

SAMS Roots Interview transcript

Darren Marks interviewed by Caroline Pearce, transcribed by Helen Singer

9th February 2016 at Darren's office in London

Recording length 41m54s

CP: Could you briefly tell me about how you came to be at SAMS? Very briefly because I know you've written about that so there'll be more detail in your article.

DM: OK, so I grew up in the United Synagogue in Pinner, North West London, so that was the kind of service I was used to. But having married my wife Lone, who isn't Jewish, the United Synagogue wasn't really a place for us to be. So I ended up originally, when we were living in Hayes at Ealing Liberal Synagogue and then we moved to Hertfordshire we joined Elstree Liberal. And then after a little while I moved to Radlett Reform before discovering SAMS. I liked SAMS because it had all the Liberal and Reform ethos but with the traditional service that I grew up with. So I felt much more comfortable there.

CP: I think that's the case for a lot of people, the mix of the traditional with the modern.

DM: Yes, that's right, and it took me a while for me to realise that it was even an option, because it wasn't widely publicised at [Masorti](#), in that way.

CP: So this was about 6 years ago?

DM: 6 or 7 years ago. I think so, yeah, I'd have to check that. I'm not sure exactly when I joined but it was around then.

CP: As far as St Albans itself is concerned, well you said you grew up in Hatch End, Pinner, and I believe your mum passed away some time ago, in St Albans?

DM: No, in Hatch End, they lived, well my dad's still got the house in Hatch End

CP: That's what I thought, was a bit confused by that

DM: My mum was born in St Albans

CP: Oh I see

DM: And she never lived in St Albans, none of my family ever lived in St Albans. And during the Second World War, 1942 she was born, my grandfather was in the army and my grandmother was evacuated to St Albans to give birth in Diocesan House which was like a nunnery run by the Catholic Church. It's currently, I think that place is an old people's home, or retirement home.

CP: So there was no sort of...

DM: Because she was living in the West End that had been bombed so it was a place where they were sending women to have babies, to give birth was in St Albans, out in the Styx

CP: Well from talking to other people I know that during the war there were people who were sent out in the direction of Hertfordshire, actually my Dad was as well. But I didn't know about that, sending them somewhere to give birth. So what happened then, was she, did your grandmother stay in St Albans for a while?

DM: No, she went to stay with relatives that actually, I mean I don't know if you want to see this but my grandmother wrote a little book

CP: Yes, I would love to see it

DM: I can email you a copy if you want it

CP: I would love to, can I take a photo of this

DM: Yes, of course. My grandmother wrote a book of how her parents came to England and her experiences as well living and growing up. She turned 95 last week, the 25TH of January.

CP: Really?

DM: She was 95.

CP: This is your mum's mum?

DM: My mum's mum

CP: Oh goodness, I didn't know you still had a grandma, that's amazing. Well would I be able to borrow this?

DM: You can borrow it, I do need it back though, so, or if you just want the words I can put them on the computer, probably just email it to you and then

CP: Fine, if I can use this

DM: I've probably got the original photo as well. If you wanted I could email that to you. Or you'd like the whole thing, sure

CP: Yes, great. That's lovely. So when did she write this?

DM: Oh, a couple of years ago

CP: So quite recently

DM: Yes, quite recently

CP: Yes, so that's interesting, maybe it has more information about what it was like to give birth in a convent

DM: She doesn't say very much about that particular experience

CP: Has she talked to you about that

DM: Well, only that she didn't know anybody, it was very frightening for her, she was only, she was very young. I think she must have been, she got married when she was 17 so it was probably not much, I think she was 17, 18, in the middle of the war

CP: Where were her own parents?

DM: Her dad was working in a factory in London making uniforms for soldiers, I can't remember what her mum was doing

CP: So her dad was still

DM: I mean they evacuated the children not the adults

CP: Gosh there are so many stories around that. But you also mentioned about your dad's family, that they founded Bevis Marks [Shul](#) is that right?

DM: So yes, so my father's family, so my mother's family were originally from Poland so in that book there there's stories about how they came to this country sort of in the early 1900s, I suppose just before the First World War and my father's family has been in this country since Oliver Cromwell brought the Jews back to this country so they trace back to sort of 1600 and something.

CP: That's incredible.

