

BOOK
ZINE
ONE



LAWRENCE LINDELL



September 1, 2016, a year after I returned home to the states from London, England I decided to start my artist zine tour and have been touring ever since.

The Road has taught me many things about myself. Zine have taught me many things about myself. Comics have taught me many things about myself.

ZINE FEST IS HOME.
ZINES ARE FREEDOM.
ZINES ARE LOVE.

ZINE FEST TOUR MAP 2016

Sep 2016

It all started with
SF ZINE FEST

KC ZINE CON 2016
First time in
Kansas city, Missouri

Oct 2016

SD ZINE Fest
First time tabling
Solo HERE

Twin Cities
ZINE Fest 2016
Got to meet my great
niece and nephew

ABQ ZINE
Fest 2016

Got off AMTRAK
Went to fest -
Hopped right
Back on Amtrak
Same DAY

PHX ZINE Fest 2016
First year
this fest happened

NOCAZ 2016

New Orleans
huff said!

Euzine
Fest 2016
First year this
Fest Happened

NOV 2016
SHORT RUN
First time
in Seattle!

Dec 2016
EBABZ

ZINE FEST TOUR MAP 2017

FEB 2017
SAN JOSE
ZINE CON
FIRST YEAR

MAY 2017
CHICAGO
ZINE FEST

ZINE NITE 2016
DTLA ARTWALK

Dig This! 2016
COMPTON

JUNE
BSAM LA
2017

LA
ZINE FEST
2017

PDX
ZINE SYMPOSIUM
JULY 2017

AUGUST 2017
LB ZINE
FEST

OC ZINE
FEST
2017

SEPTEMBER
SF ZINE
FEST
2017

OCT 2017
ABQ ZINE
FEST
(SPECIAL GUEST!)

NOCA2
2017

NOV 2017
SHORT RUN

DECEMBER
EBAB Z
2017

OAKLAND
CREATES
2017

ZINE FEST TOUR MAP 2018

Jan 2018

BCAF
SAN FRANCISCO

FEB
PLCAF
2018

APRIL 2018
SANTA CRUZ
ZINE FEST

MAY 2018
LA ZINE
FEST

BQZF
(special guest!)

SEP 2018
SF ZINE
FEST

July 2018
Portland ZINE
Symposium

SPX 2018
(Special Guest!)

SOL-CON
2018

CXC
2018

Oct 2018
ABQ ZINE
FEST

NOV 2018
SHORT RUN

PHX
ZINE
FEST
2018

SAN ANTO
ZINE FEST
2018

EUZINE
(Presentation)

