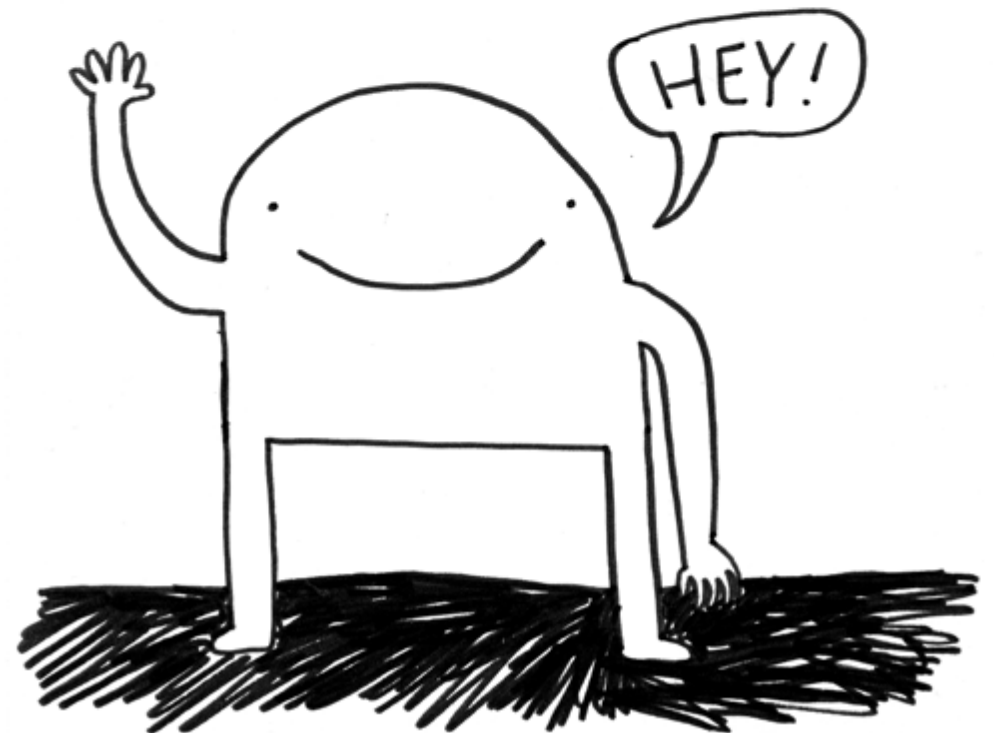


THIS IS A ZINE ALL ABOUT
MY FEELINGS ABOUT LOVE.
IT'S VERY PERSONAL, BUT I
WANT YOU TO READ IT, I PROMISE.
IT FELT REALLY GOOD TO MAKE!
AND I HOPE IT FEELS GOOD TO
READ IT! LOVE, DOC.





LOVE YOU.

WHEN I WAS THINKING ABOUT WHAT TO DO FOR THE 24 HR ZINE CHALLENGE, LOVE WAS ON MY MIND.

IN THE LAST YEAR I'VE SAID "I LOVE YOU" MORE TIMES THAN IN THE REST OF MY SHORT LIFE, AND THIS WAS A FACT THAT SIMULTANEOUSLY DISTURBS AND RELAXES ME.

I FEEL LIKE SO MUCH OF MY LIFE GETS SLOWLY WORSE OVER TIME, BUT MY CAPACITY TO LOVE MYSELF AND OTHERS HAS CONTINUED TO STEADILY INCREASE WITH AGE.

