

ALL THE ROOMS

FOR EVERYONE GOING NOWHERE.

**THIS PDF IS ONLY FOR YOUR DESKTOP. NOT YOUR MOBILE DEVICE.
SO PUT IT DOWN, TAKE A BREAK, AND ENJOY FUN THINGS.**

“Happiness can be found, even in the darkest of times, if only one remembers to turn on the light.”

It took 3 people, and more Slack messages than I’m willing to admit for us to decide that quoting Dumbledore as the introduction was the right choice.

When we first talked about what we wanted do as a brand/business/group of humans working to make cool things, nothing felt right. If we’re being totally honest, it all felt really overwhelming.

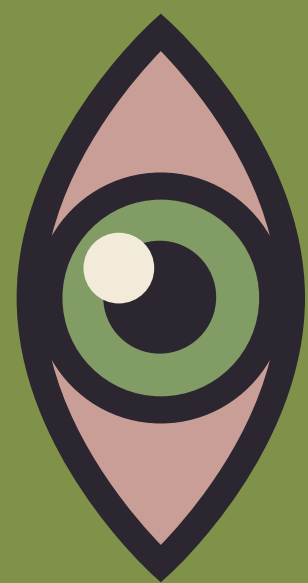
As the days continued on, with launch plans postponed (coming soon though), navigating uncharted waters (with large waves), we realized that we wanted to create something to distract us, even if just for a moment. Really, we just wanted to put a smile on your face, and ours.

So within further ado, come aboard our PDF, where you’ll find recommendations that range from movies and podcasts, to snacks and visual stories. You’ll also stumble across puzzles, magic tricks, canned food recipes, and discounts from some of our favourite small businesses.

So get comfy, inhale, and enjoy,

— **ANOTHER
ROOM®**

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ROOM[®]**



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DOOB Tube®



**ON ALL ORDERS AT [ANOTHERROOM.IO](https://anotherroom.io)
USE CODE FREESHIPPING**

zzzz

BEDROOM

AMAZING! SPRING CLEANING

Pull absolutely every item out of your closet and sort into piles. Yes, she said everything. Those bins hiding under your bed or in your closet, those come too.....

THE YES PILE ~ these can immediately go back into their respective places.

THE DONATE PILE ~ there are so many great places that accept donations that are non-profits. These types of facilities take your donations, turn it into revenue which then contribute their funds to enhance quality of life for many people. This induces things like finding people employment, disaster relief, funding job training and combating addiction.

THE CONSIGN PILE ~ make some money honey! I get it, sometimes it's hard to let go of that pre-loved item which you've spent your hard-earned cash on. Find a local shop near you which takes consignment or buys out right and put that money straight back into your pocket. These funds can even go back in to filling any gaps you may have in your wardrobe once the purge is done.



NEED SOME ASSISTANCE? VERONICA IS AVAILABLE FOR HIRE, AND HAPPY TO FACETIME, GOOGLE HANGOUT, ZOOM, OR WHATEVER YOUR VIRTUAL PLEASURE IS. [VDELIA@ROGERS.COM](mailto:vdelia@rogers.com)



THE TRIAL SEPARATION PILE ~ This will reveal your true feelings about any piece you are debating. Store any questionable items in a container outside of your closet for 3 months time. Set a reminder in your phone. If you truly miss an item feel free to retrieve it. But chances are you'll have forgotten all about it, which will allow you to confidently make a decision when the time is up.

THE KEEPSAKE PILE ~ the good news is you don't need to get rid of any of them if you don't want to. Just understand that you should treat those pieces for what they are and designate a special place for them outside of your closet.

THE TAILORING PILE ~ Would that top look better cropped? Do those jeans/pants need a hem? Find a good seamstress and let them tailor the items so it fits you perfectly.





WATCH NPR TINY DESK CONCERTS: TYLER THE CREATOR
DANIEL CEASER
ANDERSON PAAK



MUNCHIES? WE'VE GOT YOU COVERED.

