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*Slik du takler øyeblikket, takler du alt*  
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Torkil Færø

## *Camera Therapy* *As You Deal With the Moment, You* *Handle Everything*

*'You have power over your mind – not outside events. Realise this, and you will find strength.'*  
– Marcus Aurelius.

Improved coping skills are fundamental for improved health. Camera Therapy is a combination of a theoretical account and a workbook, both focused on basic techniques for being in control and using photography to clarify what is meant. All in all, it is a self-help book that emphasises practical exercises in order to reach maximal learning effects – with photographic illustrations.

Be present now. Observe little things and make them bigger. Direct your gaze to the world around you. Accept what you see. Find out what works for you. Keep your balance when the storm blows. Be grateful for what you have got. Grab the moment when it arrives. Play to bring back your enjoyment of life. Use the gaps. Make things simple.

## Torkil Færø

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Torkil Færø trained as a doctor at the University of Oslo. He has worked for almost 20 years as a GP/emergency physician. He has arranged over 40 photography workshops in nine countries since 2009.



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