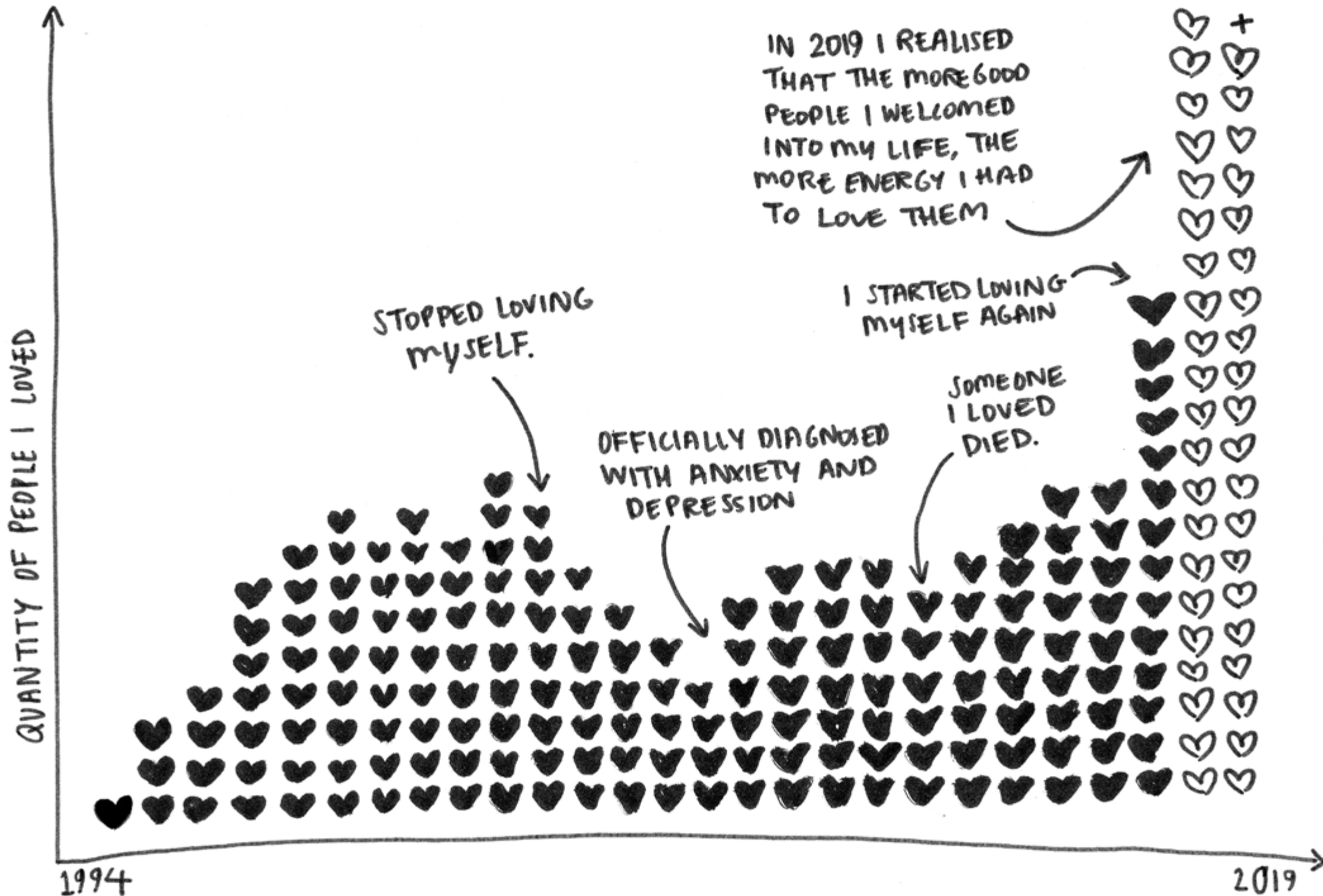
I HAVE CRUNCHED THE NUMBERS (SEE DIAGRAM ON PAGE 4) AND THE TREND IS REASSURING.