PEANUT BUTTER & BANANA SMOOTHIE

- CHOP UP ONE AND A HALF BANANAS AND ADD TO BLENDER
- ADD ICE
- ADD OAT MILK
(JUST ENOUGH TO MAKE YOUR BLENDER WORK)
- ADD TWO SPOONFULS OF YOUR FAVOURITE PEANUT BUTTER.
(WE LIKE FATSO – FEEL FREE TO ADD AS MUCH PB AS YOU'D LIKE)
- ADD ONE DATE
- BLEND
- CONSUME FLOWER*
- POUR INTO YOUR FAVOURITE BEVERAGE VESSEL
- PUT ON TEXAS SUN EP AND ENJOY.

*IMPORTANT NOT TO DO THIS TOO EARLY – YOU MAY FORGET WHAT YOU'RE DOING AND SKIP THE TREAT COMPLETELY.



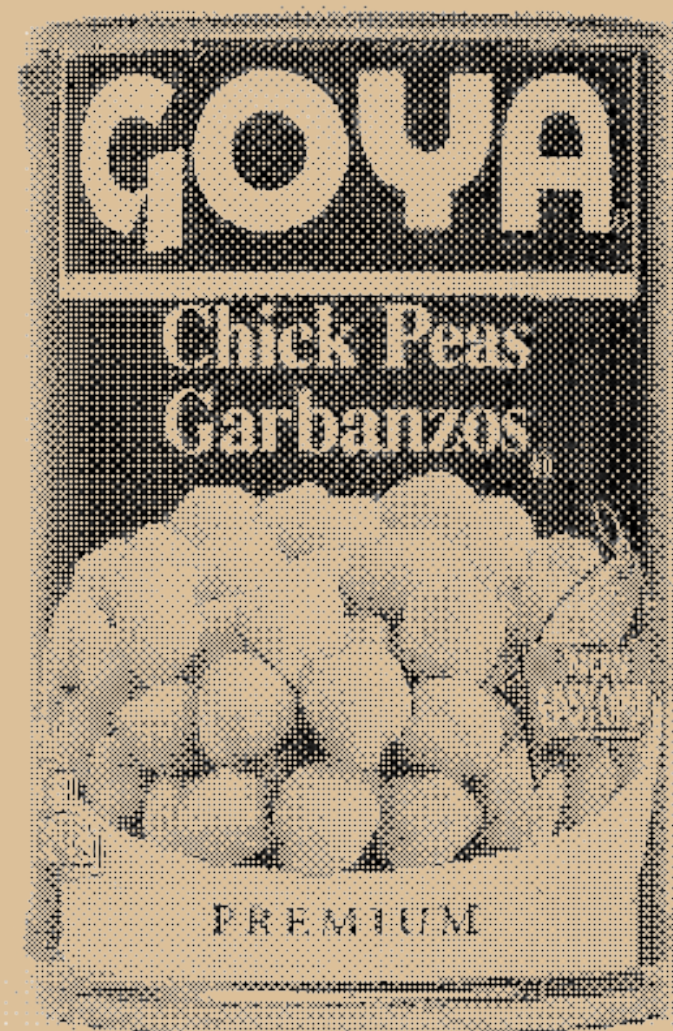
PASTA WITH CHICKPEA SAUCE,

OR, AS I LIKE TO CALL IT,

Hope

INGREDIENTS

- 3 TBSP OIL
- 1 CUP CHOPPED ONION (sub 1 tbsp dried onion powder)
- 1 CLOVE FRESH GARLIC (or 1 tsp dried)
- 1 TSP OF WHATEVER RED SPICE YOU HAVE (like paprika, chili powder, cayenne, you get it; red)
- PINCH OF AN ORANGE SPICE (cumin, turmeric, mustard powder, you get it, orange).
- 1 CUP CHOPPED CARROT (sub 1 tbsp dried parsley)
- 1 CUP DRAINED CHICKPEAS (keep liquid to make future whipped cream with)
- 3/4 CUPS OF WHATEVER THE FUCK WINE OR BEER YOU HAVE, WATER OR STOCK WORKS FINE TOO
- 1 TSP SALT
- 1/2 TSP BLACK PEPPER
- 4 CUPS OR HOWEVER MUCH COOKED PASTA OR RICE YOU HAVE
- ANY FRESH GREENS YOU HAVE TO TOP THE PASTA, HELL EVEN SOME SLICED PICKLES.



