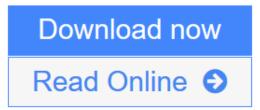


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Yoko Ono



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"It's nearly 50 years ago that my book of conceptual instructions *Grapefruit* was first published. In these pages I'm picking up where I left off. After each day of sharing the instructions you should feel free to question, discuss, and/or report what your mind tells you. I'm just planting the seeds. Have fun." ?Yoko Ono

Legendary avant-garde icon Yoko Ono has inspired generations of artists and performers. In *Acorn*, she offers enchanting and thought-provoking exercises that open our eyes?and all of our senses?to more creative and mindful ways of relating to ourselves, each other, and the planet we cohabit. Throughout this beautifully designed book are 100 black-and-white line drawings by Yoko. Like this legendary woman herself, the book is wildly original, stimulating, and hard to label: Call it purposeful play, call it brain poetry, call it guided motivation, call it Zen-like incantations, call it whatever you want. But read it. *Acorn* may change the way you experience the world.

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