

# 101 WAYS TO HAPPINESS

by

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## INTRODUCTION

This book contains two things: serious/semi-serious suggestions on how to be happier; silly, facetious suggestions intended purely for entertainment. They are mixed together at random because that's the way I like it - it made me happy to write this book. I hope reading it has the same effect on you. Now, in preparation for the first item, syringe your ears, part your hair, plough a furrow, cycle towards a landmark, fence a stolen lamppost, insult a traffic cone, climb a mountain, fork a stream, investigate a postman, overcome a meteor shower, bury some spoons, dribble on a haddock, knit a spare hamster, harness a pleb, stroke a postmark, record an argument, bother a sheep, confuse a cat, boil some trousers, instigate a panic, xray some socks, plant some apathy, pick holes in a packet of polos, disagree with gravity, clear your mind and read on.

### 1

Buy this book. Hopefully it will make you happy. It will certainly make me happy, as with the royalties I get from each copy of this electronic edition I can treat myself to a small bottle of water or a box of matches. What more could a writer want? Bestselling novels, critical approval, a larger flat or a house, a quieter mind... let's not go there.

### 2

If you're feeling down, people often say 'pull your socks up'. Well, if you follow that instruction by also putting on your shoes/boots and then going out for a walk/perambulation, that *will* make you happier. Unless, of course, you are immediately dive-bombed by a fleet of pigeons.

We've all heard of the health benefits of exercise, often in tedious and patronising tones from those on high. The simple truth is that going for a walk is more interesting and stimulating for your

brain than sitting at home within the same four walls. If you have a tricky domestic situation, or even just unfortunate wallpaper, going for a walk will also provide a welcome break from that.

Getting daylight into your eyes and brain, no matter how gloomy the weather may be, is essential to normal physical and mental functioning. Speaking as a lifelong insomniac with a wonky body clock, I can't over emphasise this point.

Who knows, while out for a walk you may bump into someone you haven't seen for years and have a pleasant conversation? You may find a bank note; see an amusingly shaped vegetable; witness a good thing; enjoy some bird song; laugh at an incompetent squirrel; see somebody wearing exactly the sort of hat you've been looking for for years and find out where they purchased it from; help a young person across the road; hear some music coming from a car stereo that isn't annoying, distorted shit; pickle some apathy; instigate an affray; baffle a penguin; part your elbows; comb your knees; discover a cure for intransigence; win a tug of war against a team of pedants; discover a cure for Robert Smith; iron out some roundabouts; disprove a fallacy; manipulate a hedgehog into cleaning your shoes; discover a shoe box full of money; think of the ideal name for the pet you're about to get; remember where you left your dignity; harness a harness and sell it for a tasty profit.

### 3

If going jogging or running makes you happy then fair enough, but there's really no need for it. And it'll only knacker your knees in the end. Plus, you look ridiculous in those shorts. If you need an alternative to jogging, try arranging some green triangles from the quality street collection to look as if they are playing a series of xylophones using the leg bones from former cast members of Grange Hill who have either undergone amputations or just left one of their leg bones lying around.

### 4

Get rid of something you no longer need. Decluttering your mind can be difficult, but your home is much easier to clear out. Are you ever going to use that lava lamp again? How long will you have to wait for those khaftans to come back into fashion? Surely fourteen duffle coats is too many for one person? And that life size dalek really doesn't work as a fish pond ornament.

There can't be many people reading this who don't have a defunct microwave, books they'll never read again, clothes they'll never wear again, broken mobile phones, leaky old batteries, a collection of free newspapers you thought would prove useful but in fact haven't, towels that are too disgusting to ever be used for any purpose ever again (even drying the dog or mopping up petrol), a kitchen drawer full of small metal things that don't go with anything else you own, have ever owned, or have ever seen or heard of. The list goes on (well, in theory it does, but this one doesn't; it has just stopped going on).

Getting rid of these things will make you feel like a good person, and also create more room for new stuff, like electrical items that actually function, a baby grand piano, or a cat (maybe with enough room to make a swing for it as well).

### 5

Wear some unusual trousers, go into a supermarket, and see if anyone notices. Give it ten minutes. If nobody has noticed by then just cut your losses and get yourself something nice in for tea.

