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The Letting Go: The Wonder in Our Wounds

Natascha Stellmach

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Contributions by Sandra Hüller

Contributions by Kelly Gellatly

Contributions by Matthew McArdle

ISBN	9783987412271
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Binding	Paperback / softback
Territory	World excluding Germany, Austria, Switzerland
Size	240 mm x 165 mm
Pages	352 Pages
Illustrations	218 color, 4 b&w
Price	£45.00

- Natascha Stellmach is an artist renowned for her participatory and often provocative works, most notably *The Letting Go*, a ritualised practice involving bloodline tattooing
- Weaves together evocative photography, academic research, and participant-contributed selfies and reflections to offer a deeply human portrait of what it means to let go

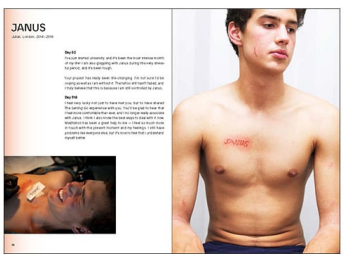
The Letting Go is a long-standing, performative, and participatory practice by artist Natascha Stellmach. It explores themes of vulnerability and empowerment. Following a meditation and in response to the question, "What would you like to let go of?", the practice involves identifying, naming, embodying, and experiencing healing and impermanence through the body. Its method includes ritual tattooing without ink (a bloodline tattoo) to address a personal obstacle and initiate an intimate enquiry.

Over a period of almost 10 years, Stellmach performed more than 120 sessions with individuals in galleries and privately, including herself. Through evocative photography, academic research, and participant-contributed selfies and reflections, the publication invites readers to embrace "the wonder in our wounds" and offers a deeply human portrait of what it means to let go.

The book includes a welcome message by acclaimed actor Sandra Hüller, as well as essays by curator and arts writer Kelly Gellatly and psychiatrist and psychoanalyst Dr. Matthew McArdle.

Text in English and German.







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