



JOHNNY ACTION

JOHNNY ACTION PRODUCTIONS, LLC POINT LOMA, CALIFORNIA•

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ACTION ARMY FIELD MANUAL NO. 8 WE FIGHT BACK NEGATIVITY



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ACTION ARMY FIELD MANUAL NO. 8

WE FIGHT BACK NEGATIVITY

THE RECEIPTS, THE TOOLS, AND WHAT TO DO WITH THEM

EVERY OTHER MANUAL IN THIS SERIES TELLS YOU WHAT TO LOCK.

THIS ONE TELLS YOU WHAT TO PICK UP.

WHAT IS IN THIS MANUAL

1. SET IT UP — THE WHOLE THING, START TO FINISH (START HERE)
2. WHAT THIS MANUAL IS
3. THE FIVE PROOFS — AND HOW TO CHECK THEM YOURSELF
4. THE DOOM DIET — 7-DAY AUDIT AND SCORING RULE
5. THE FIRST QUESTION — HOW TO ACTUALLY TALK TO IT
6. TEN JOBS TO GIVE IT THIS WEEK
7. THE FREE SHELF — WHAT COSTS NOTHING
8. THE TOO-LATE PAGE
9. THE HOUSE RULES — USING IT WITHOUT GETTING HURT
10. THE 30-DAY LADDER
11. TELL ONE PERSON — THE RELAY
12. THE HONEST PAGE — CONFIDENCE LEVELS
13. MARCHING ORDERS AND SIGNATURE
14. WHOM TO CALL



JOHNNY ACTION

1. SET IT UP — START HERE

IF YOU HAVE NEVER DONE THIS BEFORE, THIS SECTION IS THE ONLY ONE THAT MATTERS. DO THIS FIRST. EVERYTHING ELSE IN THIS MANUAL DEPENDS ON IT. IT COSTS NOTHING. IT TAKES ABOUT FIFTEEN MINUTES. YOU WILL NOT BREAK ANYTHING.

BEFORE YOU START — TICK THESE OFF

- ☐ **YOUR PHONE, TABLET, OR COMPUTER IS CHARGED AND TURNED ON.**
- ☐ **YOU ARE CONNECTED TO THE INTERNET OR WI-FI.**
- ☐ **YOU KNOW YOUR EMAIL ADDRESS.**
- ☐ **YOU KNOW THE PASSWORD FOR YOUR PHONE OR YOUR EMAIL — OR YOU HAVE IT WRITTEN DOWN SOMEWHERE.**

IF YOU CANNOT FIND THAT PASSWORD, STOP AND GO GET IT. THAT IS THE ONLY THING THAT TRIPS PEOPLE UP, AND IT IS NOT YOUR FAULT.



**OPEN YOUR
APP STORE**

**SEARCH THE
APP NAME**

**TAP GET
OR INSTALL**

**SIGN IN WITH
YOUR EMAIL**

THAT IS THE WHOLE SETUP. IT TAKES ABOUT FIVE MINUTES.

YOU DO NOT NEED A CREDIT CARD. YOU DO NOT NEED HELP.

ONE MORE THING: YOU ONLY NEED ONE OF THESE. NOT FOUR. PICK ONE AND STOP THERE.



JOHNNY ACTION

1. SET IT UP — FIND YOUR DEVICE

FIND THE HEADING THAT MATCHES WHAT YOU ARE HOLDING. IGNORE THE OTHER THREE.

IPHONE OR IPAD

1. TAP THE BLUE APP STORE ICON ON YOUR SCREEN.
2. TAP SEARCH IN THE BOTTOM RIGHT CORNER.
3. TYPE ONE NAME: CHATGPT, OR GEMINI, OR COPILOT, OR CLAUDE. PICK ONE. ANY ONE.
4. TAP GET NEXT TO IT. IT IS FREE. IF IT ASKS FOR YOUR PASSWORD OR YOUR FACE, THAT IS NORMAL — THAT IS APPLE, NOT THE APP.
5. OPEN IT. TAP SIGN UP AND USE YOUR REGULAR EMAIL ADDRESS.
6. WHEN IT ASKS TO USE YOUR MICROPHONE, SAY ALLOW. THIS IS THE IMPORTANT ONE.