### 6

Have a bath. I've just had one and I feel great. One of the most relaxing things a human being can do, second only to throwing rotten fruit at a cabinet minister.

### 7

Read a book. They're great, with all their words and ideas and stuff. I've lost count of how many thousands of books I've read in my life. Actually, that's not true: I may be an obsessive but not to the degree of keeping a running tally of how many books I've read since nineteen seventy six. The point is, it's a lot of books, and it's impossible to over estimate how much joy they have collectively

brought to my life. Plus, if you buy a few books here and there then you're helping to support people like me who are really no good for anything in the real world.

## 8

Cook a meal. Maybe with some ingredients you've never tried before. Then eat it. Herbs and spices are very cheap and can make even the blandest food taste delicious. Don't be afraid to break 'the rules': I've recently been adding pizza topping to fish and it's fantastic. My other tips are 1) add loads of cinnamon to gravy, and 2) add a tablespoonful of mango chutney to a curry.

## 9

Listen to music. There's so much of it out there, something for everyone. If you *properly* listen to an album (i.e. on decent speakers, not on a train with shitty little white headphones) it becomes an all-encompassing sensory experience. I really couldn't have got through life thus far without the joy I get from music. To do with what you wish, here is a list of ten albums that always make me feel better than I did before commencing the listenification process: 1) 'Permanent Waves' by Rush; 2) 'Night At The Opera' by Queen; 3) 'The Last In Line' by Dio; 4) 'Misplaced Childhood' by Marillion; 5) 'Power Windows' by Rush; 6) 'Operation Mindcrime' by Queensryche; 7) 'Bring Your Own' by Led Bib; 8) 'Living With A Tiger' by Acoustic Ladyland; 9) 'IV' by Led Zeppelin; 10) 'Clockwork Angels' by Rush. If that's not to your taste (and statistically it almost certainly won't be) then why not compose your own list and then spend a day listening to them?

## 10

Have a proper conversation with somebody. Where neither of you is using a phone, tablet or laptop. This may be an alien concept to anyone under twenty five but trust me, it does actually work. Conversations can last for hours and you never crash, run out of bandwidth or get a virus (actually, *some* conversations can lead to that, but that's another story...).

## 11

Write a poem or story. Doesn't matter what it's about, if you can't spell, if it doesn't make much sense: so long as *you enjoy the process* it will make you happy. And it's a brilliant distraction from everyday life and negative thoughts. Why do you think I write so many sodding books?

## 12

Learn an instrument (a musical one, rather than a surgical or meteorological one (other types of instruments are available but listing them all would just be of an order of silly too great even for this book)). Doesn't matter if you never play in front of anyone else or never master anyone else's music, just noodling around on an instrument is a lot of fun and a good distraction from your thoughts and surroundings. Again, so long as you enjoy the process, who cares what it sounds like to anyone else?

## 13

Light a scented candle, oil burner or joss stick. Despite the unfortunate associations with California-style psychobabble and chicanery, these do affect your mood. Lavender, for evolutionary reasons, is the most relaxing smell for human beings. If you do this while having a bath, that's the double whammy of relaxation. WARNING: do not also drink a herbal tea while having a bath and smelling some lavender or you may become so relaxed that you fall into a coma.

## 14

Carve a potato into the shape of your favourite bass player. Maris Pipers are best for Geddy Lee, King Edwards for Jack Bruce and New Potatoes for Billy Sheenan. Note that Geezer Butler or John-Paul Jones will only work with parsnips.

## 15

Get a good nights sleep. This is one of the most vital things you can do for your physical and mental well-being Lack of sleep can lead quickly to depression, so treat yourself to a comfy new pillow, crack open the Early Grey and have a relaxing night.

## 16

Stop worrying what other people think about you. Mostly they think nothing about you - most people spend most of the time entirely occupied with their own lives and don't really care what others are up to. Just think: how much do you think about what other people are thinking or doing and judging them? Hardly at all, right? So just get on with living your own life.

## 17

Find a bargain. A book in a charity shop, a second hand album, a prosthetic leg, an interesting cardigan, twenty five exercise books for a pound (a recent favourite, accidental find of mine).