DM: So one of my ancestors Abraham Vaz Martines was one of the first wardens of the Bevis Marks synagogue which was founded in 1701. The first synagogue was in Creechurch Lane just down the road from Bevis Marks and that was from 1656 when they first came back. Some of the furniture at Bevis Marks, some of the benches, are still from the original synagogue in Creechurch Lane from 1656.

CP: I think my children have both been there, I don't think I have...So Vaz Martines sounds Spanish?

DM: Spanish-Portuguese. They came via Holland. And in fact the big [Sephardi](#) synagogue in Amsterdam is also like a large version of Bevis Marks, the design of it is very similar

CP: Have you been there, have you seen it?

DM: Well before I trained as a hypnotherapist I did a degree in restoration and conservation of decorative arts and because my college was very close to Bevis Marks and because of my personal connection I got very involved there for quite a while so I restored most of their furniture, a lot of their furniture, including those original benches.

CP: How amazing

DM: And they had, circumcision chairs and things like that

CP: Really?

DM: I was an expert in circumcision chair restoration!

CP: That sounds like a great title! Somewhere you'll have to use that.

DM: Yes I quite enjoy giving talks on circumcision implements at courses, watching all the guys sitting there squirming the whole way through!

CP: Crossing their legs! Yes I was going to ask you about that, not about the circumcision bit but about the furniture. Your dad was in the furniture business

DM: Yes he still is. Yes, so he's 85? 84? Yes he still goes to work every day, he's got his furniture shop.

CP: Does he? So was he involved in creating furniture? I mean is that the connection or

DM: Originally when they set up their business, his father's shop was closed during the war, all the windows were blown out by one of the first bombs and so then his father was in the fire service, my

dad's father was in the fire service. He also worked in the Mosquito Aircraft Museum(? Or factory) cos a lot, he was very good at woodwork and they used to make their aircraft out of wood. He worked in that factory and he was in the fire service but then after the war they opened up the shop again. Initially they were making three piece suites and they got a lot of timber from aircraft I mean from the air-raid shelters because they were no longer needed, they took out all the bunk beds and that kind of stuff and turned them into three piece suites

CP: That would be called up-cycling now!

DM: I don't know what you'd call it but he got this business going, he borrowed some money to get some material to cover it all with and he got the wood for free from the air-raid shelters that were no longer needed. He made his first work bench which I had until it unfortunately rotted away completely cos I had nowhere to store it indoors. He made that, his actual woodwork bench was from recycled air-raid shelter.... You make do with what you've got, don't you?

CP: I mean that's partly a generation thing I guess because they knew what it was like not to have very much and I suppose they just had, you know, shortages and the war and destruction and all of that, they had to do what they could, didn't they, to make a living so....So is that how your interest in furniture came about?

DM: Yeah, I suppose so, it's because I didn't really know what to do with my life at the time so it seemed like a natural progression at that particular time

CP: So you went to college straight from school to learn about..

DM: No, it was

CP: London Guildhall University, sorry

DM: I left home when I was 17 and went to work on a building site in Greece for a while

CP: Really? - that's quite young

DM: Yes, I got half way through my A levels and decided I didn't want to do them.

CP: OK, fair enough!

DM: I don't really want my children reading this!

CP: I understand your reticence! I'm really interested to hear about it though but I don't have to write about it. Cos I don't know that anyone, when it's stored in that Heritage Hub, I don't know that, they're not going to be putting this up

DM: I don't really mind, I don't want them to get any funny ideas...

CP: You don't want them doing the same

DM: Do as I say, not do as I do!

CP: You only want them to follow the examples that you want them to follow

DM: Exactly, that's the one!

CP: Nevertheless, that is an interesting thing for me to ask you about but if you don't want to tell me any more

DM: That's ok, I was going through a bit of a difficult time, maybe overly emotional, things like that and left, just, my parents paid for me to go inter-railing and I phoned them up from Athens and said I didn't want to come home, which when I think about it now I have my own children, how awful that must have been for them. Anyway they kind of let me get on with it, amazingly and

CP: That sounds very supportive

DM: And then I ended up in, I spent about 6 months doing that, something like that, just doing labouring work on building sites

CP: Good way to earn some money

DM: It was pretty grim work, I mean one of my first jobs, it was this building site on the island of Rhodes and they didn't have any health and safety like we've got here and one of my first jobs was in the basement cos they didn't have any toilets on site and the men just used to go down and use the basement and I'd be sent down with a wheelbarrow and a shovel to clear it all up

CP: Really? Not so nice

DM: It was pretty unpleasant

CP: You must have really wanted to stay there, there must have been a really good reason!