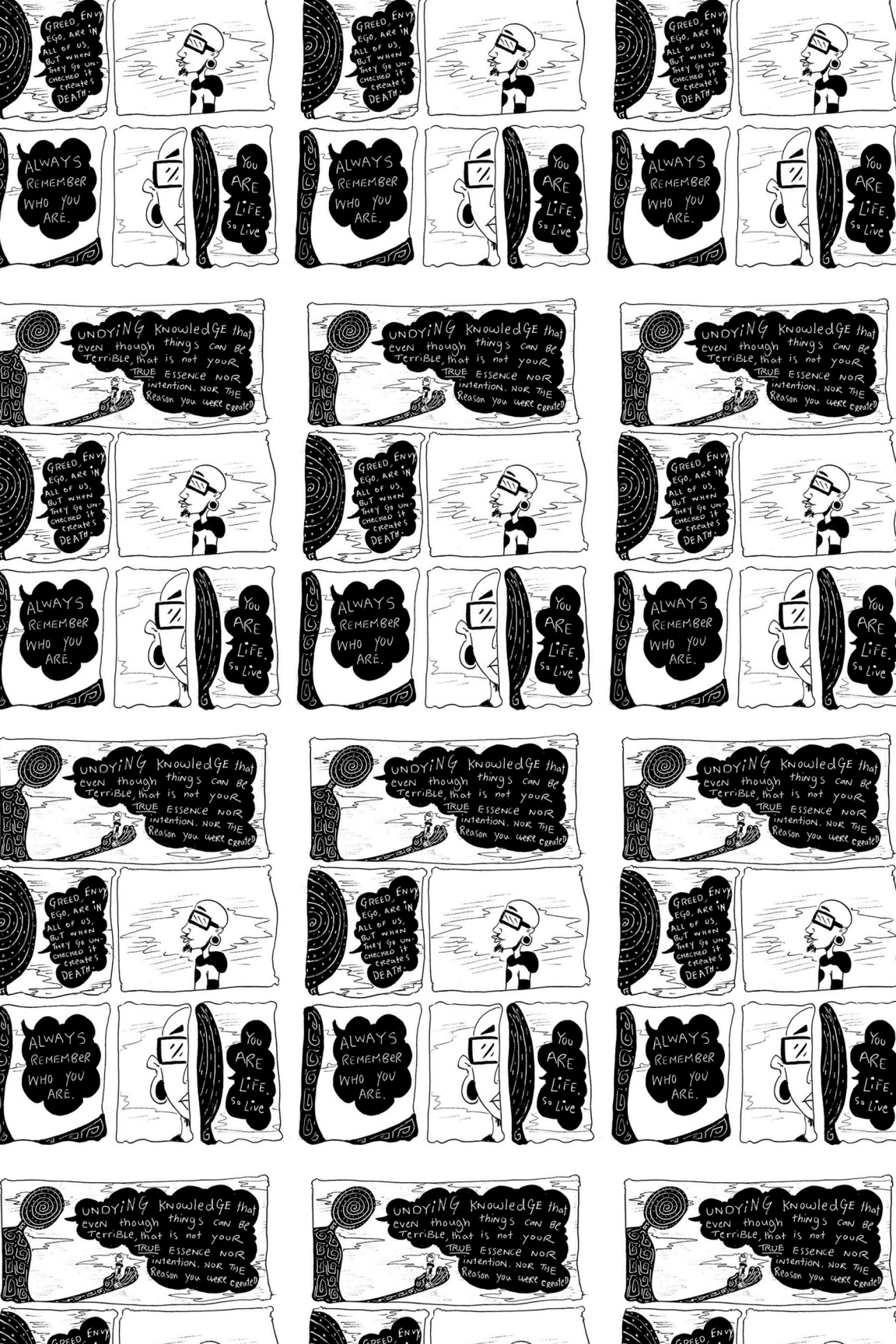
Dec 2018
EBABZ

ALSO

SJ ZINE
CON

SF ZINE FEST
POP UP

OAKLAND CREATES



GREED, ENVY, EGO, ARE IN ALL OF US, BUT WHEN THEY GO UNCHECKED IT CREATES DEATH.



GREED, ENVY, EGO, ARE IN ALL OF US, BUT WHEN THEY GO UNCHECKED IT CREATES DEATH.



GREED, ENVY, EGO, ARE IN ALL OF US, BUT WHEN THEY GO UNCHECKED IT CREATES DEATH.



ALWAYS REMEMBER WHO YOU ARE.



YOU ARE LIFE, SO LIVE.

ALWAYS REMEMBER WHO YOU ARE.



YOU ARE LIFE, SO LIVE.

ALWAYS REMEMBER WHO YOU ARE.



YOU ARE LIFE, SO LIVE.

UNDYING knowledge that even though things can be terrible, that is not your TRUE ESSENCE NOR intention, NOR THE Reason you were created!

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MELANIN

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NAVIGATING MENTAL HEALTH

LAWRENCE LINDELL



IF you're familiar with my work, then you know I focus on mental health, but not on just healing or empathy for folks with mental health issues but accountability for those of us with mental health issues that affect others.



You aint gotta listen NOR agree with me, in fact I'm talking to myself. But I share these inner thoughts with y'all cuz folks seem to relate and what not.



Learning to navigate your mental Health issues can be rough. There is a difference in - consciously harming/hurting others and unconsciously doing so. Niether is acceptable, but the latter can be corrected over time.