DIRECTIONS

Heat oil in pan, not too hot, just like a nice early summer's day warmish hot. Throw in the onion and garlic if using fresh, and cook until translucent; add remaining spices. If using entirely dried spices, throw the whole lot of them in, and stir until fragrant. Deglaze pan with alcohol, water, or stock. Cook for about 2 minutes until it doesn't smell like the floor of a bar, or, until the moisture is cut by half.

Chuck the items from the pan into a blender or food processor. If you don't have either, you're about to use your knife a LOT and that turns me on.

Add Chickpeas, a little extra water if necessary, salt and pepper to blender: blend.

Keep adding stock or water, blending as you go, until you get your desired "sauce" consistency.

Toss with your pasta or rice, topping with greens, cheese, hot sauce, Doritos, or anything else that brings you joy.

So much delicious. So much nutrition. So much affordable. So much love in a bowl.

LIVING LIVING LIVING
ROOM - ROOM - ROOM



WHAT IT'S ALL ABOUT

We've got 20 minutes of breath-work, mobility, and some power moves to help work out your ya'ya's. All you need is a yoga mat, some comfy clothes and water near by.

FIRST 5 MINUTES

Circular breathing, in for four count, hold for four count, out for four count, hold for four count. I like doing this laying on the ground.

5 MINUTE MOBILITY

Go through these three movements as many times as you can for 5 minutes.

- ✓ 6 Cat Cow's
(arching your back counts as 1, rounding your back counts as 2 - 10)
- ✓ 6 Downward dog toe touch's
(from plank, pull back to downward dog and reach your right hand back to touch your left calf or ankle. Return back to plank and switch sides. Each touch counts as 1)
- ✓ 6 Lunge and Reach
(from plank position, step your right foot to the outside of your right hand, then reach your right arm up towards the ceiling. Return right arm back to the ground and step right foot back to plank. Repeat on other side. Each leg counts as 1)

20 MINUTES

5 MINUTE FULL BODY POWER CHALLENGE

Zero – hero challenge. Start with 1 rep of each move, then do 2, then do 3... and see how high you get in 5 minutes

1. Sit up and punch the air, 1,2 pow pow
2. Pushup + chest pound like a guerrilla
3. Squat n kick kick.

5 minute Cool down breath work
(same as your warm up breath work :)

GREAT WORK.

Now is your time to cool your nervous system.



KEIGHTV'S FAVOURITES!

MOVIE? Ace Ventura Pet Detective

PODCAST? Close race between Oprah's Super Soul Sunday and Call Her Daddy

MUNCHIE? Fresh mango

WAY TO SPEND AN HOUR? Hitting the snooze button while in small spoon position

WAY TO CONSUME YOUR FLOWER? Dosis Arouse :)

THING TO DO WHILE STONED? Endurance sports

ONLINE LEARNING RESOURCE? Google maps

AT HOME EXERCISE? Sitting and breathing

BOOKS

- Dance Dance Dance
by Haruki Murakami
(Courtney Chew, OCIN)
- Normal People
by Sally Rooney
- The Americans
by Jack Kerouac and Robert Frank
- The Minds of Billy Milligan
by Daniel Keyes
- Harry Potter
by J.K. Rowling
- A Tale for the Time Being
by Ruth Ozeki
- White Teeth
by Zadie Smith
- The War of Art
by Steven Pressfield
- Slaughterhouse-Five
by Kurt Vonnegut
- Modern Color
by Fred Herzog

MUNCHIES

- Oreo Crushed in Milk
(Cam, Founder of Allume)
- Frozen Grapes
- Dried Mango
- Peanut Butter Cups
- Carrots and Fatso
(Alex Beebe, Creative at Another Room)
- Popcorn
with Chilli Oil, S&P and Nutritional Yeast.
- Chips & Homemade Guac
- Frozen Banana “Ice Cream”
- CHIPS OF ALL KINDS
- TJ’s Sesame Honey Cashews
(Eddie Grams, Freelance Director)

PODCASTS

- 99% Invisible
(Dre Turner, Freelance Copywriter)
- The Daily
- Broccoli Talk
- Hidden Brain
- Ear Talk
- Criminal
- Swindled
- Ologies
- Anything by Gimlet Media
(Chloe Popove, Founder of Another Room)
- Making Sense

- The Breakfast Club
- Toy Story
(Ralph Damman, Comme Ci Studio)
- Peanut Butter Falcon
- Good Time
- Superbad
- Love & Mercy
- Empire Records
- Beginners
(Monika Tischer, Freelance Creative)
- Model Shop
- Ex Machina

1

TOP TENS

IN PRETTY MUCH NO ORDER AT ALL.

