

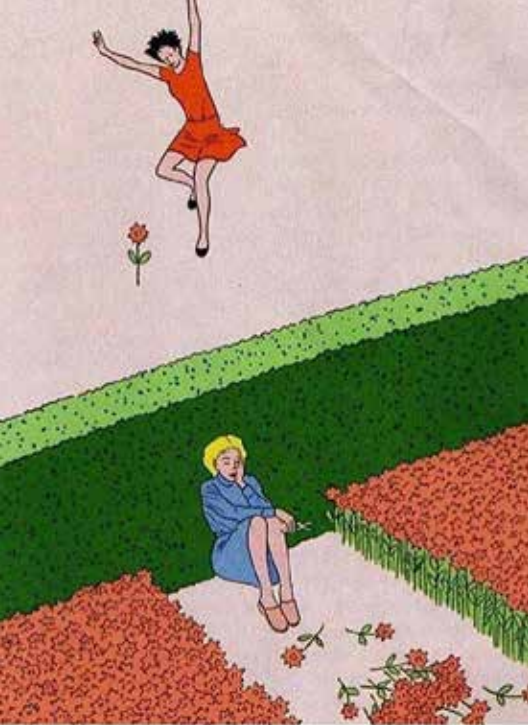
**MORE
SMILES
LESS
BS**





BULLSHIT:

- 1) noun. Stuff that is made up for the purpose of placating someone, or passing an exam, or getting elected to office. Most often false or ridiculous.
- 2) verb. To generate bullshit.
- 3) interjection. Accusing someone of bullshitting.
- 4) adjective. Identifying or suspecting something as bullshit.



**Happiness depends on your attitude,
not on what you have.**

This zine is dedicated to all of those people that at certain point in life have feel bullshit is taking over their lives. Prolly on your way to work, during a relationship, or just an annoying person in the subway that wants to ruin your day. Psychologists have found that even if you're in bad mood, you can instantly lift your spirits by forcing yourself to smile and like somebody once said: "smiles are contagious". So why not forget about the bullshit and try to live to your fullest everyday, with a huge smile and stress-free. Not only you would meet more people but smiling can really improve your physical health. I made a selection of my favorite quotes and pictures that help me get over daily bullshit and reminds me how to keep positive and strong about any situation.

SMILE!,

Valentina A.



"The way we choose to see the world creates the world we see".

-Barry Neil Kaufman



**"Life is
way too
short to
spend
another
day at war
with
yourself."**






A black and white photograph of John Lennon and Yoko Ono. They are standing outdoors, possibly on a porch or steps, in front of a white door and a white fence. Both are wearing white suits. John Lennon is on the right, wearing glasses and has a beard. Yoko Ono is on the left. They are holding a large white sign that reads "WAR IS OVER!".

**WAR
IS
OVER!**

IF YOU WANT IT

Happy Christmas from John & Yoko



“In order to
carry a positive
action we must
develop here a
positive vision.”

— Dalai Lama

DARLEY LN

2009



Fill in the blank with LESS/MORE:

Dream

Complain

Talk

Love

Argue

Hope

Fear

Relax

Worry

Believe

Doubt

Play

Work

You got it!

Now remember the more you smile the more you live. Don't let the bullshit get you down. Be grateful for every little things in life because there's people out there that wish to have what you don't appreciate. We are humans and we make mistakes but we are the ones that choose to learn from that. Be positive and good things are going to come in your life. Love to the fullest, Live every moment, and learn from others.



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GOOD

VIBES

ONLY