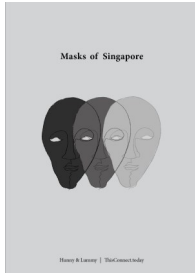


Book Information



Masks of Singapore

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Synopsis:

Masks of Singapore Book Synopsis

The link between mental health struggles and living a life true to ourselves is often difficult to see, and the root causes of mental health struggles we experience are often intangible. From February to September 2021, Singaporeans from various communities participated in a mental health movement, Masks of Singapore, where they went through a 3-hour introspective self-awareness mask-making workshop, explored what their truest selves and ideal lives looked like, and expressed it onto a physical mask. Right after, they were invited to put it on and embody that truest version of themselves. 572 photographed portraits of these Singaporeans tell the story of past struggles, present circumstances, and future aspirations of a life that truly matters to them. Underneath the facades you put on, what are your deeper vulnerabilities? Outside your job title, who are you? Without society's definition of success, what is it that truly matters to you?

Affiliation:

List of Awards: Largest Mosaic Made of Hand-Sculpted Masks in Singapore by Singapore Book of Records

Marketing Notes: This book is a documentation of a mental health movement we ran from Feb 2021 to Sep 2021, titled Masks of Singapore, where 572 Singaporeans from all walks of life went through a 3-hour self-awareness mask-making workshop that guided them to look deeper into their lives and expressed their truest selves onto a physical mask using art as a medium.

After they created their masks, they were invited to put on their masks and express out, through their physical bodies, what it felt like to connect and embody their truest selves. Their expressions were photographed and documented in the book as a way to extend the effects of this workshop to the wider public and inspire readers to begin looking inwards and embark on their own journey of self-discovery.

These 572 participants include the public from all walks of lives (with the youngest participant being 5 years old and the oldest participant being 86 years old) and local communities such as Singapore Children's Society, Singapore Cancer Society, Dementia Singapore, the Migrant Workers community, the various secondary schools and colleges, as well as employees from corporate organisations.

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