We believe that art has the power to push against the boundaries of our everyday experiences, that it can save us, witness to how art can save us, and as a coping mechanism I started drawing stylized personified animals depicting some of my personal struggles with mental health.

This double-sided zine's alternative title is Nosdivra, which is a preoccupation with one's perceived physical flaws—in this case with the artist's weight. Kendall Dickinson (she/they/he) shares what it feels like to be beholden to dysmorphia, which always "wants more." This playful take on an alphabet book is a simple-yet-compelling, digestible-yet-accessible introduction to interrogating capitalism.

The book is a dream project... It is a toon telling of a life turned inside out by mental illness. The book is a witness to how art can save us, says Arvidson.

The Minnesota Center for Book Arts is a community-supported, (501c3) non-profit organization that ignites creativity and community through the book arts. Our "zine wall" inside the Shop at MCBA in downtown Minneapolis.

Learn more: www.mnbookarts.org