ANDROID PHONE OR TABLET (SAMSUNG, GOOGLE, MOTOROLA, LG)

1. TAP THE PLAY STORE ICON — THE LITTLE COLORED TRIANGLE.
2. TAP THE SEARCH BAR AT THE TOP.
3. TYPE ONE NAME: GEMINI, OR CHATGPT, OR COPILOT. PICK ONE.
4. TAP INSTALL. IT IS FREE.
5. OPEN IT AND SIGN IN WITH THE GOOGLE ACCOUNT ALREADY ON YOUR PHONE.
6. WHEN IT ASKS TO USE YOUR MICROPHONE, TAP ALLOW.

SHORTCUT: ON MOST NEWER ANDROID PHONES ONE OF THESE IS ALREADY INSTALLED.

PRESS AND HOLD THE POWER BUTTON, OR SAY "HEY GOOGLE," AND SEE IF SOMETHING ANSWERS. IF IT DOES, YOU ARE ALREADY DONE.



JOHNNY ACTION

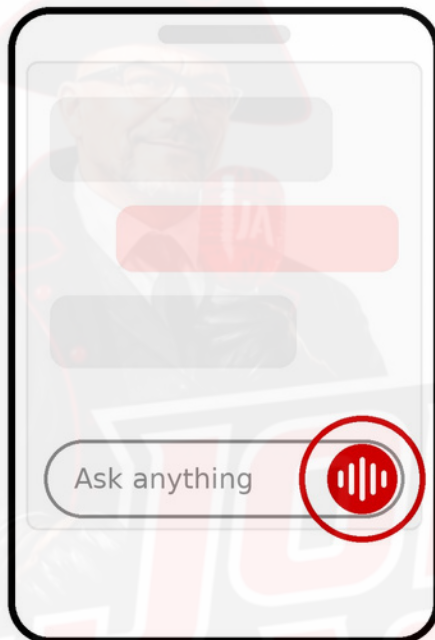
1. SET IT UP — COMPUTERS, AND THEN TALK TO IT

WINDOWS LAPTOP OR DESKTOP

1. PRESS THE WINDOWS KEY ON YOUR KEYBOARD AND TYPE COPILOT.
2. CLICK IT. ON WINDOWS 11 IT IS ALREADY INSTALLED AND THE VOICE FEATURE IS FREE.
3. SIGN IN WITH A FREE MICROSOFT ACCOUNT, OR MAKE ONE WITH YOUR EMAIL.
4. CLICK THE MICROPHONE. SAY ALLOW IF YOUR BROWSER ASKS.

MAC DESKTOP OR LAPTOP

1. OPEN SAFARI OR CHROME.
2. TYPE THE NAME OF THE ONE YOU PICKED, FOLLOWED BY DOT COM, AND PRESS RETURN.
3. SIGN IN WITH YOUR EMAIL. CLICK THE MICROPHONE AND SAY ALLOW.



**IT LIVES AT THE
BOTTOM RIGHT
OF THE TYPING BAR.**

IF YOU SEE A LITTLE
MICROPHONE OR A SET
OF SOUND BARS, THAT
IS THE ONE.

**THIS BUTTON.
TAP IT AND
START TALKING
LIKE YOU WOULD
TO A PERSON.**

EVERYTHING ON THIS PAGE IS THE SAME JOB IN FOUR DIFFERENT OUTFITS: GET THE APP, SIGN IN WITH THE EMAIL YOU ALREADY HAVE, ALLOW THE MICROPHONE.



