

**MAX SIEDENTOPF** 

HATJE CANTZ



### A Survival Guide

**MAX SIEDENTOPF** 

HATJE CANTZ

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CREATE A BATH TUB MONSTER

CREATE A BUILDING WITH WHATEVER YOU CAN FIND IN YOUR KITCHEN

CREATE A BLOODY HORROR SCENE USING KETCHUP

SHARE A MEAL WITH SOMEONE WHO'S FAR AWAY

DESIGN A HAUTE COUTURE OUTFIT USING KITCHEN UTENSILS

**BUILD A TRAP** 

MAKE A AINTING USING TOOTH PASTE

FIND A TOILET PAPER REPLACEMENT

BALANCE ALL YOUR BEAUTY PRODUCTS ON TOP OF EACH OTHER

PAINT YOUR FACE

CLIP YOUR NAILS AND ARRANGE THEM INTO A STAR

WEAR ALL YOUR CLOTHES AT THE SAME TIME

LEARN TO FLY

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WEAR ALL YOUR BOOKS AS A HAT

**SUMMON A GHOST** 

BUILD AN APOCALYPSE SHELTER

COLLECT ALL THE DUST AND CREATE A NEW ANIMAL

INVENT A NEW WAY TO LIE ON YOUR SOFA

USE TWO CLOTHING HANGERS TO PULL A BIG SMILE ON YOUR FACE

WEAR YOUR TROUSERS ON TOP AND YOUR HOODIE ON YOUR LEGS

PRETEND YOU'RE AT THE BEACH

PLACE YOUR BED VERTICALLY

ENJOY THE FEELING OF RAIN BY SHOWERING WITH YOUR CLOTHES ON

CLONE YOURSELF

CREATE A PARTY MAKEUP USING ONLY WHAT YOU CAN FIND IN YOUR FRIDGE

HIDE UNDER YOUR TABLE UNTIL EVERYTHING IS OVER

USE YOUR CLOTHING IRON TO COOK A DELICIOUS CAN OF SOUP

**BUILD A SWORD** 

TURN YOURSELF INTO WOLVERINE USING CUTLERY

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TAKE YOUR FAVORITE SOCK AND TURN YOURSELF INTO AN ELEPHANT

CREATE A MASTERPIECE OF ART USING PASTA

TIE YOUR HAIR TO YOUR PILLOW

TAKE A CARROT AND TURN YOURSELF INTO A UNICORN

TURN YOUR TOILET INTO A JACUZZI

TAPE ALL YOUR CIGARETTES TOGETHER FOR ONE FINAL SMOKE

WRITE A LOVE LETTER WITH YOUR FEET

USE YOUR FURNITURE AS GYM EQUIPMENT

KEEP YOUR EYES OPEN WITH TWO MATCHES

DESIGN YOUR OWN HOLY CROSS

GO FISHING FROM YOUR BALCONY

FIND A WAY TO COMMUNICATE WITH ALIENS

BUILD YOUR OWN INDOOR MOUNTAIN

USE YOUR MOUTH TO BECOME A HUMAN FOUNTAIN

CYCLE FOR 20KM IN YOUR LIVING ROOM

SLEEP IN YOUR BATHTUB FOR VARIATION

WEAR ALL YOUR JEWELRY AT THE SAME TIME TO STAND OUT

TAPE TWO BEERS TO YOUR HEAD FOR AN INS	TANT
GOOD TIME	

BUILD A HOUSE OF CARDS USING TOAST

TIE YOUR HAIR WITH YOUR SMARTPHONE CABLE

DESIGN A SHOE AROUND YOUR FOOT USING KITCHEN PRODUCTS

DRAW A FRIEND ON YOUR HAND TO FEEL LESS ISOLATED

WRITE "HELP" ON YOUR WINDOW

METAMORPHOSE INTO A TURTLE

PLACE A SLICE OF ORANGE IN YOUR MOUTH FOR A BIGGER SMILE