Some Traumas we experience can leave us scarred with internalized behaviors we dont know we have.



some triggers can leave us with defense mechanisms, that can be taken out or used on folks who dont deserve to have them used on.



Sometimes when you've made mental health related mistakes, it's easy to take so much accountability that you'll allow folks to mistreat you because you think you deserve it. It's also easy to deny accountability because you're in denial about your mental health.



Though it may not have been your intent to harm someone, you've still harmed them. Mental health doesn't excuse the need to apologize with action and positive change.



It may be hard, but it's also worth understanding when you're mimicking past behaviors VS justifiable feelings when something is not right.



This also comes with, "I've messed up in the past" when it comes to my Mental Health, so I deserve to be treated poorly OR I'm not sure if I'm over reacting OR under reacting...



Asking for help will NEVER be a weakness, but be attentive to make SURE you don't take advantage OR become too comfortable in that help. Ultimately the change and work is still very much up to you.

NAVIGATING MENTAL HEALTH

LAWRENCE LINDELL



Mental Health is no joke.
Healing is great and needed,
but it shouldn't come at
the expense of others.
You not perfect, nor do
you need to be. Be
Kind to you, but also
Be honest.

MY BEAUTIFUL PEOPLE,
YOU, ARE ENOUGH.

YOU ARE NOT DISPOSABLE.

YOU ARE NOT A BURDEN.

YOU DON'T NEED THE
VALIDATION OF THIS

WORLD. YOU, ARE ENOUGH.

YOU FACE BATTLES FOLKS
DON'T EVEN HAVE TO
THINK ABOUT. YOU,

ARE ENOUGH.

PEACE
-LAWRENCE



THE DAY I BROKE MY BRAIN...

LAWRENCE LINDELL

ONE DAY I WAS AT HOME
HAVING A DOWN SWING DAY.



SO, I DECIDED TO FIX THIS
SMALL MALFUNCTION BY WATCHING
CONSPIRACY VIDEOS ONLINE...



TEN MINUTES AND 7 VIDEOS LATER...



30 MINUTES AND 20 VIDEOS LATER...



-AM, I, EVEN,
REAL!!

1 HOUR LATER, LOST COUNT OF VIDEOS....



-BUT,
IT'S ALWAYS BEEN,
"HELLO, CLARICE"

LATER THAT NIGHT...



NOTHING
IS REAL

YOU
OK? -



THEN the SHORT DOWN SWING ENDED...



AND THAT WAS THE DAY I BROKE MY BRAIN.



MENTAL HEALTH IS REAL.
IF YOU KNOW SOMETHING CAN TRIGGER YOU AND YOU CAN AVOID IT. PLEASE DO...