JOHNNY ACTION

1. SET IT UP — SAY THIS FIRST

IT IS ON. NOW TALK TO IT. NOT COMMANDS. TALK.

READ ONE OF THESE OUT LOUD, WORD FOR WORD

"I AM NEW AT THIS. TALK TO ME LIKE A REGULAR PERSON AND KEEP IT SHORT."

"I AM GOING TO ASK YOU THINGS ALL WEEK. DO NOT USE BIG WORDS WITH ME."

"HERE IS MY FIRST QUESTION." THEN ASK IT WHATEVER IS ACTUALLY ON YOUR MIND.

IT WILL ANSWER OUT LOUD. YOU CAN INTERRUPT IT. YOU CAN TELL IT TO SLOW DOWN. YOU CAN TELL IT, IT IS WRONG. NONE OF THAT OFFENDS IT.

IF YOU GET STUCK — FIVE FIXES

- ☐ **NO MICROPHONE BUTTON? TURN THE DEVICE ALL THE WAY OFF, WAIT TEN SECONDS, TURN IT ON.**
- ☐ **IT CANNOT HEAR YOU? GO TO SETTINGS, FIND THE APP IN THE LIST, TURN THE MICROPHONE ON.**
- ☐ **FORGOT THE PASSWORD? TAP FORGOT PASSWORD. IT EMAILS YOU A LINK. THIS HAPPENS TO EVERYBODY.**
- ☐ **PRINT TOO SMALL? SETTINGS, THEN DISPLAY, THEN TEXT SIZE. MAKE IT AS BIG AS YOU WANT.**
- ☐ **STILL STUCK? ASK A NINE-YEAR-OLD. THEY DO THIS IN ABOUT A MINUTE AND THEY LIKE BEING ASKED.**

NEVER TYPE IN A CARD NUMBER TO GET STARTED. THE FREE VERSION IS REAL, AND IT DOES EVERYTHING IN THIS MANUAL. IF A PAGE DEMANDS A CARD BEFORE IT WILL ANSWER ONE QUESTION, YOU ARE ON THE WRONG PAGE. CLOSE IT. AND NOBODY FROM ANY OF THESE COMPANIES WILL EVER PHONE YOU TO HELP SET IT UP — IF SOMEBODY CALLS, HANG UP.



JOHNNY ACTION

2. WHAT THIS MANUAL IS

THIS MANUAL IS NOT A WARNING.

YOU HAVE HAD ENOUGH WARNINGS. YOU HAVE HAD A LIFETIME OF THEM, AND MOST OF THEM WERE FREE AND MOST OF THEM WERE WRONG.

THIS ONE IS A TOOLBOX.

EVERYTHING IN HERE IS EITHER A FACT YOU CAN CHECK YOURSELF, OR A THING YOU CAN DO TONIGHT FOR NOTHING.

THE RULE OF THIS MANUAL: IF YOU CANNOT VERIFY IT OR YOU CANNOT USE IT, IT DOES NOT BELONG IN HERE.

TWO THINGS TO UNDERSTAND BEFORE YOU TURN THE PAGE.

ONE. THE GOOD NEWS IS REAL. IT IS BIGGER THAN THE BAD NEWS. IT JUST DOES NOT GET CARRIED, BECAUSE IT IS SLOW AND THERE IS NOTHING TO PHOTOGRAPH.

TWO. THE TOOLS THAT DID ALL OF IT ARE NOW SITTING IN YOUR POCKET, FREE, AND ALMOST NOBODY HAS TOLD YOU THAT YOU ARE ALLOWED TO USE THEM.

YOU ARE ALLOWED TO.



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3. THE FIVE PROOFS

GO CHECK EVERY ONE OF THESE. THAT IS THE POINT OF THIS PAGE.