PRETEND YOUR LAPTOP IS A GOOD BOOK

WEAR YOUR PILLOW UNDER YOUR T-SHIRT FOR A GLIMPSE INTO THE FUTURE

TURN YOUR OVEN INTO A FOOTBALL GOAL

HANG YOUR BED SHEETS OUT OF YOUR WINDOW TO ESCAPE

PLACE YOUR EAR WITH A GLASS ON YOUR WALL TO SPY ON YOUR NEIGHBORS

AVOID SHAKING HANDS BY USING SAUSAGES AS FINGERS

TURN YOUR VACUUM CLEANER INTO A KILLER ROBOT

ENJOY A BEAUTIFUL SUNSET ON YOUR PHONE

ATTACH YOUR TOOTH	BRUSH TO	A DRILL	FOR EXT	RA
WHITE TEETH				

TURN YOURSELF INTO A SNOWMAN USING SHAVING FOAM

INCREASE THE VALUE OF YOUR CLEANING SPRAY BY COVERING IT IN TIN FOIL

SPICE UP THE DAILY NEWS BY DRAWING ON YOUR SCREEN

BUILD YOUR OWN BREATHING MASK

CLEANSE YOURSELF INSIDE YOUR WASHING MACHINE

RECYCLE YOURSELF

**GIVE YOUR DOG A MANICURE** 

BOIL SPAGHETTI INSIDE A COFFEE POT

SNOWBOARD ON YOUR STAIRS

DRESS YOUR PLANTS IN CLTHES TO KEEP YOU COMPANY

CREATE A PENTAGRAM ON YOUR FLOOR TO SUMMON THE UNDERWORLD

PLACE YOUR TOILET BRUSH INTO A FLOWER VASE

PRETEND YOUR MICROWAVE IS A PC

PLACE A MULTIVITAMIN ON YOUR TONGUE TO STAY HEALTHY

**BUILD YOURSELF A COFFIN** 

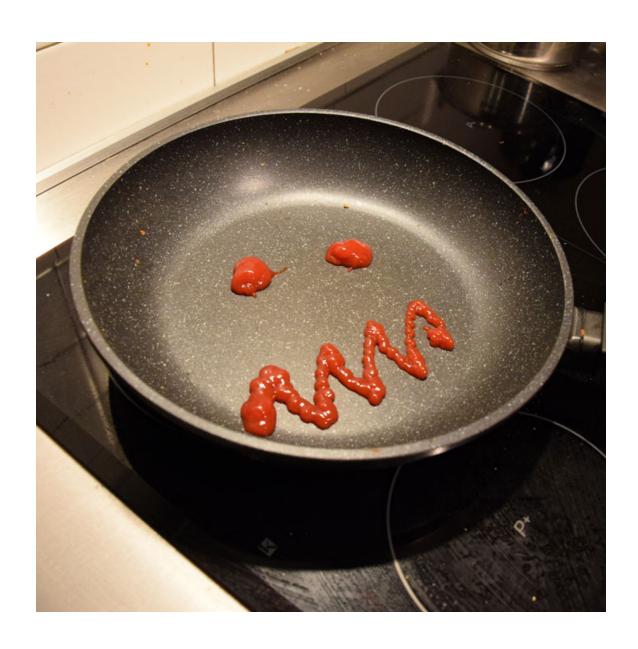
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#### **PREFACE**

Born out of the need to stay confined in self-isolation during the COVID-19 pandemic, the artist Max Siedentopf turned his own apartment upside down and captured the results with the camera: piling up cans as sculptures, tinkering with haute couture costumes, turning vacuum cleaners into robots, building traps, and inventing bizarre alternatives to toilet paper. But it did not stop there: he published all actions as a series of instructions on social media and invited followers worldwide to reenact the respective mottos.

The handy survival guide consists of various chapters that ironically illuminate survival in self-chosen or prescribed isolation at home: from "invent a new meal" to "make a painting using tooth paste" to "balance all your beauty products on top of each other," everything is included. The best pictures from the series, which consist of over 1,000 photos are gathered here. Being stuck at home doesn't mean you need to be stuck and this series is the effective remedy for boredom.

## INVENT A NEW MEAL











# PLAY WITH THE REFLECTION IN YOUR MIRROR



## CREATE A BATH TUB MONSTER









## CREATE A BUILDING WITH WHATEVER YOU CAN FIND IN YOUR KITCHEN