10

THIS IS A REMINDER TO HYDRATE



HI!
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HI!
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AS SEEN ON
AR

THIS IS A REMINDER TO HYDRATE



GAMES ROOM

WORD SCRAMBLE

1. BAANCISN
2. KASNCS
3. ONRATEH OMRO
4. OOIEBD
5. ATKE TUO
6. KAHTN OUY RFO TGTEIGN IGHH
7. ENVSIN
8. BREBRU KCUD

ANSWERS PAGE 22

RIDDLES

1. What do the letter T and an island have in common?
2. There was a green house. Inside the green house there was a white house. Inside the white house there was a red house. Inside the red house there were lots of babies. What is it?
3. What's black when you get it, red when you use it, and white when you're all through with it?
4. What occurs once in every minute, twice in every moment, but never in a thousand years?
5. Feed me and I live, yet give me a drink and I die, what am I?
6. A man is trapped in a room. The room has only two possible exits: two doors. Through the first door there is a room constructed from magnifying glass. The blazing hot sun instantly fries anything or anyone that enters. Through the second door there is a fire-breathing dragon. How does the man escape?
7. I can fly but have no wings. I can cry but I have no eyes. Wherever I go, darkness follows me. What am I?
8. What loses its head in the morning but gets it back at night?

ANSWERS PAGE 22

MAGIC TRICK

STEP 1

Take any 15 cards from a regular deck. Don't use the jokers. Divide your 15 cards into three piles of five. Place each card facedown.

STEP 2

Choose one of the piles, keeping the cards facedown, and shuffle them. Place this pile in front of you. This will be your pile.

STEP 3

Pick a different pile of five cards and shuffle them, keeping them facedown. Whenever you'd like, stop shuffling and keep the cards facedown in your left hand. With your right hand, lift some cards from the pile in your left hand. (You should now have a few cards in your right hand.) Look at the face of the bottom card of the pile in your right hand. Memorize this card.

STEP 4

Place the cards in your right hand on top of your pile, the pile in front of you. Shuffle the remaining cards in your left hand, then place them on top of your pile.

STEP 5

Pick up the last group of five cards and, keeping the cards facedown, shuffle them. When you're done, place these cards on top of your pile. You should now have one pile of cards.

STEP 6

Think of a single-digit number between one and nine. You will use this number to shuffle the cards. Pick up all the cards. Take the top card and deal it on the table. That's No. 1. If one was your number, stop there. If not, deal the next card. That's No. 2. If your number was two, stop there. If not, deal cards until you've reached the number you've selected.