#	WHAT HAPPENED	THE NUMBER	WHERE TO LOOK
1	A 50-YEAR SCIENCE PROBLEM SOLVED, THEN GIVEN AWAY FREE TO THE WHOLE WORLD	200 MILLION PROTEIN SHAPES, FREE, USED IN 190 COUNTRIES	NOBEL PRIZE IN CHEMISTRY 2024; ALPHAFOLD PROTEIN STRUCTURE DATABASE (EMBL-EBI)
2	AI ADDED AS A SECOND READER IN A NATIONAL BREAST CANCER SCREENING TRIAL	29% MORE CANCERS FOUND, NO RISE IN FALSE ALARMS, 44% LESS READING WORKLOAD	MASAI RANDOMIZED TRIAL — LUND UNIVERSITY / SWEDISH SCREENING PROGRAM, PUBLISHED IN THE LANCET JOURNALS
3	FREE APP THAT LENDS BLIND PEOPLE A PAIR OF EYES	1 MILLION BLIND USERS, 10 MILLION VOLUNTEERS, 150+ COUNTRIES, 180+ LANGUAGES	BE MY EYES PUBLISHED MILESTONES AND PUBLIC COUNTERS
4	SAME COASTLINE, SAME KIND OF STORM, 50 YEARS APART	ROUGHLY 300,000 DEAD, THEN 26	BANGLADESH PUBLISHED MORTALITY REVIEWS OF THE 1970, 1991, 2007 AND 2020 CYCLONES
5	SERIOUS PUBLIC ARGUMENT THAT SCARCITY ITSELF IS ENDING	ELON MUSK AT VIVATECH PARIS FOR THE ROUGHLY 80% FIGURE, AND THE US-SAUDI INVESTMENT FORUM FOR THE 10-20 YEAR TIMELINE	VIVATECH (THE 80%), AND THE WASHINGTON FORUM (THE 10-20 YEARS).

CORRECTION FOR THE RECORD: THE "FIVE YEARS" NUMBER GOING AROUND IS NOT WHAT WAS SAID. THE STATED NUMBER IS 10 TO 20 YEARS.



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4. THE DOOM DIET — 7-DAY AUDIT

BEFORE YOU FIX ANYTHING, MEASURE IT. SEVEN DAYS. TICK A BOX EVERY TIME.

COLUMN A: ANYTHING YOU READ, WATCHED, OR SCROLLED THAT YOU ARE ANGRY ABOUT OR MORE AFRAID.

COLUMN B: ANYTHING THAT TAUGHT YOU SOMETHING OR LEFT YOU BETTER THAN IT FOUND YOU.

DAY	A — FEAR / ANGER	B — LEARNED / BETTER	MINUTES ON FEED
1			
2			
3			
4			
5			
6			
7			

THE SCORING RULE

IF COLUMN A BEATS COLUMN B THREE TO ONE, YOU ARE NOT INFORMED. YOU ARE BEING FED.

IF COLUMN A BEATS COLUMN B FIVE TO ONE, CUT YOUR FEED TIME IN HALF THIS WEEK. NOT FOREVER. ONE WEEK. THEN LOOK AT YOUR OWN MOOD AND DECIDE WHO WAS RIGHT.

NOBODY IS ASKING YOU TO STOP PAYING ATTENTION. WE ARE ASKING YOU TO STOP LETTING SOMEBODY ELSE PICK THE DIET.



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5. THE FIRST QUESTION

HERE IS THE PART NOBODY EXPLAINS, AND IT IS THE ONLY INSTRUCTION YOU NEED.

YOU DO NOT OPERATE IT WITH BUTTONS. YOU TALK TO IT. IN YOUR OWN WORDS. BADLY, IF YOU WANT. IT DOES NOT CARE AND IT WILL NOT CORRECT YOUR GRAMMAR.

FOUR RULES THAT MAKE IT WORK BETTER

- ☐ TELL IT WHO YOU ARE. "I AM 68 AND I HAVE NEVER DONE THIS BEFORE."
- ☐ TELL IT WHAT YOU ACTUALLY WANT. "EXPLAIN IT LIKE I AM NOT A DOCTOR."
- ☐ SAY WHEN IT IS WRONG. "THAT IS NOT RIGHT — TRY AGAIN."
- ☐ KEEP ASKING. IT NEVER GETS TIRED OF YOU. THAT IS THE WHOLE ADVANTAGE.