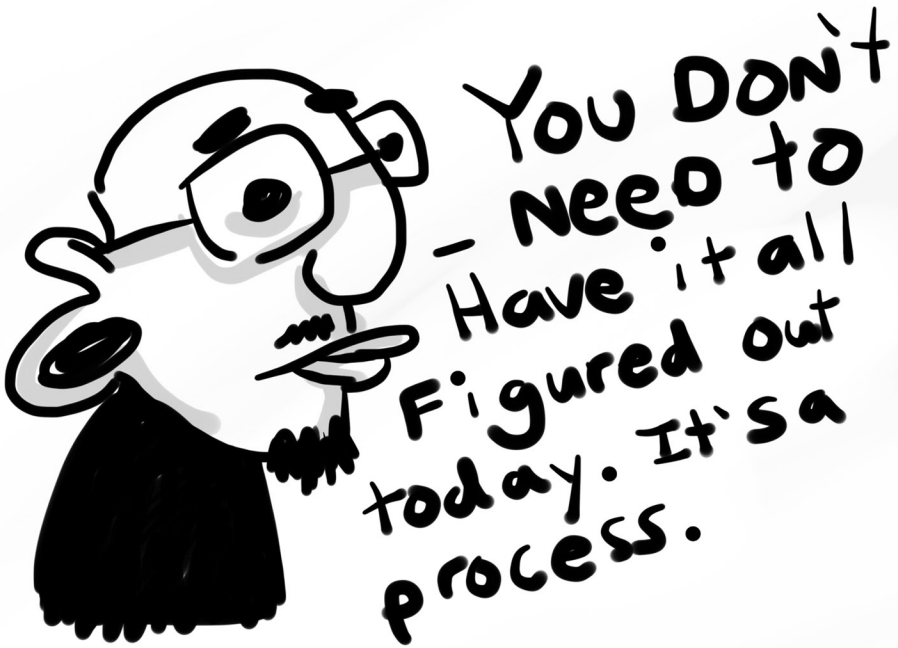
VOICES

My BEAUTIFUL, BEAUTIFUL
People,

THE "Rules" OF THIS
WORLD ARE OF THIS WORLD.

AND, THIS WORLD, IS NOT
FOR US. WE WILL NEVER
FIT IN THIS WORLD. WE
MUST CONTINUE TO BUILD
AND CREATE OUR OWN WORLD.
WE MUST ALSO RECLAIM
WHAT IS ~~OUR~~ OURS, TAKE
IT BACK.

PEACE
- LAWRENCE



You DON'T
- Need to
Have it all
Figured out
today. It's a
process.

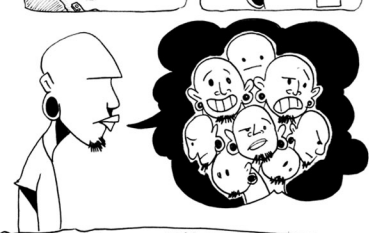


MENTAL Health
Requires Rest.
It's not optional.
I KNOW this
WORLD doesn't
ALWAYS ALLOW
for Rest, but
when you do
Rest - Know
you deserve it
AND it's NEEDED.

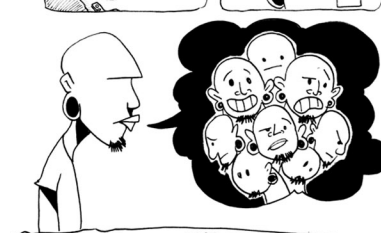


MENTAL HEALTH
IS UNFORGIVING.
SOME SET BACKS
CAN TAKE YEARS
TO RECOVER FROM.
AND THAT RECOVERY
TIME IS ESPECIALLY
HARD ON POOR, WORKING
CLASS AND LOW INCOME
FOLKS. YOU ARE NOT
CRAZY, LIFE IS HARD
AND YES YOU
DO DESERVE,
REST.





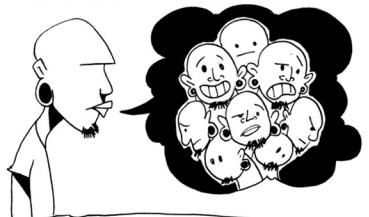
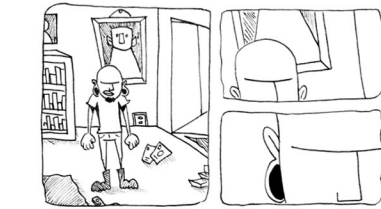
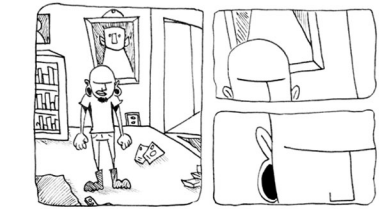
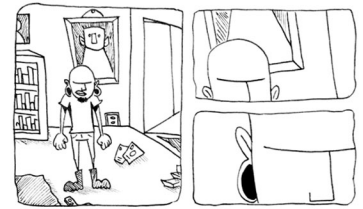
WHAT Literally ONLY ADDS UP TO ONE MINUTE, CAN FEEL LIKE A YEAR IN MY HEAD. I CAN EXPERIENCE EVERY EMOTION WITHIN THAT ONE MINUTE.