STEP 7

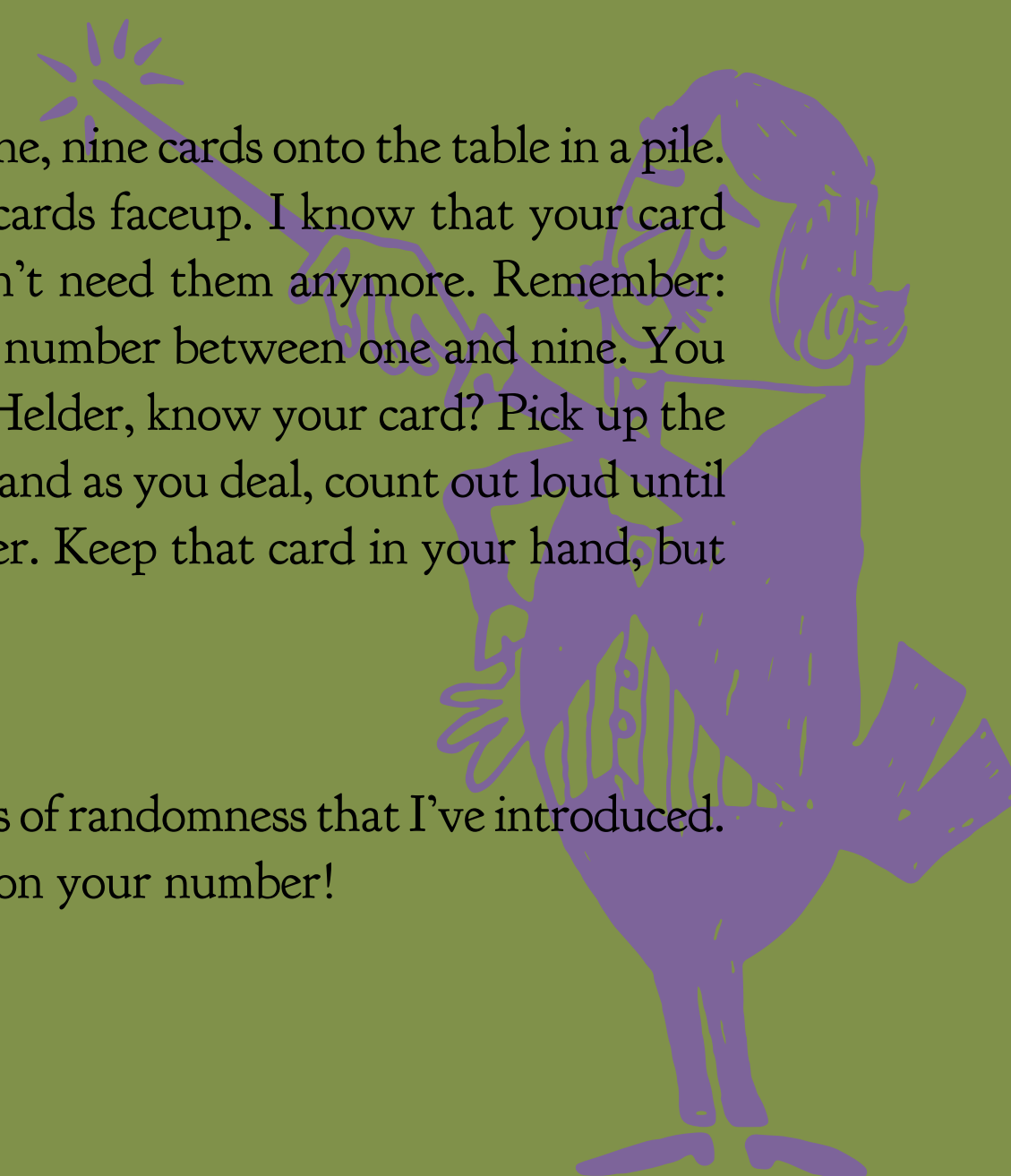
Now that you have dealt the number you were thinking of, drop the remaining cards from your left hand on top of the pile on the table. Think about this: You shuffled the cards. You selected a card, then kept shuffling. Then you thought of a number and used that number to keep shuffling. There is no way I should be able to know where your card is. But I do.