## 18

Get up early, go outside in the fresh air, look up at the sky and realise the triviality of anything negative in your life. Get some perspective, then go back indoors and have a better day than you would otherwise have had. Rinse and repeat as needed.

## 19

Go through the back of a wardrobe into Narnia. When you encounter either a lion or a witch, ask them the way to the post office. When they say that this fictional world doesn't require a post office, take off your bowler hat to reveal an urgent parcel *with no stamps*, then wait for their grovelling apologies. If no apology is forthcoming, then find your nearest rabbit hole and go to a badly organised tea party.

## 20

Find one of those people in the street with a microphone reading from the bible to indifferent passersby, stand ten feet away from them, set up a one hundred watt guitar stack and begin to read passages from Darwin in a much louder voice.

## 21

Spend an afternoon cutting out photos of celebrities from the internet. Using Lego, build a version of the village from 'The Prisoner' and push the photos around with sticks, enjoying the looks of confusion on their stupid celebrity faces as they try to work out what's going on. When this ceases to be enjoyable, merely set fire to everything. N.B. Do not do this in the morning or evening, *it will not make you happy*.

## 22

Wake up in the morning, turn to the other person in the bed and ask them if they want a cup of tea.

## 23

Play the album 'Twice Born Men' by Sweet Billy Pilgrim.

## 24

Wake up early, realise you don't have anything urgent to do, and have another few hours sleep. Especially effective on a week day.

## 25

File your finger nails, then put the filings and the file in a filing cabinet. Then file the filing cabinet in a much bigger filing cabinet.



aardvark-aardvark-smith the fourteenth.

**35**

Stand in a field and see what happens. If nothing has happened after three days, go home and have a nice bit of cake.

**36**

Add up a sequence of numbers so long that your calculator begins to emit smoke, then write the result down on a roll of toilet paper and throw it at a traffic warden. Get someone to film the entire sequence of events, edit it down to fifty seconds, then release it on television as one of those adverts where you get to the end and have no idea what the product is.

**37**

Put a chicken in a basket and see how long you can get it to stay there. It is not permissible to use restraints or chicken food. When the chicken has left the basket, stop your stopwatch and write down the time in your chicken notebook.

**38**

Push your luck all the way to the shops, then make it walk back.

**39**

When your parents ask what you want for your birthday, tell them you would like to make a long distance phone call to Edgar Varese. This will be an amusing reference to about 0.0000001% of the global population.

**40**

Fill in a crossword solely with the names of people you were at school with, then leave it on a table in a cafe, hide nearby and observe the befuddlement-type expression of the person who finds it and looks at it with their face. Then go up to them and say with your own face "I did that, I did all of it, and I have befuddled you. Sign my befuddlement form. Sign it now or I'll cut you."

**41**

Applaud vigorously something you witness which does not deserve an ounce of approbation: a child pooing in a bucket; a dog eating a dog biscuit; a book falling off a shelf and landing on a vicar; a car's plan to take over the western world backfiring; a comedian noticing something that's in front of their ever-collapsing nose; a crushed can in a hedgerow; a crushed hedgerow in a can; a department store Santa who isn't on a register; a timely intervention by an idiot; the sound of three hundred and four marbles rolling down a cobbled street towards a tea towel; the impact of an ice cream on the bonnet of a Ford Granada; getting the correct change in a corner shop; a Walkman in a hammock; an amusing greeting card; a decent programme on the telly for a bloody change; an honest politician; an unpretentious actor; a margarine that really does taste like an approximation of butter; a drinkable cup of tea from a vending machine.

**42**

Read a Douglas Adams book.

**43**

Question a long held assumption or belief. Update your view of the world and yourself, your strengths and limitations.

**44**

Paint some walls a bright colour, preferably withing your own home.

