

LOOK WITH YOUR EYES  
READ WITH YOUR MIND  
JUDGE WITH YOUR HEART

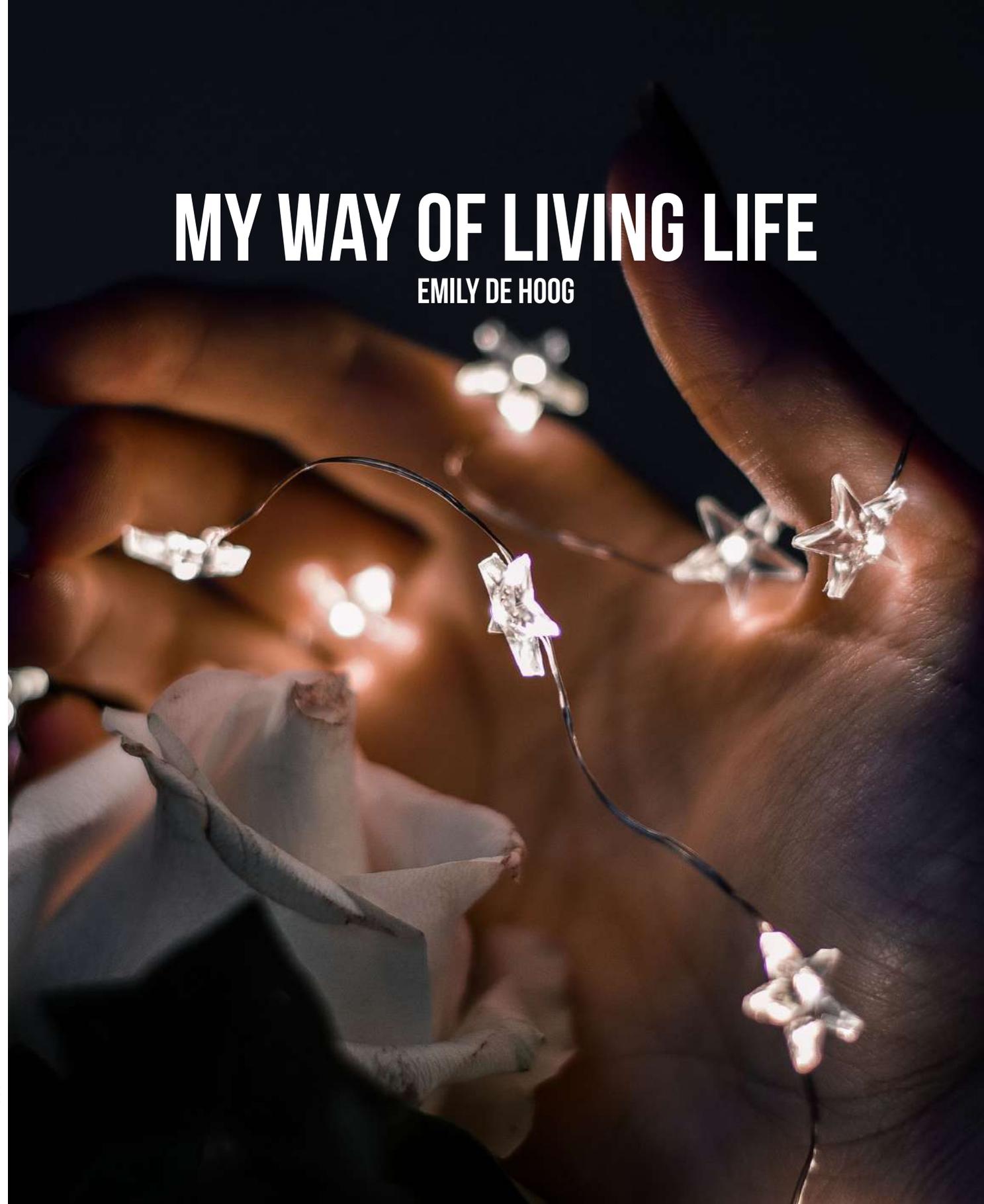
EMILY DE HOOG

# MY WAY OF LIVING LIFE

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Dear reader,

When I first thought of making this book, it was all about making nice photographs. But while I was trying to do that, I found out that for me photography is not only about making cool shots.