WRITE YOUR FIRST QUESTION HERE BEFORE YOU OPEN ANYTHING

ONE REAL QUESTION. SOMETHING THAT ACTUALLY MATTERS TO YOU. NOT A TEST, NOT A JOKE. THAT IS THE WHOLE ASSIGNMENT FOR TONIGHT.



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6. TEN JOBS TO GIVE IT THIS WEEK

TICK THEM OFF. NONE OF THESE COST MONEY.

- ☐ READ ME THIS LETTER AND TELL ME IN PLAIN ENGLISH WHAT IT ACTUALLY SAYS.
- ☐ EXPLAIN THIS DIAGNOSIS, THIS MEDICATION, OR THIS TEST RESULT SO I UNDERSTAND IT.
- ☐ HELP ME WRITE THE LETTER I HAVE NEVER BEEN ABLE TO WRITE.
- ☐ TURN THIS INTO A SHOPPING LIST AND A WEEK OF MEALS FROM WHAT IS ALREADY IN MY KITCHEN.
- ☐ TEACH ME THE THING I QUIT ON. ONE LESSON A DAY, AT MY SPEED.
- ☐ TRANSLATE THIS SO I CAN TALK TO MY NEIGHBOR, MY IN-LAW, MY CREW.
- ☐ GO THROUGH THIS BILL LINE BY LINE AND TELL ME WHAT TO QUESTION.
- ☐ HELP ME PREPARE FIVE QUESTIONS FOR MY NEXT APPOINTMENT.
- ☐ HELP ME FIX THE THING INSTEAD OF PAYING SOMEBODY TO REPLACE IT.
- ☐ HELP ME APPLY FOR THE JOB I THINK I AM TOO OLD FOR.



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7. THE FREE SHELF

CATEGORIES, NOT COMMERCIALS. NOBODY PAID TO BE ON THIS PAGE AND NOBODY EVER WILL.

A GENERAL ASSISTANT YOU CAN TALK TO. SEVERAL OF THE BIG ONES HAVE A FREE TIER THAT DOES EVERYTHING ON THE PREVIOUS PAGE.

A FREE TUTOR FOR ANY SCHOOL SUBJECT, ANY GRADE, FOR YOU OR FOR A KID IN YOUR HOUSE. NONPROFIT. NO CHARGE.

EYES ON LOAN, IF YOU OR SOMEBODY YOU LOVE CANNOT SEE WELL. FREE APP, TEN MILLION VOLUNTEERS STANDING BY, PLUS INSTANT AI DESCRIPTION AT THREE IN THE MORNING.

LIVE CAPTIONS ON YOUR PHONE AND YOUR TV, IF HEARING IS THE PROBLEM. ALREADY BUILT IN. ALREADY PAID FOR. TURN IT ON.

YOUR PUBLIC LIBRARY CARD. FREE COURSES, FREE AUDIOBOOKS, FREE DATABASES YOU WOULD OTHERWISE PAY FOR.

EVERY PUBLISHED PROTEIN STRUCTURE, EVERY OPEN RESEARCH PAPER, EVERY FREE ENCYCLOPEDIA IN 300 LANGUAGES. ALREADY YOURS.

IF A PAGE DEMANDS YOUR CARD BEFORE IT WILL DO ANYTHING ON THIS LIST, CLOSE IT AND FIND ANOTHER. THE FREE VERSION IS REAL.



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8. THE TOO-LATE PAGE

THIS PAGE IS FOR ONE PERSON, AND YOU KNOW IF IT IS YOU.

YOU THINK YOU ARE TOO OLD. OR TOO FAR BEHIND. OR TOO BROKE. OR TOO LATE.