## 45

Stand for parliament with the following manifesto: everyone is allowed to do whatever they want providing they are not committing a criminal offence; it is no longer cool or clever to declare everything shit - being interested in and enthusiastic about things is now and for ever cool and the norm, even an ultimate goal; only wear a tracksuit if you are about to, just have, or are currently performing an athletic activity (this does not include walking to the front door for a smoke or going up the road for a takeaway); all comedians shall henceforth and for all time stop making paedophile and rape jokes; all pubs shall stop serving extra cold Guinness and go back to serving the normal stuff that tastes much better; all signs declaring a fine for littering must be accompanied by a litter bin within ten yards; nobody should ever be charged for using a public lavatory; all car stereos to have a limit of ten watt speakers; every February the twenty ninth be declared a public holiday; one week every year will have no television or internet access so that people are forced to use their brains and leave their bedrooms/living rooms; no mimed music to feature anywhere, ever; no ghost-written novels or autobiographies to be published ever again - if you can't write a book, don't pretend to have written one and take most of the money; cancel all future nuclear and ballistic weapons and spend the money providing truly affordable social housing; only people who have spent twenty years working and living in the real world can become politicians; no airbrushing or photoshopping allowed in any publications whatsoever; every negative news story to be balanced by a positive one within the same broadcast; I can't think of a strong enough one to finish on.

## 46

Dance with a potato; I did it once and it made me very happy (idea copyright John Hegley, it was at one of his gigs).

## 47

Walk backwards into a shoe shop and ask the assistant if they have any backwards shoes. See how many pairs of shoes you can try on, then declare them to be forward shoes, before you are thrown out of the shop.

## 48

Plant some vegetables, dig them up, eat them.

## 49

Persuade a child that you're a superhero by wearing a gaudily coloured cape and hanging around phone boxes (n.b. this explanation almost always fails to placate the police).

## 50

Collect pebbles from a beach (or buy them from your high street pebble shop) and paint them different colours. When they are dry, put them on a high shelf and look at them. Give some of them to other people.

## 51

Mix together several sets of cards into one set so that there are no 2s, 3s, 4s, 5s or 6s and 24 jacks. Then play a game of snap with someone and see how long it takes them to notice that something is amiss.

## 52

Find the nearest piece of string, measure it, then post the result on the internet as the definitive answer. Fire a chicken and an egg simultaneously out of two canons, then post the result on the internet as the definitive answer.

## 53

These are some things for you to be able to do on a train:

1. Improve the ambiance in the toilet by inserting a dead fox into each nostril
2. Sellotape a Polaroid of Uri Andropov onto a beer mat and spread marmalade voraciously onto his eyelids
3. Pretend you're working on a laptop by folding a piece of cardboard in half, colouring it in with a blue pen and writing a windows error message
4. Pretend you're listening to an i-pod by inserting a bee into each ear and holding a gaudily coloured pencil case
5. Enliven the journey, get some exercise and entertain your fellow passengers by goose stepping up and down the aisle
6. Pretend to be a Tory M.P. by reading the Daily Mail and nodding appreciatively... and goose stepping up and down the aisle
7. Sweep several unrealistic ambitions under the carpet
8. Try to pass a pack of French cigarettes through the eye of a needle
9. Put Michael Portillo's elbows into a soda stream and just leave him there
10. Insert a broken nail file into a discoloured parsnip and then stand up proudly and announce to the whole carriage that you're going to the toilet to enjoy a really big shit

## 54

Tickle a problem until it starts laughing.

## 55

Make some music. Any old computer can record a sumptuous multi-track piece with free software. Using a midi keyboard, you can play any sound that exists in the world as an instrument. Even if nobody but you ever hears the results of your labour, the creative process is such a wonderful and joyous experience (forgive the eulogy).

## 56

Kidnap a racist, take a DNA sample and show them the bit that proves that they, like everyone else on the planet, are of African descent.

## 57

Set up a deck chair and picnic table on the grassy bit of a traffic roundabout, have a few drinks and see how long you can stay there before anybody challenges you. If nobody has said anything after three hours, start building a small house.

## 58

Break off more than you can chew, then invite some friends around to share in the excess chewing.

## 59

Humour an idiot by agreeing with everything they say, then run away without warning just as they think they are about to make a new friend.

## 60

Have a pint of Guinness. It's full of iron and goodness and is much better for you than all that suger-filled shite that passes for alcohol.