I LOVE YOU

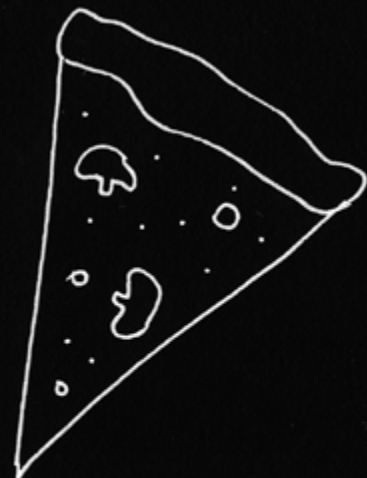
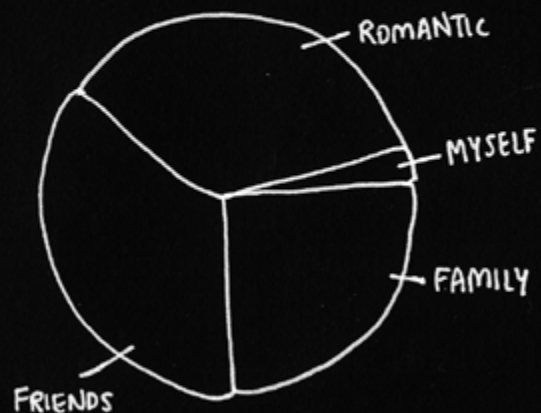


A few years ago I would have said I was the most proud of the academic and career progress I had made, but at this exact moment in time I would say I am the most proud of myself for how much I love others. It is pretty easy now to see what is actually important to me, but at 21 or 22 it was very easy to get caught up in other people's values and carry around the weight of other people's expectations. Sometimes I catch myself getting excited about how life will be when I'm 32 and how precisely I will know what I truly care about, and the people that really matter to me. A few years ago I didn't really see myself living to 32. It's weird how things can actually change for the better.

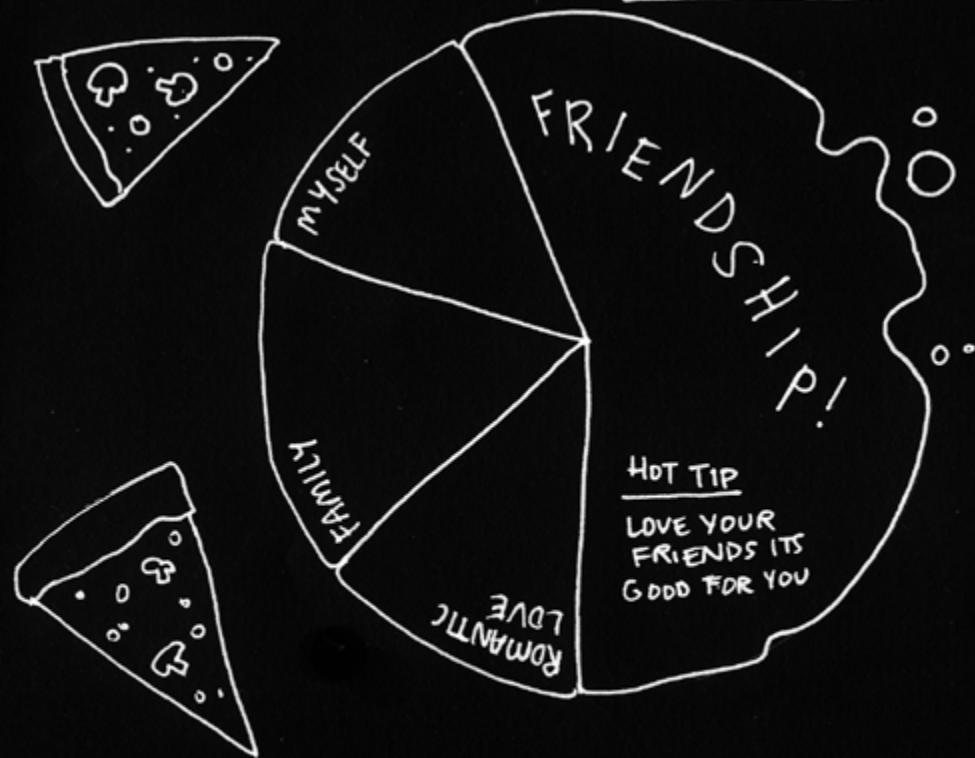
I think my capacity for love has increased because I am working hard to love others. Before 2018 when I quit my job and completely turned my life upside down it felt very hard to tell people I loved them. It felt like romantic love was the only place I was allowed to say those three words, but when it came to my romantic relationships I didn't really feel that they were true. I was constantly caught between two troubling ideas: "Is this love?" and "I am incapable of love". In 2018 I fell in love for what felt like the first time. In reality it was the first time that the question "Is this love?" wasn't making me doubt myself. I'm not sure what actually first flipped that off switch, but since then it feels like it becomes easier and easier to love.