When I look at a picture I have made, I always remember the way I made it, the thoughts I had when I clicked the button, and the feeling I got when I realised I loved it. That is what photography for me is about. The feeling you get from a photograph when you look at it.

This book is about the connections I make between the thoughts I have and the things I see.

The things you will see in this book may not mean the same to you as they do for me and there will be moments that you might think “that does not make sense.” But that’s all right, because these are my connections and not yours.

By reading it you can try to make your own connections and visualise your own meaning.

It was hard for me to write all of these things down, but that was also one of the reasons I wanted to do it. I wanted to make something that you can look at and where you will get to know the real me. Not the persons everyone thinks they are seeing. This book is not about revealing secrets or hobbies, it goes deeper than that. It is about the way I want to live my life.

I hope that you can read it with an open mind and will get to know me as the same person that I have found out I am, during the making of this book.

Love

**ALONE IS NOT LONELY  
THERE ARE TIMES WHERE YOU HAVE TO BE ALONE  
WHEN YOU DO NOT WANT TO SHARE ANYTHING  
WITH ANYBODY ELSE AND HAVE TO THINK ABOUT  
YOUR OWN THOUGHTS  
SOME PEOPLE SEE WHEN IT IS THAT TIME  
MOST PEOPLE DO NOT**



EYES CAN SAY SO MUCH ABOUT A PERSON  
THEY CAN SAY LEAVE ME ALONE  
I AM LONELY  
AND SOMETIMES THEY HAVE THAT SPARK  
WHEN SOMEBODY HAS AN IDEA  
AND DOESNT WANT TO SHARE IT FOR A LITTLE LONGER  
FIRST SHE HAS TO FIGURE IT OUT FOR HERSELF  
MAYBE IT WILL BE THE BIGGEST DISSAPPOINTMENT  
OR IT CAN BE THE THING  
YOU ARE GOING TO WANT TO SHARE THE MOST



THERE IS A LOOK,  
A LOOK OF SADNESS  
A LOOK OF ANGER  
A LOOK OF HELPLESSNESS  
OFTEN IT IS HARD TO DECIDE WHAT YOU SEE  
IN SOMEONES EYES  
AND TO DECIDE WHAT IT IS THEY NEED  
DO THEY NEED A WORD OF WISDOM  
A SHOULDER TO CRY ON  
OR IS IT JUST SILENCE THEY NEED



