



Art and Life – A User's Manual

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Kjetil Røed

Photo: Siw Pessar

Art and Life – A User's Manual

For whom does art have meaning and why? Art is a unique tool for exploring the question of who we are and thereby also what a good life can be.

In this book, Kjetil Røed investigates eleven different virtues – attentiveness, judgement, contemplation, curiosity, awareness, hope, collaboration, double vision, craft, love, and solidarity – through works of art with the ambition of exercising values by using art as a platform. The result is a series of “virtuous works”, an endeavour to show what it is like to work with values and how the question of how we are to inhabit ideas about art can also be a process of understanding ourselves – and finding a clearer connection, direction, and wholeness in our own lives.

... a remarkable work of reflective art about art as well as life.

Marianne Solberg, Ny Tid

Art can help you in the never-ending task of understanding yourself. That is the optimistic message of Kjetil Røed's insightful and beautiful book.

Knut Hoem, Norwegian Broadcasting Corporation (NRK).

Kjetil Røed's book is amusing, ingenious and relentlessly fascinating. His insane montage technique renders the text completely unpredictable.

Sinziana Ravini, Kunstkritikk

Kjetil Røed

Kjetil Røed (1973–) is the editor of the visual art journal Billedkunst. He has published a number of reviews and essays in the Norwegian press, including the national newspapers Aftenposten and Klassekampen, as well as reviews for international art publications such as Frieze, Artreview and artforum.com. 2019 saw the publication of Røed's books Working through the Past: Nordic Conceptual Art as a Tool for Re-thinking History (SKIRA editore, Milano) and the critically acclaimed *Art & Life: A User's Manual (Kunsten og livet. En bruksanvisning, 2019)*, the foreign rights of which have been acquired by a Polish publisher. In 2021 he translated Iris Murdoch's *The Sovereignty of Good (Det Godes suverenitet, Cappelen Damm)* and completed the sequel to *Art & Life*, entitled *Art & Death. A User's Manual (Res publica, 2021)*.