FOR MOST OF MY LIFE:



NOW, 2019:



THINGS PEOPLE I LOVE HAVE TAUGHT ME:

1. BE KIND
2. BE KIND TO YOURSELF
3. THE CORRECT WAY TO PRONOUNCE 'DOG'
4. TO RELAX
5. RAINBOW CAN BE SOMEONE'S FAVOURITE COLOUR
6. HOW TO SOLDER (BADLY)
7. HOW TO BE MY OWN DAD
8. HOW TO LET OTHERS BE MY DAD SOMETIMES
9. HOW TO ASK FOR WHAT I NEED
10. TO IMAGINE OTHERS COMPLEXLY
11. TO APPRECIATE THE COLOUR PINK
12. NOT TO YUCK A YUM
13. TO ASK FOR PEOPLE'S PRONOUNS
14. THAT HALLOUMI IS VERY GOOD
15. PATIENCE



Recently a friend asked me if it gets better.

It was a question that floored me at the time. Sometimes I look around at my life and say no, it doesn't. And since then I've wanted to make a zine to remind me of how much my life has changed.

There are so many people I adore and respect and treasure and love in my life (and most of them are people I've only met in the last 12 months). This is proof of how many amazing people are out there who will love you and make zines with you, and push you to try new things, and learn to sew with you, and teach you to experiment with music, and encourage you in everything you do, and hold your hand when you get scared of the loud electric drill, and take you to art galleries, and go to house parties with you, and stay home and watch movies with you when you're feeling low. People are amazing. People have always been amazing.

So that what my 24 hour zine is about. I hope you love it.





WOW

HEY DO YOU THINK THEY HAVE ANY IDEA HOW MUCH I LOVE THEM
DO THEY HAVE ANY IDEA HOW AMAZING THEY ARE
I GOTTA TELL THEM HOW INSPIRATIONAL THEY ARE
THEY ARE SO BEAUTIFUL
THEY ARE SO GORGEOUS AND KIND I'M SO LUCKY TO KNOW THEM
THEY MAKE ME FEEL SO SAFE AND HELD I CAN'T BELIEVE IT

AND THE WAY THEY SEE THE WORLD
THE WAY THEY THINK

HOW DID THEY KNOW EXACTLY WHAT TO DO
THEY ARE SO THOUGHTFUL

WAYS TO LOVE YOURSELF:



1. MAKE YOURSELF SPAGHETTI (WITH VEGETABLES)
2. RUN YOURSELF A BATH
3. TAKE YOURSELF TO ART RIOT WHEN THE SPECIAL SALE IS ON
4. LISTEN TO THE MOANA SOUNDTRACK ON REPEAT
5. SCHEDULE TIME TO CUDDLE
6. LISTEN TO THE RAIN
7. RESPECT YOURSELF + YOUR TIME
8. VISIT THE BATS
9. MAKE NACHOS FOR BREAKFAST
10. WRITE SECRET LOVE NOTES TO YOURSELF
11. CONSIDER THE COCONUT (THE WHAT?)
12. DANCE PARTY
13. DRESS NICE FOR YOURSELF
14. WEAR POWERFUL SHOES + HATS
15. PICK FLOWERS FOR YOUR DESK.

