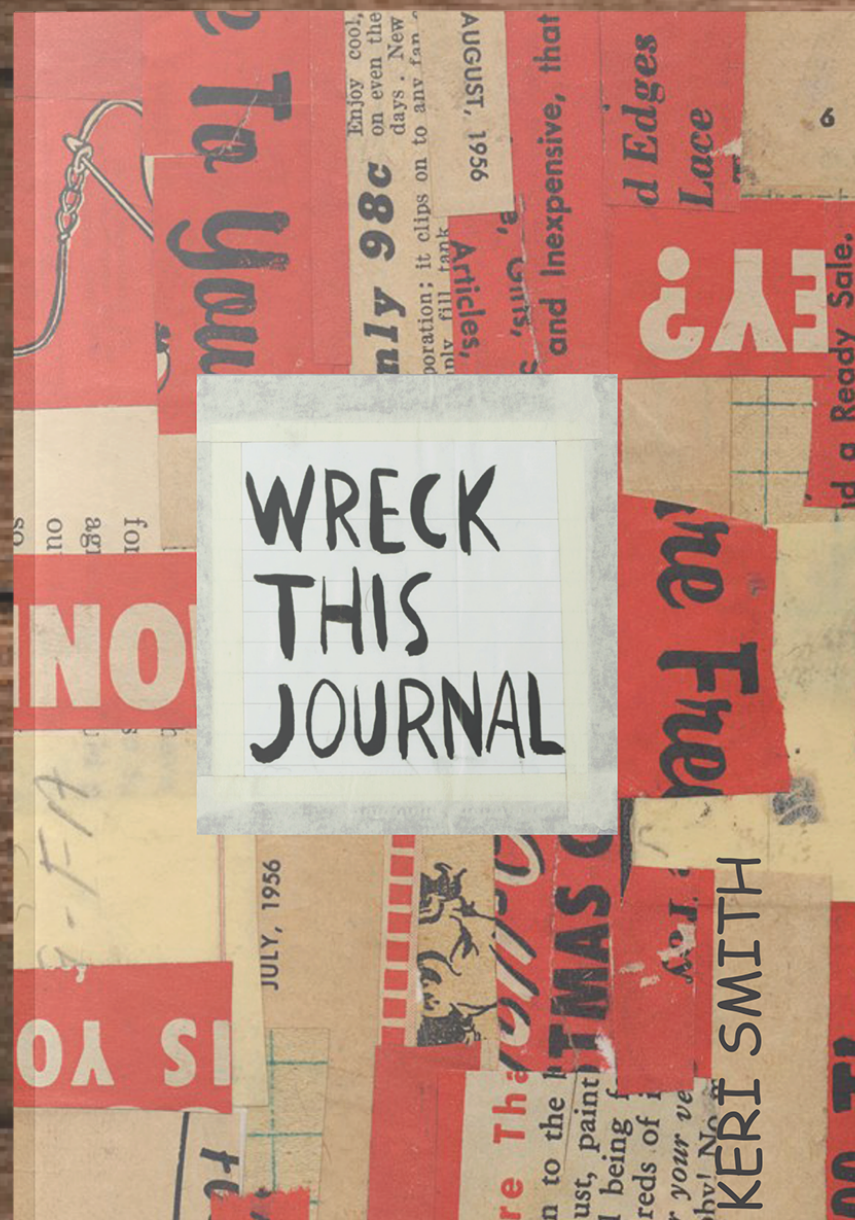


**NOTE: IF FOUND: FLIP TO  
A PAGE RANDOMLY, FOLLOW  
THE INSTRUCTIONS, THEN  
RETURN.**

PENGUIN BOOKS





**WARNING:** DURNING THE PROCESS OF THIS BOOK, YOU WILL GET DIRTY. YOU MAY FIND YOURSELF COVERED IN PAINT, OR ANY OTHER NUMBER OF FOREIGN SUBSTANCES. YOU WILL GET WET. YOU MAY BE ASKED TO DO THINGS YOU QUESTION. YOU MAY GRIEVE FOR THE PERFECT STATE THAT YOU FOUND THE BOOK IN. YOU MAY BEGIN TO SEE CREATIVE DESTRUCTION EVERYWHERE. YOU MAY BEGIN TO LIVE MORE RECKLESSLY.

## NOTE TO THE READER:

FOR THOSE OF YOU WHO HAVE WRECKED BEFORE, YOU'LL FIND SOME FAMILIAR PROMPTS, SOME THAT ARE CLOSE TO FAMILIAR AND SOME THAT ARE TOTALLY NEW. YOUR CHALLENGE HERE IS TO BE AWARE OF COLOR. HOW DOES THINKING ABOUT COLOR AFFECT YOUR WRECKING EXPERIENCE?

