

IN OTHER WORDS...

After Hollander

Step 1

Attend to your space

Step 2

Write a simple sentence
about something you find

*(Sights, sounds, smells, emotions,
memories, meanings, sensations...)*

IN OTHER WORDS...

Step 3

Rewrite the sentence
using *none* of the same words

Step 4

Attend to your space again
(*Has anything changed?*)