DM: Well that wasn't the only thing, there was lots of labouring, carrying stuff around, and I had those skills

CP: So this is in the late 90s, no wait

DM: When would this, this was 1987

CP: Sorry I'm getting my dates

DM: 1987. And then after that I went to Israel by boat from Greece and worked on a [moshav](#) for a while. I was away for about a year, something like that. And then I came back and worked in my dad's shop, again probably for about half a year and then I went to Africa for 3 months. I wanted to go to the rain forest so I travelled, I hitchhiked across Kenya, Uganda into the Congo

CP: By yourself?

DM: By myself. I got sort of halfway across the Congo before turning back again, coming back to the UK. And it's when I came back that I went to the Furniture College

CP: You were quite young when you did that too, hitch-hiking

DM: I was 19 at the time

CP: Very young. I'm sure there's lots of stories about that time and your time in Greece but I'm equally sure you don't want to share them with, I mean we could talk about them but

DM: I bought a dug-out canoe on the shores of the Congo River and I was going to head off on my own and I bought a load of rice and I realised I didn't actually know how to cook it, cos I was trying to cook it, and I thought I can't cook a bowl of rice, and I've just bought a dug-out canoe and then I thought maybe it's time I head home. It's probably one of the wisest decisions I ever made! Rather than heading off down the Congo in a dug-out canoe which cost me five pounds

CP: So a bowl of rice changed the course of your life!

DM: Well I realised I needed to have some basic, you know, survival skills, like being able to prepare food for myself properly

CP: Yeah, that's probably quite good. OK so then you, once you came, I'm really interested to know more about your account... but anyway

DM: So then I came back, I did a course in cabinet making

CP: Fine, cos you had creative

DM: Well I'm not actually very practical, on that perspective I don't really think I've got an eye for detail. I had to work really hard at that. But I'm very glad I learnt that skill, it made me very handy round the house, so yes I'm glad I learned how to do all that stuff but I wouldn't say it's my greatest strength. That's why I've ended up doing something completely different really.

CP: But you helped, well you made the letters above the [Ark](#)

DM: Oh yes exactly, I have some skills which, I can kind of get away with stuff like that but I'm not a super, I'm not a great craftsman as it were but for something like that, that was relatively straight forward to make those letters, in comparison toand I've done much more complicated things and wood is a very forgiving material, you can kind of...it's not like working with metal or plastics or something, if you make a mistake you can sand it away, fill it with a bit of wax, you can do stuff to make it look good

CP: So how did you feel about making those letters to go above the Ark, I mean, it must have been nice

DM: Well it was a very special thing, in fact that's kind of what the article is about as well, it's about doing it with my children and so that was very special

CP: Yeah I can imagine

DM: Well the article's all about living the words on our Ark, it's all about, so that's how it starts, about making those letters and that kind of thing so it was worth referring to that

CP: I will do. Ok, so let's go back to some of your other family members, I think you mentioned that Daniel Mendoza was related to you? A boxer?

DM: Yes, so actually let me see, I can bring up Benjamin, I did a presentation at the shul on his family history so he's got all this stuff

CP: Oh yes, I think you mentioned that

DM: Let's see if I can, hopefully I can find it, but ok so anyway, it goes through my father's side of the family, my father then his mother in that direction, and back six generations, something like that, so one of my great great great great great grandparents' first cousin was Daniel Mendoza which makes him my first cousin 6 times removed! I don't know why I can't find it

CP: So going back to roughly when, I don't know

DM: I've got his book here actually so, Daniel Mendoza biography, he was 1764 he was born, died 1836

CP: Perhaps I can take a photograph

DM: Yes, you're welcome to. It's his book,

CP: So he wrote it?

DM: He wrote it, it's been edited, you can get it on Amazon these days. He was the first middle weight, and the only middle weight actually ever to win the heavy weight champion of the world, he was the champion boxer of Britain and he would beat people who were much heavier and bigger than him because he developed a style of boxing where he essentially brought in, it sounds really silly but he'd block punches or step out of the way and this was revolutionary at the time as pugilists, bare fisted boxers, would just stand there and pummel each other until one of them fell over and they wouldn't like, block or duck or get out of the way, it would just be I'm really hard, I can stand here and take all the punches. And he kind of developed this whole system where he would get out of the way of punches and would know exactly where to hit people and so he would beat people much bigger than him. And after, and he wrote his book about the art, the science of boxing which became like the Bible for boxers going forward for 100 years after that. He was very popular at the time. One of his bouts was you know, a headline in The Times ahead of the storming of the Bastille, it was that big a deal.