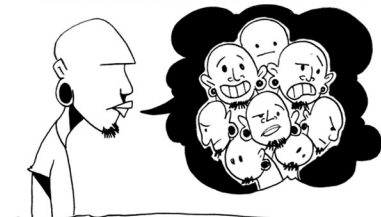
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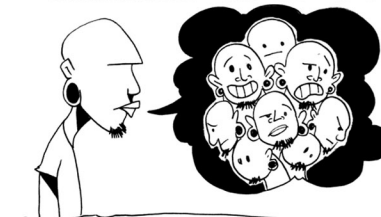
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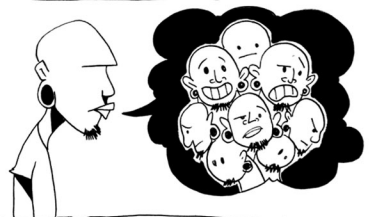
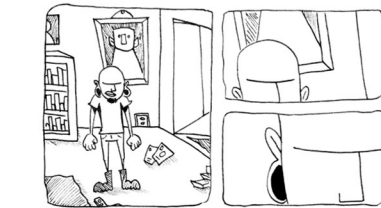
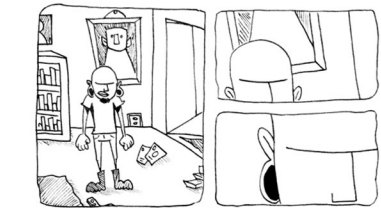
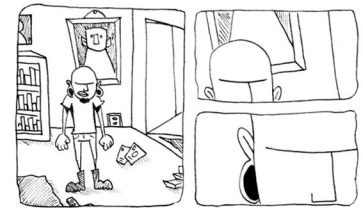
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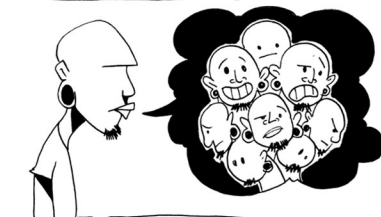
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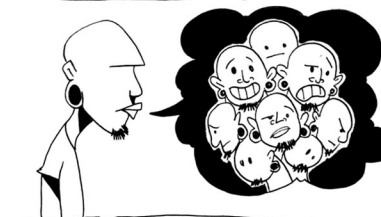
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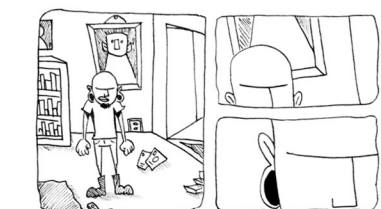
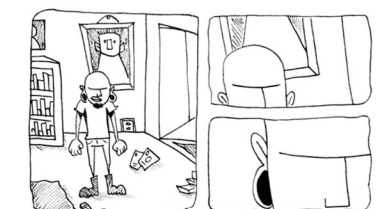
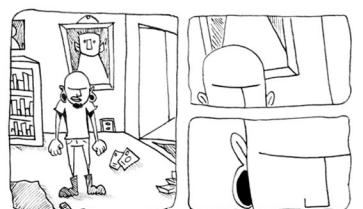
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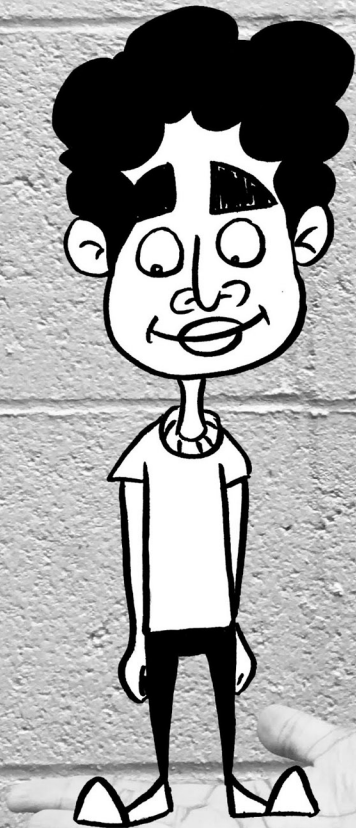


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HEY, PEOPLE OF COLOR!
YOU ARE INSPIRATION
YOUR LIFE FUELS
THIS WORLD.