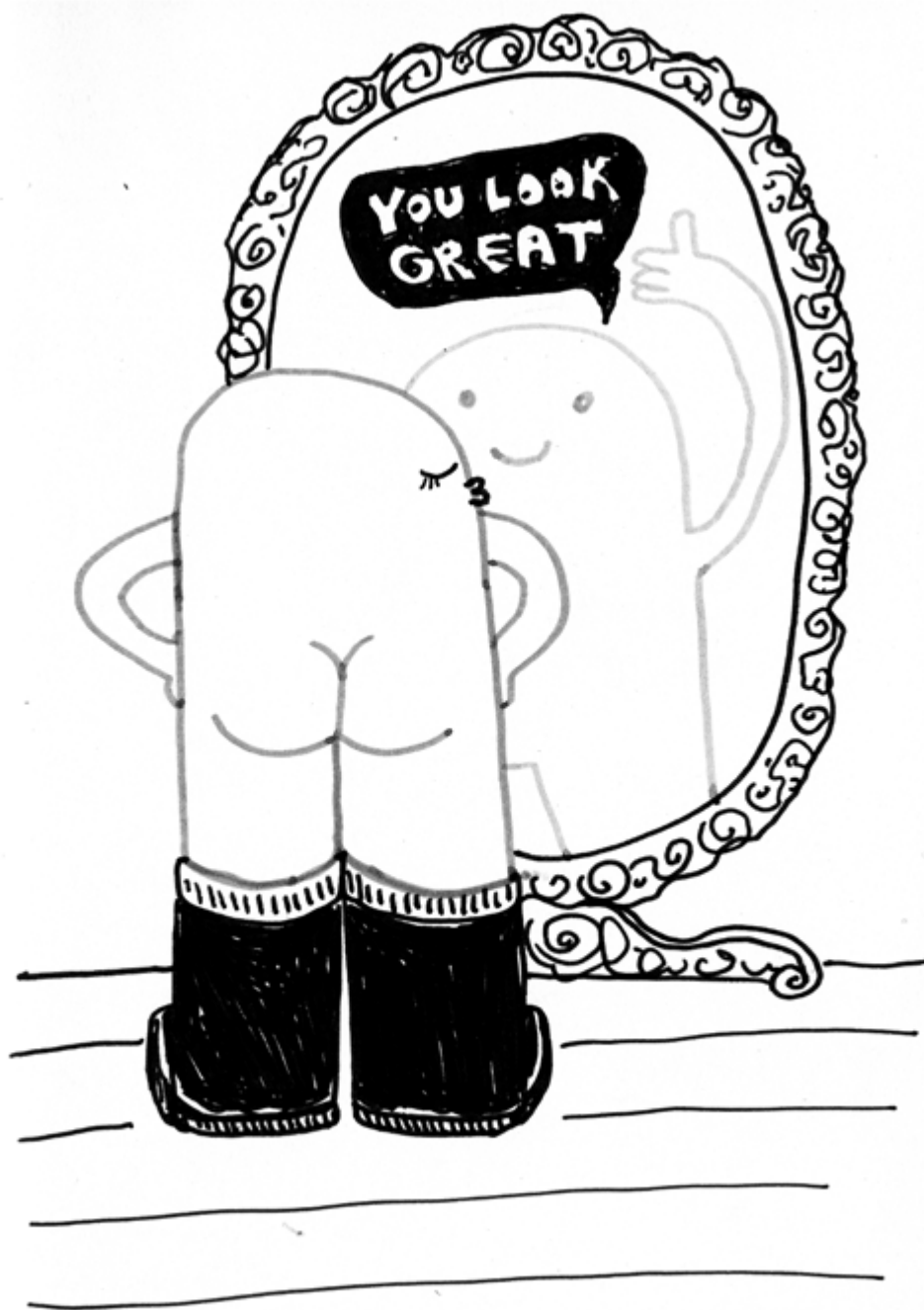


WAYS TO LOVE OTHERS:



1. IMAGINE THEM COMPLEXLY
2. MAKE THEM BROWNIES
3. LET THEM KNOW YOU LOVE THEM
4. GO TO THEIR HOUSE
5. SEND THEM MEMES
6. REMEMBER THEIR BIRTHDAYS
7. PLAN ADVENTURES
8. ASK THEM TO CONSIDER THE COCONUT
9. LISTEN
10. DRAW THEIR PORTRAIT
11. DO NEW THINGS TOGETHER
12. DON'T TAKE IT PERSONALLY
13. LET THEM KNOW WHERE THE GOOD DOGS ARE
14. DON'T LET THEM DO CRIME
15. ANY KIND OF CRIME.