## INTRIDUCTION

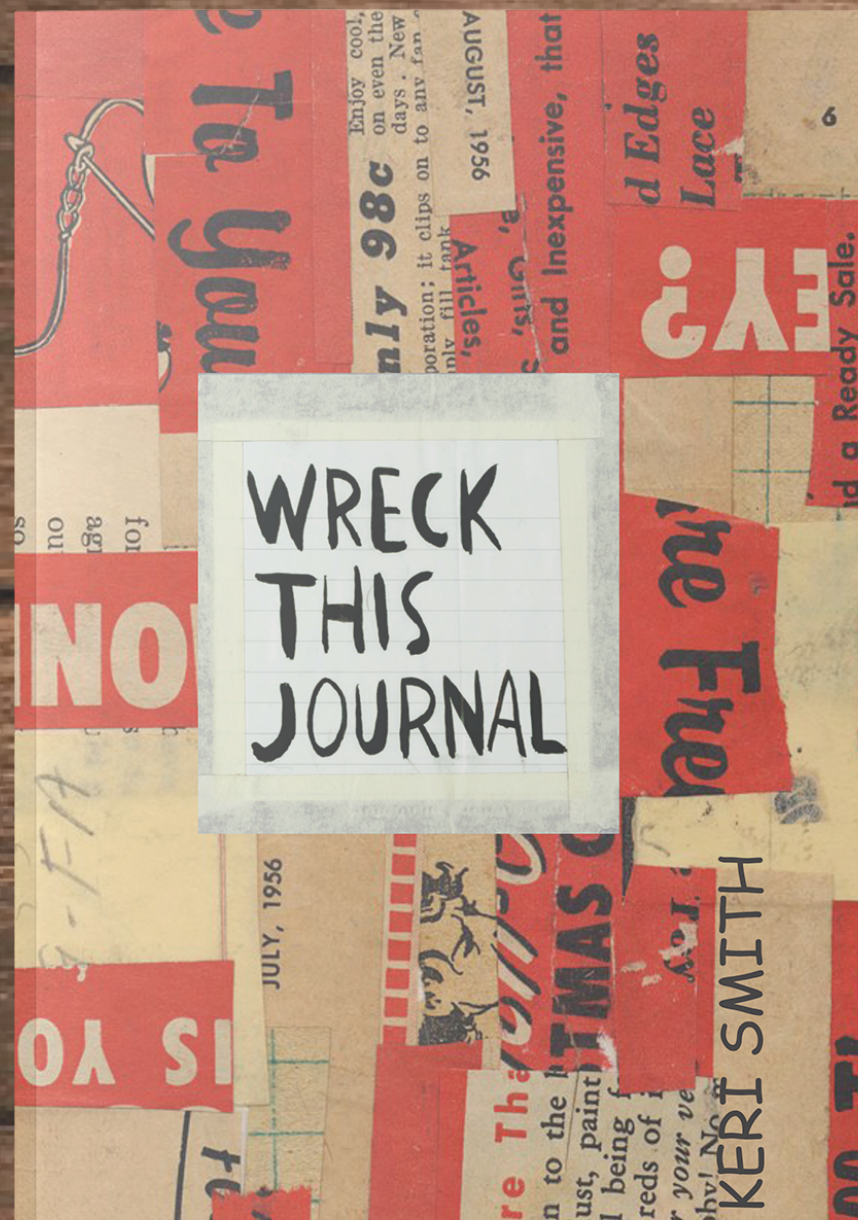
YOU MAY BE ASKING, WHY WOULD ANYONE PUT AN INTRODUCTION IN A BOOK THAT IS INTENDED TO BE DESTROYED?

YOU DON'T WANT TO READ SOMETHING IN YOUR **WRECK THIS JOURNAL**-YOU WANT TO GET STRAIGHT TO THE BUSINESS OF WRECKING. THAT IS WHY YOU ARE HERE FOR , NO?

IF YOU ARE READING THIS RIGHT NOW, IT MEANS THAT THIS IS A SPECIAL MESSAGE JUST FOR YOU, NOT JUST ANYBODY. ALL BOOKS ARE LIKE THAT; THEY COME TO YOU AT THE EXACT MOMENT YOU MIGHT NEED THEM, OFTEN WHEN THEY ARE LEAST EXPECTED. DO YOU BELIEVE IN FATE? WHAT ABOUT LITERARY HAPPEN STANCE THAT BOOKS COME TO YOU AT THE PRECISE MOMENT YOU NEED THEM? MAYBE THIS BOOK IS LIKE THAT. IN ANY CASE, I WILL BE BRIEF SO THAT YOU CAN MOVE ON TO THE GOOD STUFF.