## 61

Invent a new flavour of crisp but don't ever tell anyone about it. Buy some trousers a size too big and pretend you've lost weight. Follow a tooth fairy until you are both exhausted then slap an injunction on them. Push an envelope over a cliff, then try to claim on the insurance. Invent a faintly original innuendo. File your nails to within an inch of their life. Take a theodolite out for a meal and leave it there. If you can manage all seven before breakfast then you will be happy for at

least a fortnight.

## 62

Go to a library, borrow a book for free, take it home and read it. Enjoy this while you still can.

## 63

Park a matchbox model of a car on a double yellow line. Then place a slightly larger model next to it, working your way up to a full size car, and see how long it is before a traffic warden gives you a ticket. Then buy a car the size of the previous size and park it wherever you like.

## 64

Bake your own bread. Even if you don't especially like eating bread, the smell is wonderfully soothing.

## 65

Go up to a random person in the street and shout in their face "Godot, where the fuck have you been?"

## 66

Using plastercene, model some images of your favourite dead politicians, then perform a scatological puppet show in the waiting room of your local dentist. My most successful show involved Indira Gandhi, Robin Cook and Abraham Lincoln in a frightfully amusing sketch set in a public lavatory that had run out of paper where they were forced into suggesting increasingly impractical substitutes. It ended with Robin Cook reluctantly offering a man his own tie.

## 67

Go up to somebody who describes themselves as a 'DJ' and ask "What are you for?", then don't bother to wait for the wanky answer.

## 68

Corner Bill Gates and give him a four hour lecture on why windows xp should have been the final version. Then ask if he could please just stop making it worse and more expensive every eighteen months for no reason, and doesn't he already have enough money?

## 69

Have the following words emblazoned on a tea towel: "The Universe is expanding at the speed of light and it's impossible for us to create enough new stuff to fill that space. As time goes on there will be more and more space between things, everything will become more isolated and therefore more quantum and chaotic. On the plus side, this would make it easier to park your car because there'd be more space, but on the other hand there's no guarantee it would be there when you get back." Naturally, it will have to be a fairly large tea towel.

## 70

Find some healthy food you really enjoy and eat loads of it.

## 71

Sit in a room on your own and enjoy the silence. To be taken at least once a day.

## 72

Construct a hypothesis, nail a mast to it, float it down a river, hang it out to dry, varnish it, then present it to the Royal Society as a final solution to the wave/particle duality problem.

**73**

Pick a horse until it unravels. Then knit it back together into a donkey and a springer spaniel.

**74**

Substitute a heron.

**75**

Substitute for a heron.

**76**

Persist with your old, low tech mobile phone because you only need one that makes phone calls and does texting.

**77**

Invent a new version of football that requires all players to take an IQ test and not have a criminal record or drug habit.

**78**

Start a chain of butchers called 'Smiley Meat'. If you get any customers, smile at them in a sickly manner and tap your nose knowingly.

**79**

Paint a picture with a thousand words, then paint over it with a painting and see which one wins.

**80**

Avoid all news for a year. Most of it doesn't affect you or matter to anyone in particular and you'll feel much happier without all that maudlin shit being poured into your face and brain. I haven't had a television for eight years and life has never been better; you wouldn't believe how much free time you have to do other things.

**81**

Mend something you thought you were going to have to throw out. An item of clothing that just needs a couple of minutes work with a needle and thread; a non-sucking Hoover that only needs a new filter; a child that just needs a good slap; a cricket bat that can be repaired with a coat of linseed oil; a shirt missing a button; an electrical item that only needs a new fuse; some old furniture that just needs a coat of paint.

**82**

Shave off all your hair and replace it with a wig that looks exactly like your real hair, made from your real hair. If anybody asks about it, reply "No, this is my real hair". If cheekily remove the wig and look smug, show them the video footage of the whole head shaving, wig making process and give them a far more smug look.

**83**

Decipher a code and reply to the sender that all the paperclips have flown south for winter.

**84**

Sellotape parsnips to your fingers and carrots to your eyebrows, and then just rise above it.

**85**

If you use a Windows computer, disable all the useless bells and whistles services using msconfig. Your computer will run much faster and crash far less often.

## 86

Take fourteen empty Pringles tubes, fill them with urine and birth certificates, then install them in an art gallery and await your Turner prize and Newsnight interview.

