

# ALIVE WITH VIGOR

Surviving Your Adventurous Lifestyle by ROB SUTTER

“(Robnoxious) inspires the reader to keep an open mind, change their attitude, and possibly change their life. Leaves you inspired to live a more conscious, natural and centered existence.”

—Sarah Morean, *Daily Crosshatch*

“These regular, magical moments are happening to all of us, all the time, but Robnoxious manages to capture such moments in words and get it all down on paper.” —Zine World

“Awesome for many reasons, but most endearingly so for the interview Rob conducts with his dad, Rachel, who transitioned from masculine to feminine later in life and for Rob’s comics depicting him growing into his queerness.” —Tessa Maria LaLonde

Reviews of *Unsinkable*:

“There’s something primordial we can all be drawn to about ‘the camaraderie of having put oneself into an irrevocable situation of unknown peril.’ This is a unique offering that I won’t soon forget. Grade A.” —Justing, *Poopsheet Foundation*

**Offering a unique resource for youth, queer, and transgendered people who want to be healthy!**



“Now I knew punks lived on the streets and I knew punks lived out in the sticks. I knew punks hopped trains and criss-crossed the country like the hobos of yore, but it never, ever occurred to me that there were punks on America’s waterways. But there are and leave it to Robnoxious to provide me with an education on the subject.”

—Chris Auman, *Reglar Wiglar*

*Alive With Vigor: How To Be Healthy* is a visually dynamic and compelling exposition with a wide spectrum of contributors on all matters of preventative health care, Do It Yourself health care, and how to deal with extracting health care from government/corporate health care systems. *Alive With Vigor!* Has a special focus on queer, youth, and transgendered people, recognizing different health care needs. This is a *How To* book, anyone can pick *Alive With Vigor!* up and put the advice directly to use in your life.

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Subjects: Health / Sexuality

Price: \$9.95 U.S.

### Comparable/Competitive Titles:

9780822343868 (*Duke*) *The Queer Child: Growing Sideways in the Twentieth Century* 24.95 2009

9781557047656 (*William Morrow*) *What’s Happening to My Body?* 14.99 2007

9780978686703 (*Health Initiatives*) *A Young Woman’s Survival Guide* 18.95 2007

There is an increasing trend towards taking care of our health. Even if a person felt they already lived in a healthy way, they might know someone who seems to be living in an unhealthy way, and want to help them, so they would be interested in the book as well, to be given as a gift.

*Alive With Vigor* follows a trend toward preventative health care and Do It Yourself health care. The health care offered to most people is insufficient and dependent on having a high income, those who cannot afford health care will have to deal with maintaining their health using minimal resources. Gaining extra knowledge is essential to making the best with limited resources.



**Robnoxious** has been writing and publishing for more than 20 years, appearing in numerous small press literary and counter-culture magazines including: *The Zine Yearbook*, *Punk Planet*, *the Stumptown Underground* monthly, and *the Slingshot* Newspaper quarterly. After attending Laney College in Oakland, California, Robnoxious began creating and publishing sequential art. Two comic zines by Robnoxious, *Shut Up & Love The Rain* (2010) and *Awesome Future* (2011), were published by Microcosm Publishing. In 2012 Microcosm Publishing released *Unsinkable: How To Build Plywood Pontoons & Longtail Boat Motors Out Of Scrap*. Robnoxious lives in Minneapolis, Minnesota, with his kitten Lafayette, and works at the Seward Cafe, the oldest collectively owned and operated cafe in the United States. Presently he is completing the science fiction graphic novel *Hobo Fires*.

One of the most charming and radical small publishers in the U.S., **Microcosm Publishing** was founded in 1996 and over the years has developed a reputation for teaching self-empowerment, showing hidden histories, and fostering creativity. Now based in Portland, OR. Microcosm continues to challenge conventional publishing wisdom, influencing other publishers large and small with books and bookettes about DIY skills, food, zines, and art. Microcosm constantly strives to be recognized for our spirit, creativity, and value.

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