



Cappelen Damm 2019  
0 pages  
Original title: *Kamerakuren*  
*Fotografer deg bedre*

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Torkil Færø

## *The camera treatment*

‘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. The Camera Treatment is a combined theory and workbook about basic coping techniques that use photography for visibility. Be here now. Notice the little things and make them big. Turn your gaze outwards, towards the world. Accept it as it is. Find what works.

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Torkil Færø

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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