

Andrea Gerk, Moni Port

## I'm Out Of Here

Ideas to stop our obsession with optimisation

Who told us we should constantly work at being healthier, fitter, more productive and optimistic?

### About the book

Nothing is more boring than the well-groomed, well-toned, pink-cheeked success-story of a person who lives her life using self-optimisation strategies, the kind we can read about in every journal. Her cupboards are de-cluttered, her days run like clockwork and even her love life is efficient.

On the other hand, we all love the oddball who surrounds himself with stacks of untidy books, casts tidying guides to the wind, enjoys fresh air only in homoeopathic doses, and is a stranger to exercise but a diehard fan of old-fashioned values: long meals instead of intermittent fasting, napping, reading old newspapers, strolling instead of counting steps and guilt-free partying through the night. This almost obsolete creature, who goes by the name of 'hedonist' these days, has to be saved from extinction.



### Specifications

Kein & Aber  
288 pages  
Hardcover  
World Rights available



Andrea Gerk, born in 1967, is a writer and moderator for radio. Her publications include: *Lesen als Medizin* (Reading as Medicine) (2015) and *Lob der schlechten Laune* (In Praise of Bad Moods, 2017). Most recently, together with Moni Port, she published *Fünfzig Dinge, die erst ab fünfzig richtig Spaß machen* (Fifty Things That Are Only Fun from Fifty Up, 2019). She lives with her family in Berlin.

Moni Port, born in 1968, founded the Labor studio collective with Anke Kuhl and Philip Waechter in 1999 in Frankfurt am Main, where she has worked as an independent illustrator, graphic artist and writer for more than 20 years. Since November 2020 she has run her own studio with the name soundso. She has illustrated numerous books, including the *Kinder Künstler Kritzelbücher* with the Labor studio collective and illustrated and wrote *Das mutige Buch* (The Courage Book) and *Das schlaflose Buch* (The Sleepless Book).