YOU ARE NOT.

THERE IS NO LINE. THERE IS NO WAITING LIST. NOBODY CHECKS YOUR CREDENTIALS AT THE DOOR. NOBODY IS GOING TO LAUGH AT YOU, BECAUSE THERE IS NOBODY THERE TO LAUGH.

YOU ALREADY HAVE THE ONLY TWO QUALIFICATIONS THIS EVER REQUIRED: SOMETHING YOU WANT TO KNOW, AND THE NERVE TO ASK.

FILL THIS IN AND KEEP IT

THE THING I WAS TOLD I WAS TOO LATE FOR:

THE FIRST SMALL PIECE OF IT I WILL DO:

BY WHEN:



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9. THE HOUSE RULES

OPTIMISM IS NOT THE SAME THING AS BEING CARELESS. THESE ARE THE SEATBELTS.

- ❑ NEVER TYPE IN A SOCIAL SECURITY NUMBER, A CARD NUMBER, A PASSWORD, OR A LOGIN. EVER. NO EXCEPTIONS.
- ❑ ANYTHING THAT TOUCHES YOUR MONEY, YOUR MEDICINE OR THE LAW GETS CHECKED WITH A REAL HUMAN BEFORE YOU ACT ON IT.
- ❑ ASSUME IT CAN BE CONFIDENTLY WRONG. IT WILL STATE A WRONG THING IN THE SAME CALM VOICE IT STATES A RIGHT ONE.
- ❑ WATCH FOR THE FLATTERY. IT AGREES WITH YOU TOO EASILY. IF IT NEVER PUSHES BACK, ASK IT DIRECTLY FOR THE STRONGEST ARGUMENT AGAINST YOU.
- ❑ IT IS A TOOL, NOT A FRIEND. IF IT IS THE ONLY VOICE YOU TALK TO ALL DAY, THAT IS THE TELL. CALL A PERSON.
- ❑ IF IT WROTE IT AND YOUR NAME GOES ON IT, YOU READ EVERY WORD FIRST. YOUR NAME, YOUR RESPONSIBILITY.

THESE RULES COST YOU NOTHING AND THEY COVER ABOUT NINETY PERCENT OF THE WAYS PEOPLE GET HURT WITH THIS.



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10. THE 30-DAY LADDER

WEEK	THE ASSIGNMENT	DONE
1	ASK ONE REAL QUESTION. DO THE 7-DAY DOOM DIET AUDIT. NOTHING ELSE.	
2	PICK THREE JOBS OFF THE LIST IN SECTION 6 AND ACTUALLY GIVE THEM TO IT.	
3	START THE THING FROM THE TOO-LATE PAGE. ONE LESSON A DAY, FIFTEEN MINUTES.	
4	TEACH ONE OTHER PERSON EVERYTHING YOU JUST LEARNED. SIT WITH THEM WHILE THEY ASK THEIR FIRST QUESTION.	

IF YOU ONLY DO WEEK ONE, YOU ARE STILL AHEAD OF WHERE YOU STARTED. DO NOT QUIT BECAUSE YOU FELL BEHIND THE TABLE.



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11. TELL ONE PERSON — THE RELAY

BAD NEWS TRAVELS BY ITSELF. GOOD NEWS NEEDS A COURIER. THAT IS THE JOB.

FIVE NAMES. FIVE PEOPLE WHO HAVE BEEN FED THE SAME SCARED LITTLE WORLD YOU WERE. WRITE THEM DOWN AND HAND THEM A BIGGER ONE.

#	NAME	WHAT I TOLD THEM	DATE
1			
2			
3			
4			
5			

WE HAVE SAID IT A HUNDRED TIMES ABOUT THE BAD NEWS: DO NOT BE ALONE WITH IT. TURNS OUT THAT GOES DOUBLE FOR THE GOOD NEWS.