READY?  
IT'S TIME.





1. CARRY THIS WITH YOU  
EVERYWHERE YOU GO.

2. FOLLOW THE INSTRUCTIONS  
ON EVERY PAGE.

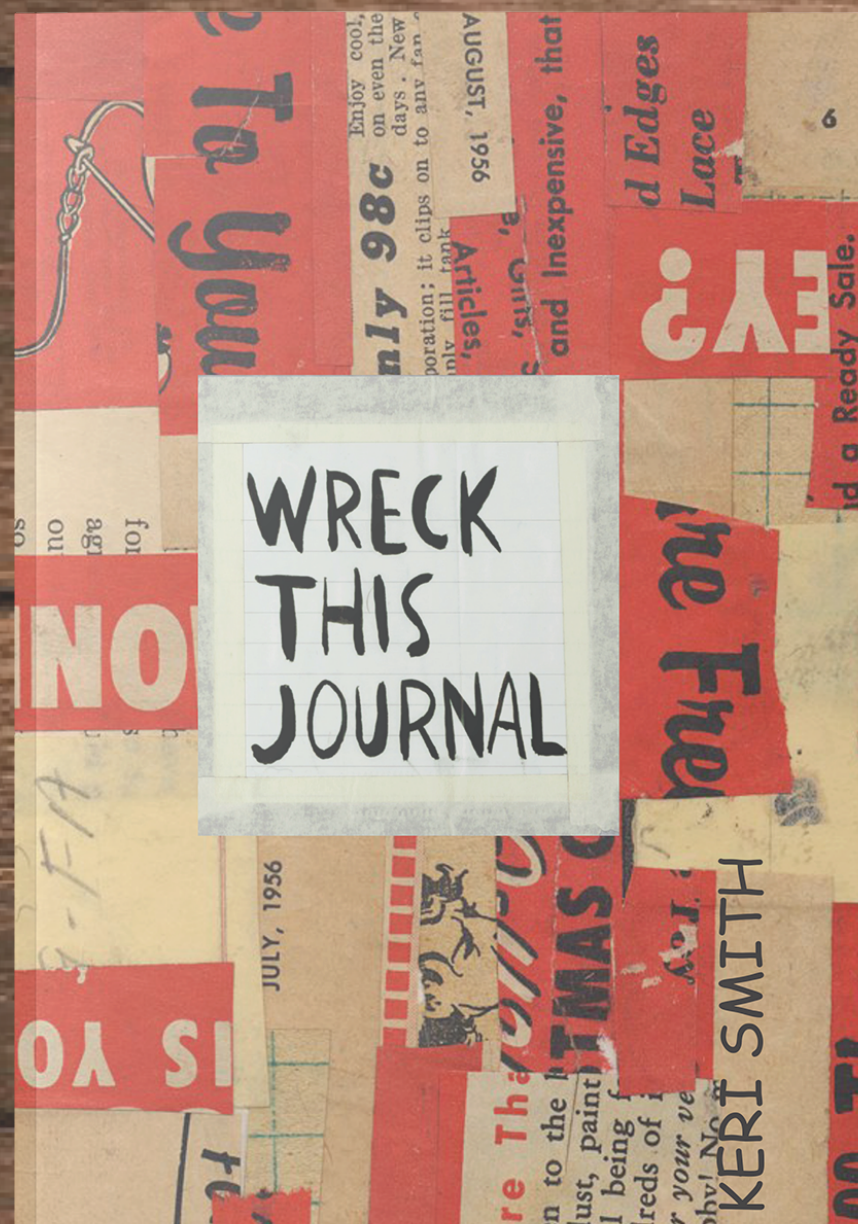
3. ORDER IS NOT IMPORTANT.

4. INSTRUCTIONS ARE OPEN  
TO INTERPRETATIONS.

5. EXPERIMENTS.

(work against your better judgment)





## MATERIALS

ideas  
gum  
glue  
dirt  
saliva  
water  
weather  
garbage  
plant life  
pencil / pen  
needle & thread  
stamps  
stickers  
sticky things  
sticks  
spoons  
comb  
twist tie  
ink  
paint  
grass  
detergent  
grease  
tears

smells  
hands  
string  
ball  
unpredictability  
spontaneity  
photos  
newspaper  
white things  
office supplies  
wax  
found items  
stapler  
food  
tea / coffee  
emotions  
fears  
shoes  
matches  
biology  
scissors  
tape  
time  
happenstance

# ADD YOUR OWN PAGE NUMBERS.





CREATE  
HAIR USING  
STRING  
LIKE  
OBJECTS.