## 87

Dance like nobody is watching, sing like nobody is breathing, fart like nobody is sniffing, cook like nobody is bleating, live like nobody is judging, walk like nobody is stretching, write like nobody is critiquing, crawl like nobody is farming, argue like nobody is responding, type like nobody is prevaricating, rinse like nobody is flying, plan like nobody is caring.

## 88

Fold a piece of paper into a fifth dimension, then put it on eBay.

## 89

Rescue a baby kebab and build a hutch for it under your kitchen sink. Remember that they need plenty of chilli sauce if they are to survive into adulthood.

## 90

Play darts using syringes and an effigy of Ronald Reagan.

## 91

Start a new religion with the following rules: 1) never subjugate your freewill to any external entities or institutions; 2) don't judge people unless you are actually employed as a judge in a court; 3) think before speaking; 4) be nice all the time.

## 92

Do something you know you have to do but can't be bothered to: change the bed, do some washing, have a spring clean, Hoover the children, buy some pastry, inoculate the carpet. Getting a chore out of the way will make you feel like a slightly better person and you can then reward yourself by watching a DVD or buying a new pencil case.

## 93

Using a broom handle, push a toy cat onto the stage of your nearest room where they have a stage. Then drag a toy dog onto the stage on a lead and put it next to the cat. Put a cigar in the dog's mouth. Put a bowl in front of the cat, open a can of Guinness and pour some into the bowl, then put the can in front of the dog. Get a tape measure and measure the distance between the cigar and the bowl whilst lying on the floor, stand up and write on a clipboard frantically for ten seconds, then show it to the audience for .2 of a second.

Go off stage and slowly push the broom handle towards the cat but it doesn't quite reach. Sellotape a pencil to the end of the broom handle and push the cat towards the dog. Measure the distance between the ears of the cat and dog. Work something out on a calculator and write something down on the clipboard. Remove the pencil from the broom and use the broom end to frantically beat the shit out of the dog and cat for about 20 seconds.

Slowly and deliberately place several objects in a line in front of the animals, holding each one up to the audience beforehand – a doughnut, a pencil sharpener, a mug, a Dr. Who DVD case, a book on something obscure, a parsnip, a candle and a selection of nuts and bolts from a carrier bag. Draw a line around the objects with chalk. Write on the clipboard and then take out a phone and take a photo of what you've just written.

Take the cigar from the dog and put it in your mouth. Work something out on the calculator. Take out a lighter and light it, holding it several inches from the cigar. Measure the distance. Take a photo of yourself. Measure the phone. Set fire to the tape measure. Sweep everything off the stage.

If you do not have access to a nearest room where they have a stage then it is permissible to do

this in your own kitchen, but it's nowhere near as much fun.

### **94**

Pick a number at random from the phone book and call it. Before the person has a chance to speak say "Sorry, wrong number," and hang up. Then find their address and post them a voucher for a free pizza, making no reference to the phone call. Only you will ever connect the two events, meaning you know something that nobody else ever has or ever will know.

### **95**

Use so much moisturiser that you are mistaken for a ghost.

### **96**

Have another pint of Guinness.

### **97**

Set your phone so that when you receive a call people will hear your own voice saying "Ring, ring," over and over again in an increasingly bored and monotonous voice.

### **98**

Invent a new font and call it spaff.

### **99**

Tie a traffic cone to a lamppost then call the police and accuse the traffic cone of a bank robbery. When it comes to court, claim it was a case of mistaken identity and the real culprit was Robert Kilroy Silk wearing a white scarf. N.B. If you are from one of those countries fortunate enough to have never heard of Robert Kilroy Silk the substitute the unnaturally orange celebrity of your choice because that's the joke. Traffic cones in the UK are orange with a white stripe; you'll have to adapt this to your own local traffic regulations.

### **100**

Live to be a hundred, await your royal telegram, wipe your arse with it and post it straight back. Obviously it is preferable to produce some especially unpleasant fecal matter, but if you're a hundred years old that really shouldn't be a problem.

### **101**

Go back to the start of this book and do it all again, maybe in a different order, tone of voice or wearing different trousers.

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