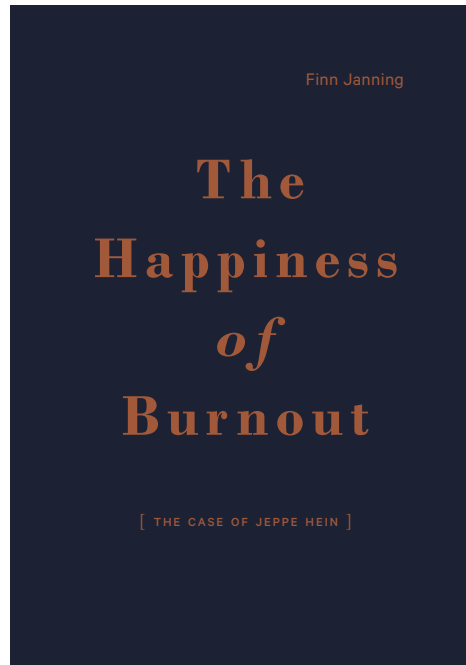


We are happy to announce the release of

THE HAPPINESS OF BURNOUT – The Case of Jeppe Hein
by FINN JANNING



For a long time the Danish artist Jeppe Hein did it all. Had it all. Exhibitions all over the world, he was famous, he was young. And then he burnt out. At 35 it was game over. He needed to change.

In THE HAPPINESS OF BURNOUT, philosopher Finn Janning uses the story of Jeppe Hein as a burn-out case study. While it tells the story, it constantly mixes it with other thoughts and ideas related to burnout. For example, burnout as illustrated in Graham Greene's novel A Burnt-Out Case. It adds perspective by conversing with theories and thoughts from both psychology and philosophy – most notably the philosophy of Gilles Deleuze. Lastly, it relates Jeppe Hein's story to his art.

The underlining question is: Which life is worth living?

THE HAPPINESS OF BURNOUT is an original contribution to the literature on burnout and wellbeing. Also it is mandatory for those who want a deeper understanding of the artist Jeppe Hein's work.

**Book launch at Buchhandlung Walther König an der Museumsinsel in Berlin
in attendance of Finn Janning and Jeppe Hein
will take place on June 4th, 2015**

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EXTRACT:

(...)

Where did that come from? Now he starts to breathe nervously. He is afraid. He can feel a cold sweat running down his back.

“Just to let you know. I don’t feel very well. I’m scared,” he tells the Finnish businessman next to him.

“Okay,” the businessman says, thinking, yeah, thinking what?

The plane takes off. JH calls the stewardess. Tells her that he is not feeling well. Buys a few bottles of water. What is happening to me? Why is it so damn difficult to breathe? Why is the air so thick?

Luckily the trip from Berlin to Copenhagen only takes half an hour. He addresses the businessman again, takes his hand.

“Can we talk?”

“Okay,” the businessman says, while he gently squeezes his hand out of this wet one holding his.

“What do you do?” JH asks.

The businessman tells JH about his business. It’s something, it helps.

Back on the ground he tries to call his wife, Silke. She doesn’t pick up; she is putting the kids to bed. Instead he calls his mum from the taxi.

“Can we talk?”

“Of course,” she says.

He tells her what has just happened.

“Should I go to the hospital?”

“No, breathe with me.”

“Okay.”

“Breathe in: one, two, three, four. Hold: one, two.

Exhale: one, two, three, four, five, six, and seven. Breathe in: one, two, three, four. Hold: one, two. Exhale: one, two, three, four, five, six, seven ...”

They breathe together until he arrives at his home.

(...)

(...)

Breathing Watercolors, he called them. Each blue line resembles one breath of inhaling; another line resembles him exhaling.

I leave the exhibition feeling lighter than when I entered.

How does it end? Does it ever end?

After the exhibition there is a dinner. JH and his wife only stay for one hour or so, then they return to the hotel.

“I was exhausted. I just wanted to be alone. When we got back to the hotel, I did some yoga. And suddenly, I could feel what I have done. I was able to enjoy my exhibition, enjoy people’s interaction with it. I was here. I remember I called Silke. She came over. I hugged her and I started to cry. It was so beautiful. I was ... happy. We just sat there for a while. I told her: I am back. And I don’t know if we cried or smiled together, but ... I felt good, stronger, ready.”

“Stronger?” I ask.

“Yes, many people see my burnout and anxiety as a weakness. They don’t understand why I am sharing my feelings. Doing all this. I think it is a problem when people see openness as weakness. Actually, I think you need to be strong to show weakness. I am not proud that I burnt out, but I did.

I have learned a lot during the last three to four years. I feel better, stronger, and happier. In a way, I am grateful that it did happen. I still have many years. I am glad it happened when I was 35, not when I was 40. I don’t wish that anyone should experience this, but I think many experience something similar. I hope to raise new questions in my art. I think being in balance is much better than suffering from anxiety. At least this is my experience. I’m not finished yet.”

(...)



Finn Janning is a writer and a philosopher. He has studied philosophy, literature and business administration at Copenhagen Business School (CBS) and Duke University. He received his PhD from CBS in 2005. Between 2005 and 2008 he worked as a philosopher-in-residence, also called management consultant. Since 2008 he has been a fulltime writer. Janning is the author of several books and essays, both fiction and nonfiction.

For more information: finnjanning.wordpress.com

Jeppe Hein (born 1974) is a Danish artist based in Berlin and Copenhagen. He studied at the Royal Danish Academy of Art between 1997 and 2003 and at the Städelschule in Frankfurt between 1999 and 2000.

He has participated in a large number of solo and group exhibitions. Venues including LiFE - Lieu International des Formes Emergentes, Saint-Nazaire, France (2014); Bonniers Konsthall, Stockholm and Wanås Konst, Sweden (2013), 21st Century Museum of Contemporary Art, Kanazawa, Japan (2011); IMA - Indianapolis Museum of Art, Indianapolis (2010); ARoS Kunstmuseum, Århus (2009); Contemporary Art Gallery, Vancouver (2009); Tate Liverpool (2009); Tate Modern, London (2007); Sculpture Center, New York (2007); The Curve, Barbican Art Centre, London (2007); Centre Georges Pompidou, Paris (2005); MOCA, Los Angeles (2005); P.S. 1 MOMA, New York (2004) and 50th Venice Biennale (2003).

Commission work projects were realized for the Brooklyn Bridge Park, New York (2015); Rijksmuseum, Amsterdam (2013); City of Perth, Australia (2012); KUNSTEN Museum for Modern Art Aalborg (2011); Auckland Art Gallery, New Zealand (2011) and Bristol University (2009) among others.

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