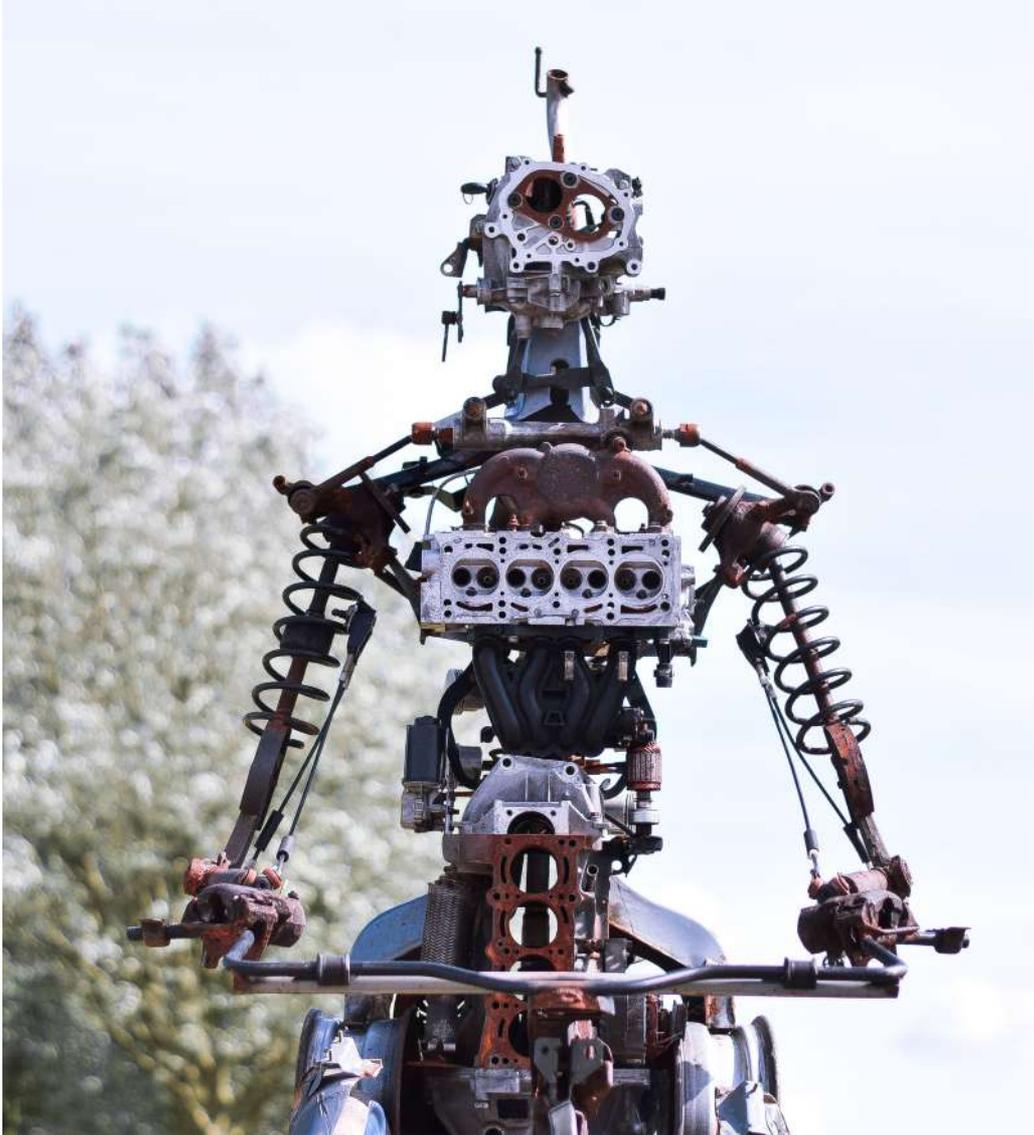


**THERE IS ALWAYS SOMEONE BIGGER  
SOMEONE BETTER  
SOMEONE SMARTER  
SOMEONE HAPPIER  
SOMEONE WHO LOOKS LIKE  
A PERFECT HUMAN BEING  
THOSE PEOPLE WILL ALWAYS BE THERE  
IT IS FOR YOU TO PROOF  
THAT YOU ARE THAT PERSON  
TO SOMEONE ELSE**





**WHEN YOU TAKE A CLOSER LOOK  
YOU WILL SEE THAT  
FROM THE OUTSIDE  
YOU CANT SEE THE INSIDE  
YOU DONT KNOW  
THE MATERIAL SOMEONE IS MADE OF**



**DONT LOOK DOWN  
YOU DONT KNOW SOMEONE  
BY LOOKING AT THEM  
YOU CAN NOT JUDGE SOMEONE  
BY LOOKING AT THEM**



**LOOK AT YOURSELF  
AND THE STEPS YOU ARE MAKING**



**THINGS ARE JUST A MATTER OF INTERPRETATION  
SOME PEOPLE WILL SEE A PILE OF ROCKS  
OTHERS SEE A BOAT STRANDED ON A CLIFF  
AND THERE ALWAYS ARE THE ONES WHO  
HAVE TO TAKE IT A STEP FURTHER AND THINK  
ABOUT THE WAY THE TITANIC SUNK**



**PERCEPTION IS A STRANGE THING  
IT IS THE WAY A PERSON LOOKS AT SOMETHING**

**DO YOU SEE A PILE OF ROCKS WITH A CANDY ON THE TOP  
OR DO YOU SEE THE DANGEROUS STAIRS WHO WILL LEAD YOU TO A TREASURE?**



**USE YOUR IMAGINATION  
AND THE BEST THINGS COME TO LIFE**



**THERE ARE ALWAYS MOMENTS  
THAT YOU DONT KNOW WHAT TO DO  
WHAT TO FEEL  
OR HOW TO BEHAVE  
THE MOMENTS THAT YOU FEEL LOST  
ARE EASY TO FIND**