CP: And he was on your father's side, so he was born in England?

DM: Yes, that's right he was part of that Sephardi side of the family.

CP: Right, so I mean I wonder, so many questions to ask you

DM: He was the first Jew, the first Jew to meet King George III I think it was and he unfortunately ended up dying in poverty because he rose so high that the only way he could keep up with his peers was by spending all of his money so he just blew everything, in fact a lot of his children ended up living a life of crime, some of them were sent to Australia as criminals. So we've got, there's a whole, so my aunt who's very into her genealogy, she's visited the Mendoza family in Australia who are the descendants of his children who were sent out as criminals to Australia a hundred something years ago.

CP: That's astonishing. It must be so fascinating, I mean I am fascinated by it apart from anything as well, you know these links to the past and how we explore them, you know

DM: Well that picture there of Daniel Mendoza, my children like to say that it looks like me but with muscles!

CP: Oh he's got curly hair...

DM: That's right, a well-built version of Dad!

CP: Well I can see a little bit of a resemblance.....so that's sort of family legend really

DM: I had a feeling, he had a lot of children and it wouldn't surprise me if almost every Sephardi family, you know every English Sephardi, was somehow linked to Daniel Mendoza! Everyone wants to be linked to Daniel Mendoza. Well we are linked to him but there'll be a lot of people who are.

CP: Do you think I mean, don't know if he was observant in any way but do you think that any of the Sephardi traditions have sort of gone down through the generations?

DM: Not really, my father's family weren't particularly religious and my mother was much more interested in that kind of thing. We were brought up in [Ashkenazi](#) - the only thing is that we eat rice on [Pesach](#)

CP: Oh ok, cos you've got this bit of Sephardi, makes life a lot easier

DM: Yes, that's our Sephardi tradition

CP: Can I put that in? You know, that's part of your heritage

DM: Yes, I remember my mother actually asked the Rabbi at shul once, remember Darren's father, I was studying for my barmitzvah, is Sephardi, is it ok if he eats rice on Pesach? And he went crazy and said no you can't, he's been brought up as an Ashkenazi, he can't eat rice on Pesach! (26 minutes in) Anyway, we've over-rided that!

CP: Yes, well different ideas in the United Synagogue really. You also mentioned, when we were talking on the phone, about your great grandfather who was in the Russian army.

DM: Yes, so he's in that little book there

CP: So that's your mum's side

DM: My mum's side, so my mum's grandfather. He was conscripted into the Russian army and didn't want to stay there

CP: So when

DM: This would have been 1916, 17 something like that, before the First World War,

CP: Oh before 1914

DM: Actually let me just

CP: Actually I can look it up

DM: Yes, so he came to England in 1913 so this was just before the First World War and they conscripted, like they didn't conscript the eldest, it was the second one along they would conscript into the army and his elder brother was the editor of a newspaper in Lodz called, I don't know how to pronounce this, Lodzer Tageblatt or something like that, a Jewish newspaper in Lodz. The eldest one, and he arranged to smuggle him out of Ukraine, Russia. So they met one night when he was on guard duty, he put his gun into the ground, bayonet and hung his coat around it so he looked like he was still on guard duty and slipped away into the night and he was smuggled to England.

CP: So that would be his brother?

DM: His brother arranged it

CP: And what happened to him?

DM: The brother? As far as I know the brother stayed in Lodz and most of that family were killed during the Holocaust. There were a number of brothers and sisters, most of them, he was the only one who ended up in England, most of the others, some of them, survivors, ended up in Israel, we've got family in Brazil and Canada but most of them were killed.

CP: Mmm, sadly. You mentioned, well you said that the older brother was an editor and I noticed that your mum was a journalist

DM: My mum always liked writing, I mean she never really

CP: Was it a genetic thing?

DM: Yeah, maybe, maybe. She wanted to study History but she wasn't allowed to by her parents unfortunately.

CP: Was there a reason for that?