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12. THE HONEST PAGE

EVERY FIELD MANUAL HAS ONE OF THESE. WE TELL YOU WHAT WE ARE SURE OF, WHAT WE ARE NOT, AND WHAT WOULD PROVE US WRONG.

THE CLAIM	OUR CONFIDENCE	WHAT WOULD PROVE US WRONG
THE FIVE PROOFS IN SECTION 3 HAPPENED AS DESCRIBED	VERY HIGH — PUBLISHED, CHECKABLE, CITED	GO READ THE SOURCES. IF THEY DO NOT SAY WHAT WE SAID, TELL US AND WE WILL PRINT THE CORRECTION
THESE TOOLS KEEP GETTING BETTER AND CHEAPER	ABOUT 90%	PRICES STOP FALLING AND CAPABILITY FLATTENS FOR TWO STRAIGHT YEARS
MOST PEOPLE'S WORK CHANGES SHAPE WITHIN TWENTY YEARS	ABOUT 70%	ADOPTION STALLS OUTSIDE OF A FEW INDUSTRIES
NOBODY HAS TO WORK AND EVERYBODY GETS A HIGH INCOME	ABOUT 25% — AND WE WOULD LOVE TO BE WRONG	WATCH THE PRICE OF A GENERAL-PURPOSE ROBOT. IF IT NEVER FALLS TO WHERE AN ORDINARY BUSINESS CAN BUY ONE, THE CLAIM DOES NOT LAND
THIS IS ALL UPSIDE	WE ARE NOT CLAIMING THAT	READ SECTION 9 AGAIN. THERE IS REAL HARM IN THIS AND WE COVER IT IN THE REST OF THIS SERIES

WE ARE NOT TELLING YOU NOTHING IS WRONG. PLENTY IS WRONG. WE ARE TELLING YOU THAT IS NOT THE WHOLE LEDGER, AND YOU HAVE ONLY BEEN SHOWN ONE COLUMN.



JOHNNY ACTION

13. MARCHING ORDERS

TONIGHT: OPEN THE THING ON YOUR PHONE YOU HAVE BEEN AFRAID OF AND ASK IT ONE REAL QUESTION.

THIS WEEK: USE IT TO DO ONE THING SOMEBODY TOLD YOU THAT YOU WERE TOO OLD, TOO LATE, OR TOO BROKE TO DO.

THEN: CALL ONE PERSON AND TELL THEM WHAT HAPPENED.

THE PLEDGE

I WILL NOT HAND MY MOOD OVER TO PEOPLE WHO MAKE MONEY OFF ME BEING AFRAID. I WILL CHECK THINGS MYSELF. I WILL USE WHAT HAS BEEN HANDED TO ME. AND I WILL PASS IT ON.

SIGNED:

DATE:

YOU ARE ALIVE AT THE BEST MOMENT THERE HAS EVER BEEN TO BE ALIVE. ACT LIKE IT.



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14. WHOM TO CALL

THE ACTION ARMY LINE: 855-88ACTION (855-882-2846)

CALL IT AND TELL US ONE GOOD THING A MACHINE, A SCREEN, OR A STRANGER ON THE INTERNET DID FOR YOU OR YOUR FAMILY. WE READ THEM ON THE AIR.

BY MAIL: JOHNNY ACTION, PO BOX 3492, PALM BEACH, FL 33480

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IF THE PROBLEM IS NOT NEGATIVITY BUT SOMETHING HEAVIER

**988 — SUICIDE AND CRISIS LIFELINE. CALL OR TEXT.
FREE, ANY HOUR.**

THIS MANUAL IS ABOUT HOPE, AND HOPE IS NOT A TREATMENT PLAN. IF YOU OR SOMEBODY IN YOUR HOUSE IS IN REAL TROUBLE, USE THAT NUMBER, AND DO NOT WAIT FOR THE NEXT EPISODE.

I AM JOHNNY ACTION. AND WE FIGHT BACK.

