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**Kjetil Rød**

## *Art and Life – A User's Manual*

For whom does art have meaning and why? Art is a unique tool for exploring the question of who we are and thereby also what a good life can be.

In this book, Kjetil Rød investigates eleven different virtues – attentiveness, judgement, contemplation, curiosity, awareness, hope, collaboration, double vision, craft, love, and solidarity – through works of art with the ambition of exercising values by using art as a platform. The result is a series of “virtuous works”, an endeavour to show what it is like to work with values and how the question of how we are to inhabit ideas about art can also be a process of understanding ourselves – and finding a clearer connection, direction, and wholeness in our own lives.

*Kjetil Rød's book is amusing, ingenious and relentlessly fascinating.  
His insane montage technique renders the text completely unpredictable.*

- Sinziana Ravini, Kunstkritikk

*... a remarkable work of reflective art about art as well as life.*

- Marianne Solberg, Ny Tid

*Art can help you in the never-ending task of understanding yourself.  
That is the optimistic message of Kjetil Rød's insightful and beautiful book.*

- Knut Hoem, Norwegian Broadcasting Corporation (NRK)

## Kjetil Rød

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Kjetil Rød has a degree in philosophy and comparative literature. Rød is the editor of the arts journal *Billedkunst*, an art critic for the national daily *Vårt Land*, and has written art reviews for a number of publications, including *Aftenposten* and the online art review journal *kunstkritikk.no*. He also writes about film, theatre, and literature.



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