DM: Women don't go to University, I think was the order of the day unfortunately

CP: Shame. So, but she did work as a journalist?

DM: For a little while, then she made [Aliyah](#) she lived in Israel for two years before coming back and reconnecting with my father and deciding not to head back to Israel but she ended up working for El-Al instead so she was travelling to and from Israel a lot

CP: So how did they meet, your parents?

DM: How did my parents meet? They met at a party in North West London somewhere and then it turned out that they lived opposite each other. So apparently they'd, my mum had just moved in opposite my dad's house, they'd been living there a while. He'd noticed her but she hadn't noticed him but when he dropped her back from this party where they met and he pretended he didn't live opposite and carried on driving

CP: So this would have been in the 1960s sometime?

DM: Yes I guess so

CP: You're the oldest of three

DM: I'm the oldest

CP: And you were born in 1970

DM: Yes, so it would be 1960 something like that

CP: In the 1960s

DM: Yes so they were married two years before I was born? I can't remember now, how long they were, it was a on and off relationship for a number of years

CP: Well things were changing then, weren't they, they were different from the previous generation, it wasn't like you know in the fifties, or forties, people got married, you know they didn't date for long

DM: I think my father still lived at home until he was 36 which was relatively unusual

CP: That is pretty unusual. So you said before we started recording I think, you didn't think it would be very interesting for people to know about growing up in North West London in the 1980s but I think it is quite interesting so could you tell me a little bit about, you know a Day in the Life, kind of, you know, with your siblings

DM: My siblings?

CP: Well yeah I mean what do you remember in your childhood, let's say a typical day, you'd go to school, did you walk to school, did you get the bus to school, did you get driven, you know

DM: Mmm I always made my own way to school on public transport so even when I was at primary school I used to get the train a couple of stops to Harrow from Hatch End, went from prep school which my parents thought was very good, it was actually a nightmare place, I think I caught the tail end of corporal punishment so I think I was the last year, when I left that school it was the last year it was still legal. I used to go to school with ten pairs of pants on and a layer of cardboard

because I was afraid of being caned, well actually we had one teacher, a PE teacher who used to hit us with the ropes, the climbing ropes

CP: They're quite sturdy things aren't they?

DM: Yes, or you know had us all lined up you know, with a plimsoll, bending over touching your toes. So that's what I remember from school, looking down the line seeing all these boys leaping forward in agony and you're like, half way down the line waiting for your turn

CP: That's pretty horrific, I mean did they just do that randomly

DM: If one person did something, this particular teacher, if one person did something wrong then everyone would be punished, he was just a bit of a sadist. I think a lot of PE teachers, maybe there was a particular school of PE teachers, which seemed to be a bit like that. Having said that I'm sure we were pretty horrible, well we gave the teachers a hard time

CP: Did you? Do you think you did particularly?

DM: I was probably quite cheeky. OK my children always ask this, what did you do wrong at school, I'd say nothing so maybe I should keep it like that!

CP: That's the fun stuff! Ok, so you weren't the most engaged pupil then

DM: Well it would depend on the teacher. If there was a weak teacher, you know as a pack of boys we'd go for the jugular

CP: Oh cos it was a prep school it was an all boys school?

DM: Yes it was all boys

CP: I'm sure that's still the same today

DM: I think it is

CP: I don't think there's anything unusual about that, I suspect if you expose weakness

DM: Yes that's it, well I don't know how you, it's not just being weak, the teacher has to be strong, like strict, but also inspirational and nice which is quite a hard combination to keep going I think, long term

CP: Kind but firm and knowledgeable, all those things yeah,

DM: And be able to deal with, there's always, in a big group there's always someone who's going to push your buttons

CP: Do you remember any particular teacher who would have influenced you in a positive way? I mean most people have one teacher that they think, oh yeah I remember that person, for a good reason, or did you?

DM: Well I remember I had a very inspiring, I had a History teacher in secondary school called Mr Bearman. I don't remember the specific lessons but he could be very engaging and I wanted to write, I can remember being really interested in the subject and writing lots for him, and Mrs Pickering my English teacher, I always liked writing stuff for her

CP: Do you still like writing?

DM: Yeah, I do still like writing, I don't do it that often, trying to write a book

CP: A novel?