**WHEN YOU DONT KNOW WHERE TO GO  
YOU PICK A POINT  
AND STARE  
YOU DONT TAKE YOUR EYES OF IT  
UNTILL YOU ARE THERE**



**YOU CAN LOOK LIKE YOU KNOW WHAT YOU ARE DOING  
BUT ON THE INSIDE YOU HAVE NO IDEA WHAT IS GOING ON  
THE BEST MOVE YOU CAN MAKE IS TO KEEP GOING  
BECAUSE MAYBE THEN YOU WILL SEE  
WHAT OTHERS SAW FIRST**



**EVEN AT YOUR DARKEST MOMENTS  
YOU ONLY NEED A SPARK  
TO CREATE A FIRE**



**SEEK THE BRIGHTNESS  
LIGHT AND SHADOWS  
FIRE AND WATER  
POSITIVITY CAN YOU MAKE  
YOURSELF**



**WHEN YOU HAVE LOST THE LIGHT  
YOU HAVE TO BE CREATIVE  
TO FIND IT AGAIN  
BUT WHEN YOU DO  
IT CAN BE BRIGHTER THEN BEFORE**



**DECIDE YOUR OWN NORMAL  
IT MIGHT NOT BE THE BEST  
IT MIGHT NOT BE THE SMARTEST  
BUT IT IS A CHOICE THAT YOU MADE  
ITS YOURS NOW  
YOURS TOMORROW  
EN YOURS FOREVER  
NO ONE CAN TAKE IT  
AWAT AS LONG  
AS YOU KEEP SAYING  
ITS YOURS AND ITS NORMAL**







**THERE MIGHT BE A HUNDRED WAYS  
TO CROSS THE OCEAN  
BUT THERE ARE A MILLIONS WAYS  
TO GIVE SOME LOVE**



**YOU CAN GET LOVE  
YOU CAN HAVE LOVE  
YOU CAN SAVE LOVE  
YOU CAN GIVE LOVE  
AND YOU CAN SHARE LOVE**



**THE MOST BEAUTIFUL THINGS  
CAN VANISH IN SECONDS  
APPRECIATE IT AS LONG AS YOU CAN**



**BE YOUR OWN HERO  
DO WHAT YOU THINK IS IMPORTANT  
FOLLOW YOUR OWN DREAMS**



**WHERE DO WE GO  
WHEN THINGS WE BELIEVE IN  
VANISH BEFORE OUR EYES**



**CREATE YOUR OWN HAPPINESS  
IT IS NOT ALWAYS EASY  
BUT START WITH SMALL THINGS  
LIKE GOING PLACES  
WHERE YOU SOVE THE SIGHT  
YOU LOVE THE SMELL  
AND YOU LOVE STANDING STILL**



**IN MY WORLD  
YOU NEED FREEDOM TO BE HAPPY  
WHEN YOU ARE LOCKED UP  
ALONE WITH YOUR THOUGHTS  
YOU CAN NEVER GET NEW INSPIRATION  
AND THERE IS NO WORLD TO SHARE IT WITH  
THERE IS NO WORLD TO LEARN FROM  
AND NO WORLD TO GIVE BACK TO**



**IT IS IN THE SMALL THINGS  
THAT YOU CAN FIND THE MOST JOY  
LIKE THE WAY THE SAND FEELS  
UNDER YOUR BARE FEET  
OR HOW THE SEA STARTS AT YOUR TOES  
AND SLOWLY SWOLLOWS YOUR FEET**



**NOT MANY THINGS IN LIVE ARE PERFECT  
BUT THERE ARE THOSE PERFECT LITTLE MOMENTS  
WHEN YOU FIND THOSE YOU HAVE TO CHERISH THEM  
THEY WILL NOT LAST FOREVER**



**YOU CAN NOT PROTECT FOREVER  
WHAT YOU KNOW WILL BE LOST**



**THERE WILL ALWAYS BE MOMENTS  
THAT YOU HAVE TO SACRIFICE ONE THING  
TO GET ANOTHER**



**SOME PEOPLE DO NOT LOOK WITH THEIR EYES  
THEY USE THEIR MIND AND THEIR HEART  
BECAUSE THEN YOU CAN SEE  
SOMEONES TRUE IDENTITY**



**YOU CAN HIDE  
YOU CAN PROTECT  
BUT WHEN THE RIGHT MOMENT IS THERE  
YOU WILL SEE  
THAT IT IS YOUR TIME  
TO SHINE**



