

# From Shit to Sweet

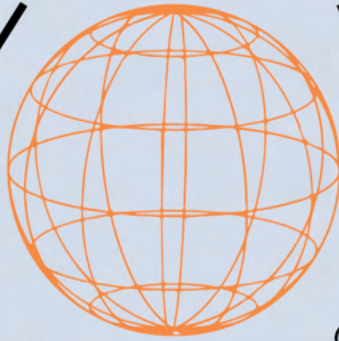
*The journey starts here*



*a zine designed to fix some problems  
by Dina Cline  
2023*



Have you been through some shit?



Yes

No

Perfect. What kind of shit have you been through?

Okay... I feel like you're not being very honest right now.



1. Family Shit (this includes, but is not limited to, the kinda shit when you don't understand how you ended up in this family and/or in-law shit, kid shit, and any other familial relationship shit)
2. Friend Shit (includes that time you did a not-so-great thing to that one person, and can't seem to allow yourself the grace of being a human being that sometimes messes up, but you keep trying to work on it shit, but also when someone does a not-so-great thing to you shit)
3. Sad Shit (this includes, but isn't limited to all the times you felt excluded shit)
4. Personal Shit
5. Health Shit
6. Financial Shit
7. Relationship Shit
8. Actually stepped in shit Shit
9. Other shit
10. That self-loathing, I can't believe I did that, I'll never be good enough, negative self-talk kind of Shit
11. Ego shit (is this the same as above?)
12. Missing someone so much it actually manifests as physical pain Shit
13. Existential Crisis Shit
14. Wishing things could have been different Shit
15. Team Building Exercises
16. Networking



# Good vibes

It doesn't really matter what number (s) you selected on the previous page for the purposes of this publication. You're in the right place! Let's explore some options to get you through this shit;

1

## Sit in the Shit

(Do Nothing)

Some people should stay here a while, but it is not recommended to get too cozy. You may start to smell of shit, and no one wants to smell of shit long-term.

2

## Bail on the Shit

It is simply too much shit.

Run as fast as you can away from the shit. Do not ever stop running.

3

## Transform the Shit

Well, it's not lemons, so attempting to turn shit into lemonade seems absurd.

There is supposedly a way to work with the shit you've been dealt. Let's explore this option as it seems like the best way to get outta shit.

# Congrats!

Even though it doesn't feel like you had much of a choice because the first two options don't seem that great, and you were left with option 3 as a default... that's fine. Everyone is really happy because you made the right choice. I mean, kinda. Most people are too busy, but this zine congratulates you on your not-really-a-choice to Transform the Shit.

# TRANSFORMING THE SHIT

I can  
I will



just  
breathe

1. **Kick the Shit:** this will leave a dent in the shit and/or spread it around. This is a very temporary transformation and may feel satisfying momentarily. However, you're still typically left with shit (and now it's everywhere).
2. **Flush the Shit:** not exactly a transformation, but does eliminate the shit for a period of time. The downfall here is when there is too much shit accumulated, and then it overflows or clogs. Like Kick the Shit, additional cleanup will be required.
3. **Clean up the Shit:** typically requires tapping your forehead while repeating things til you believe them, meditating/"not thinking," possibly finding a religion (?), breathing in unique patterns, but basically clearing your life of old shit so new shit can come in.
4. **Learn New Shit:** pairs well with Clean up the Shit; basically, get a hobby and hope you don't get so obsessed with it that it becomes your entire personality? Or just lean into the new personality thing, and be "that person." It seems like cold plunging is part of this, but not required?



# NEW SHIT

You now have a bunch of new and improved shit.  
What can you do with all this new shit?



FERTILIZE!  
FERTILIZE!  
FERTILIZE!



Do you like citrus trees?

Yes

idk

Nope



Liar,  
Liar!



*Now this part is very metaphorical. Just keep thinking about it for a really long time, and hope that it becomes clear at some point.*

*You're going to go fertilize a citrus tree with all your new shit.*

*The citrus tree needs your fertilizer or it won't grow...?*

*Set goals around the vitality of the citrus tree.*

*The world IS your citrus tree.*

*You are the citrus tree?*

*Become one with the citrus tree.*

*You are on a journey toward the citrus tree.*

*Life is like a citrus tree.*

*Citrus tree is you is citrus tree.*

*Grow into your inner citrus tree.*

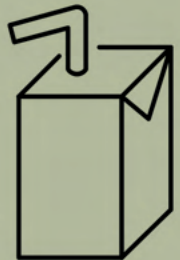
*Live, laugh, citrus tree.*

*The citrus tree shall set you free.*



*Yes. Absolutely. That all sounds right. So you grow, and you grow, and you grow, and then...you get this basket of tangerines (the rewards of your growth?). You dealt with your shit, you grew, you planted a tangerine tree, and now you have so many tangerines that you don't know what to do with all of them.*

*Some Options:*



1. Juice the fruit
2. Eat the fruit
3. Capitalize on the fruit
4. Compost the fruit
5. Peel the fruit and just look at it
6. Throw the fruit
7. Make art out of the fruit
8. Make a viral TikTok dance video including the fruit (track your likes and engagement rates meticulously)
9. Let it rot
10. Enjoy the fruit
11. Give the fruit away so someone else remembers that this place isn't only full of shit.

Which did you pick? (circle one)



SLAY THE DAY



FLY HIGH DIVE DEEP

yay!

Good for you. Does it matter?  
Yes

No



*Aw! Your life once had  
shit, but you rejected it.  
You transformed that  
shit, and now life should  
be pretty sweet.  
You made meaning!*

*We are on a ball in space.  
Nothing matters. Now the  
shit doesn't seem like as big of  
a deal. That's pretty sweet.  
At least you arrived here by  
way of a journey.  
Beats standing still!*



This is a painting.



*This is a painting in a room with ceramic sculptures.*