STEP 8

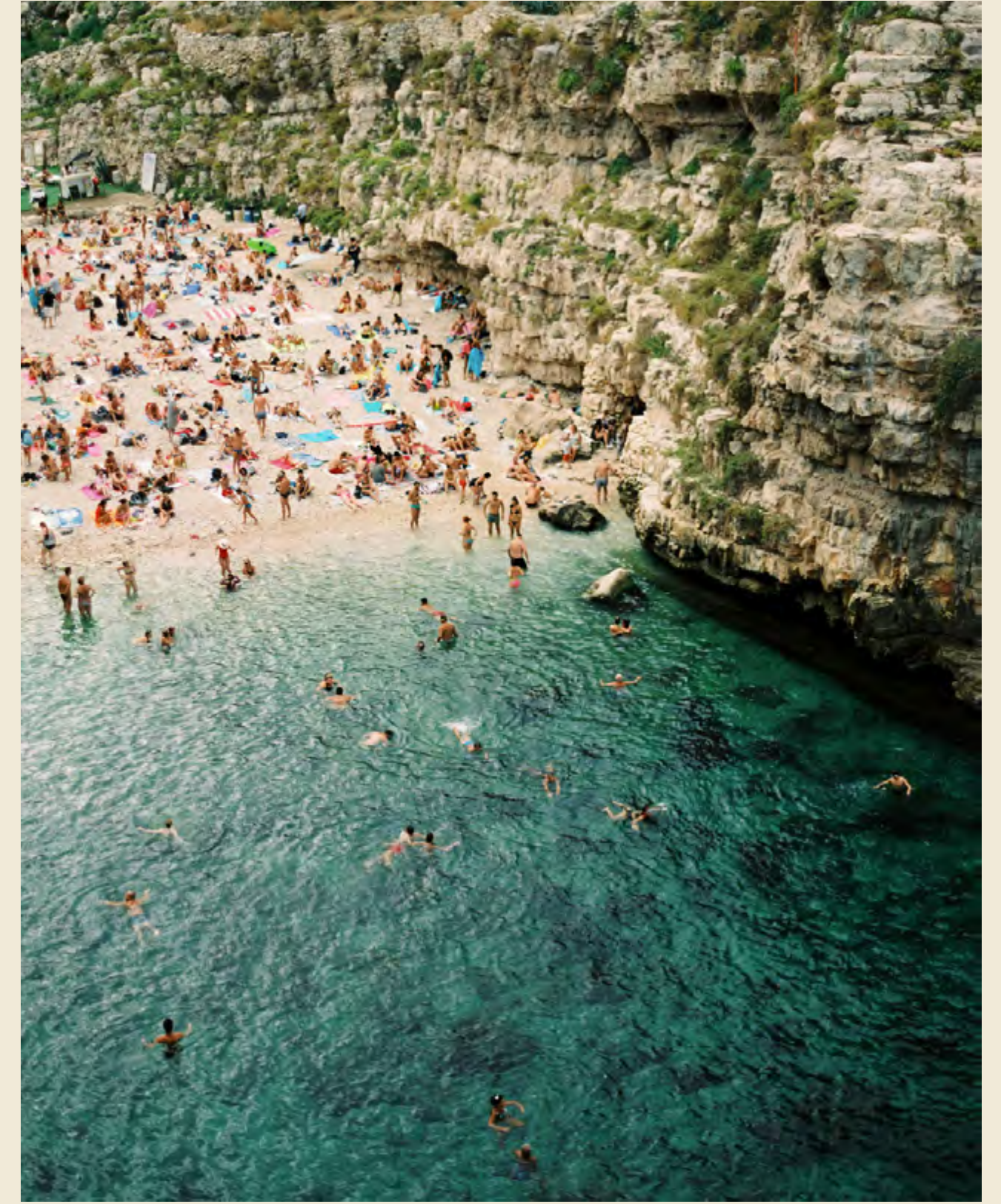
Pick up the entire pile and deal, facedown, one by one, nine cards onto the table in a pile. You have six cards left in your hand. Turn these cards faceup. I know that your card is not there! So put those six cards aside. You don't need them anymore. Remember: You shuffled and selected a card. You thought of a number between one and nine. You selected a card and selected a number. How can I, Helder, know your card? Pick up the pile on the table. Start dealing the cards facedown, and as you deal, count out loud until you've reached the number you'd thought of earlier. Keep that card in your hand, but don't turn the card over!

STEP 9

Think again about what has happened, the elements of randomness that I've introduced. Now turn the card over. This is your card, found on your number!



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 Eddie Grams.....@grams
 Dre Turner.....@dreturmer

Word Scramble Answers

1. Cannabis
2. Snacks
3. Another room
4. Doobie
5. Take out
6. Thank you for getting high
7. Visine
8. Rubber duck

Riddle's Answers

1. They're both in the middle of water.
2. A Watermelon
3. Charcoal
4. The Letter M
5. Fire
6. He waits until night and goes out the first door.
7. Clouds
8. A Pillow

FREELANCE DIRECTORY

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**STAY SAFE,
STAY HAPPY,
STAY HOME.**