DM: No, more like a self-help type book. To do with my work. I wouldn't mind writing a novel but it's the amount of time I think, you have to research it and kind of get it going, it's really hard to find that

CP: So it's related to your work which is Hypnotherapy and, your business card says something else, oh no it just says hypnotherapist. So how did you come into that sort of work? How did you get there from furniture making which was ... how did you make that transition? What inspired you to become a hypnotherapist?

DM: Whilst I was you know studying my furniture stuff, I mean I was always really interested in like spiritual things and leadership? and all that kind of stuff so I did courses on the side in things like contemporary shamanism and stuff like this and I ended up, I just kind of ended up experimenting with hypnosis and my father had given me a book when I was a child which I always found really fascinating by a guy called Ralph Slater who was a famous stage hypnotist at the time. So I remember trying out some of his stuff as a small child but I kind of returned to it as an adult. And I saw a hypnotherapist at the time when I left college and I set up my own furniture restoration business living on my own, I was quite nervous about that so I saw somebody to help me recover my confidence and that kind of thing was really useful. And I ended up studying the subject. And it ended up being my main job. I think it was partly cos whilst I was studying my mum became ill with cancer and then I started using some of the techniques I'd learned, with her, which she found really useful and also it brought us much closer together especially after I'd left home at the age of 17.

We were slightly estranged for a while. But when we started working together like that, although you don't normally get to work with family or friends, in that setting it was really helpful. And then I ended up volunteering at a cancer support centre and I worked there one day a week for seven years.

CP: After she passed away or

DM: I did carry on after she passed away but I started when she was, not long after she was diagnosed. So that's how I got my experience. In fact after that the most, I mean I work with all kinds of different people but it was a pretty hard, lots of my clients ended up not making it so that's really hard

CP: Very, I mean that's an incredibly powerful experience I imagine working with your mother in that context as well, starting out learning and helping her and then as you said you'd become estranged it helped your relationship

DM: Yes it also helped your state of mind, I mean physically it has a huge impact. At the time when she was first diagnosed she felt dreadful physically and mentally but there's a crossover between mental and physical wellbeing so it was actually mostly, at the time when she was first diagnosed, mostly psychological and she was feeling physical symptoms as she was so frightened so when we started working together she started feeling a lot better and so she was convinced that I was healing her. Which was lovely but it wasn't on the physical level it's not really what happened in the end. So that was kind of like I, well I had that quite frequently, I'd see clients especially right at the beginning, who'd have one or two sessions with me and they'd think my cancer's getting better cos they felt so much better after a hypnotherapy session and actually the cancer wasn't getting better you know, so I'd come to the, I mean there is no doubt that the sessions do have an effect on the immune system, there's lots of research that's shown that if people have the right kind of attitude

...if you're very tense all the time you're spending energy on that rather than letting the body naturally heal so there's no doubt that physically you will do better through using techniques like hypnosis. But it's not the answer to everything. So at the beginning it was pretty, a few times I was in situations where I thought wow, this is amazing, I'm healing cancer but obviously I wasn't. And that was a really tough thing, a shocking thing to say that but that's kind of how it felt at the time. And it was really tough to discover that wasn't really quite how it was working. But having said that you know it was still, to help somebody deal with the last moments, or the last months of their life, to improve the quality of their life, so they could live it to the full, on its own is a lovely thing to do.

CP: It must be an amazing thing to do. So do you find now though that most of the people that you work with, is it people who have physical

DM: No, I kind of moved away from that. I still see people with physical problems but I work mainly with anxiety. But even when I was working with people with physical problems it was the anxiety I was helping with. So in that sense it's not that different. But people that come and see me specifically, don't seek me out so much these days because of things like cancer. But it's anxiety, phobias, confidence, that kind of thing.

CP: That's very interesting, really interesting area. So do you feel now, you know, that you've found the thing you should be doing, would you say?

DM: Yes, this is definitely what I should... I went to a school reunion some years ago and I remember these guys that I used to know before I left home and they were saying they never really understood me talking about how I was feeling and getting all emotional about things, they couldn't get it you know at all and I was actually that's what I work with all the time, I should have done a degree in Psychology really!

CP: Never too late!

DM: Now I don't need to do that.

CP: So the book that you would like to write is to tell people more about

DM: Yes so it is like a self help... I'm part way into it but it's been abandoned for a while, about my work and techniques that people can use to make their lives better and that kind of thing.

[Interview ends]