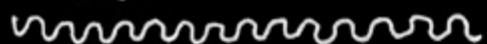


I LOVE
ALASKA.

ALASKA LOVES COUCH.
THAT'S OKAY.



THINGS I LOVE TO DO:



1. HANG OUT WITH MY FRIENDS
2. MAKE NEW STUFF
3. LISTEN TO THE MOANA SOUNDTRACK
4. HAVE A SHOWER
5. EAT HALLOUMI
6. SEW
7. LEARN NEW THINGS
8. DANCE IN THE KITCHEN IN THE MIDDLE OF THE NIGHT WHEN EVERYONE IS SLEEPING
9. SAYING YES.
10. LISTENING TO PEOPLE TALKING ABOUT STUFF THEY LOVE
11. REMEMBERING ALL THE THINGS I LOVE TO DO AND HOW GRATEFUL I AM FOR MY SPECIFIC EXISTANCE.



Just now, an alarm I set earlier today went off to tell me to have a dance party. Self love is great and is something that I'm pretty bad at, but am working on. My back is very sore from all this zining but my heart feels good and full. And the dance party helped a bit.

Do you know that really common saying about self love that goes something like "treat yourself like a friend would"? I think about it a lot, and it continues to inform the way I treat myself and also how I treat my friends. Sometimes I have to remind myself that the point of being a friend is to hold their hand and give them support and sometimes remind them to eat a good snack but not all the time. I still have trouble with giving advice when its not needed or solicited, and it's also something I kind of struggle with when it comes to loving myself. When I am having a bad day I'll often judge that experience and why I'm having it and think of ways to solve the 'problem' - rather than just holding my own hand and being gentle with myself. In 2020 that's what I want to get really good at. Holding my own hand.

Anyway that's some of my thoughts about love.

I hope that today you tell 5 people you love them and it makes you really nervous.



This zine was originally produced as part of International Zine Month in 2019 for the 24 hour zine challenge in Melbourne, Australia. This is a reprint. I added some stuff.

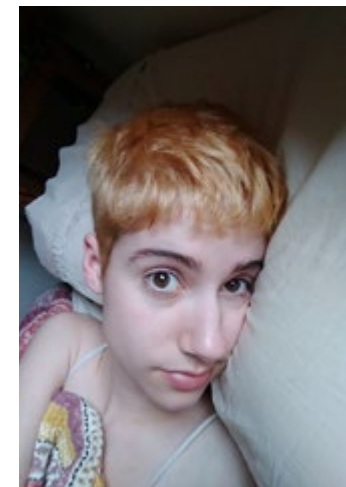
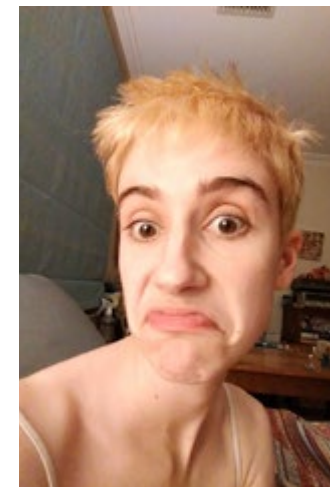
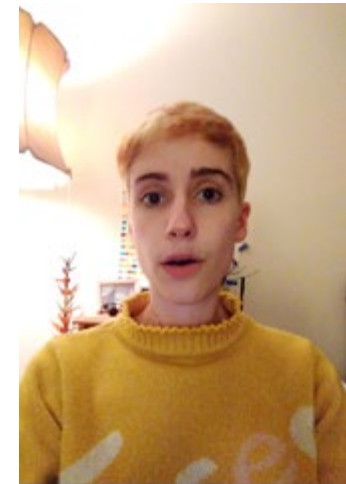
Many thanks to @dream.pea for organising this amazing event and inspiring me to make this zine!

Also a big thank you to all the people who inspire me to make new things everyday, and who love and support my weird endeavours. You're all great and I love you.



This zine was created on the stolen lands of wurundjeri people of the kulin nation.

I pay my respects to Elders past, present and emerging and acknowledge that sovereignty has never been ceded.





@dr.jesseddi