

The cover of *Shelf Life* is a 1954 photograph of the old Cincinnati Public Library. According to Buzzfeed.com, the library was demolished in 1955 as the collection moved into a new, more modern building across the street. It was "a magnificent maze of books that is now lost forever."

The Library was known for being among the first in the United States to provide full service to patrons on Sundays. The reading rooms in the main hall were opened from 8am to 10pm and would fill with "many young men who [had previously] strolled about the streets on Sunday, [spending] the day in a less profitable manner." One might ask, what would they have otherwise done?

This publication concerns self-publishing and is self-published. In it, the reader will also find various archival patent drawings.

Publishing is considered broadly here.

The British Library currently holds over 170 million catalogued items. It is the largest library in the world. Included in its collection is a Chinese copy of the Diamond Sutra, dated to 868. This sutra is considered to be the oldest existing book and insists upon a life of general detachment and good-old meditation.

Under existing United States Patent and Trademark law, utility and plant patents are granted a term of 20 years. After that, they expire and must be renewed.

There is a widespread misconception that wine always improves with age. Aging changes wine, but does not categorically improve it or worsen it. Fruitiness has been known to deteriorate rapidly. Due to the cost of storage, it is not economical to age cheap wines, unless you have, or plan on building, a shallow cellar in the yard. "Most cocktails containing liquor are made today with gin and ingenuity. In brief, take an ample supply of the former and use your imagination. For the benefit of a minority, it is courteous to serve chilled fruit juice in addition to cocktails made with liquor." - Irma S. Rombauer, *The Joy of Cooking* (1931)

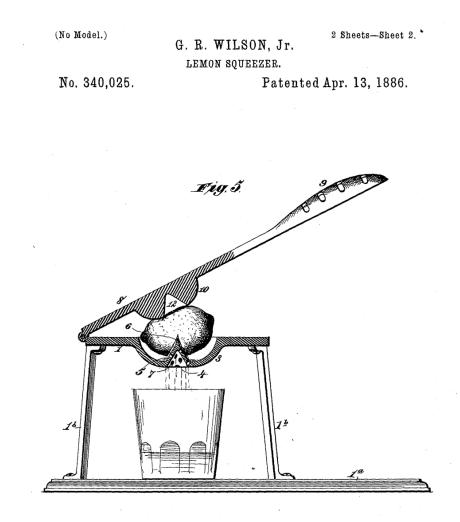
"Yes, it is a press, certainly, but a press from which shall flow in inexhaustible streams, the most abundant and most marvelous liquor that has ever flowed to relieve the thirst of men! Through it, God will spread His Word. A spring of truth shall flow from it: like a new star it shall scatter the darkness of ignorance and cause a light heretofore unknown to shine amongst men." - attributed to Johannes Gutenberg by Alphonse de Lamartine, *Memories of Celebrated Characters* (1854)

"Imagination is not only the uniquely human capacity to envision that which is not, and, therefore, the foundation of all invention and innovation. In its arguably most transformative and revelatory capacity, it is the power that enables us to empathize with humans whose experiences we have never shared." - J.K. Rowling, Harvard Commencement Speech (2008)

"Books are my Friends, my companions. They make me laugh and cry and find meaning in life." - Christopher Paolini, *Eragon* (2002)

"My present and most fixed opinion regarding the nature of alcoholic fermentation is essentially a phenomenon correlative with a vital act, beginning and ending with the latter. I believe that there is never any alcoholic fermentation without there being simultaneously the organization, development, multiplication of the globules, or the pursued, contained life of the globules with are already formed."
Louis Pasteur, Memoire fermentation alcoolique (1860)

"Your turn has finally arrived." - Joel Hochman and Larry Leichman, Self-Publishing: the Ultimate Guide to Producing a Bestseller (2007)



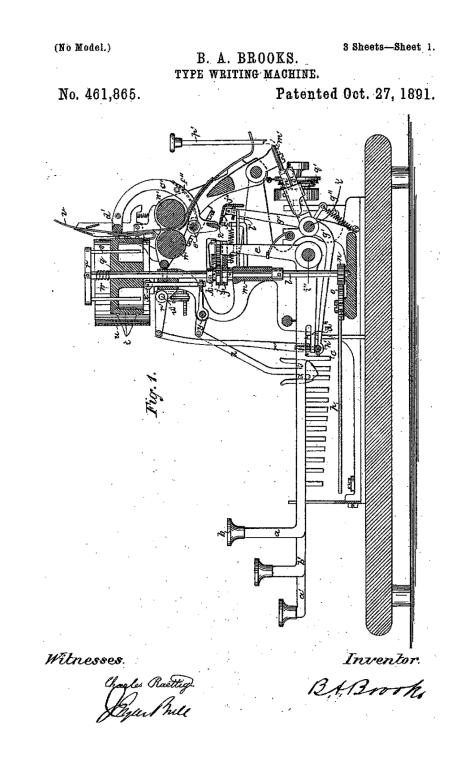
N. PETERS, Photo-Lithographer, Washingt

Witnesses. Johnt Breett. J. A. Ruthe for

Inventor. George R. Wilson Jr. James L. Norris

On the website of 'Poets & Writers', the popular literary magazine, a brief history of self-publishing is offered ('Notable Moments in Self-Publishing History: A Timeline'). In it, the author swears that some of our most celebrate Historical authors in fact self-published their own work! Such towering do-it-yourself-ers as Martin Luther, Emily Dickinson, Benjamin Franklin, E.L. James, William Blake, Jane Austen, Walt Whitman, Marcel Proust, Virginia Woolf, Ezra Pound, Oscar Wilde; these goliaths either started up their own printing houses or otherwise avoided mainstream publishing options altogether.

So, rest assured. When using your printer and your hands, you'll be in good company.



Gutenberg, for goodness sake! Oh Johannes, you anti-establishment luminary, you do-er!

And the name you chose, or which was chosen for you! The press! You share it with the wine-makers and garlic crushers and sweet juicers of the land, those who push down and bring forth beads of moisture and succulence!

1,487,566 March 18, 1924. H B. HENTON MOUTHPIECE FOR MUSICAL INSTRUMENTS Filed July 7, 1922 Fig.1. Fig.5. 10ª 16ª Fig.R. 10 Fig.3. Fig.4. H Benne Henton Knight Beos. distornies

As you must already know, *The Joy of Cooking* is a very popular cookbook.

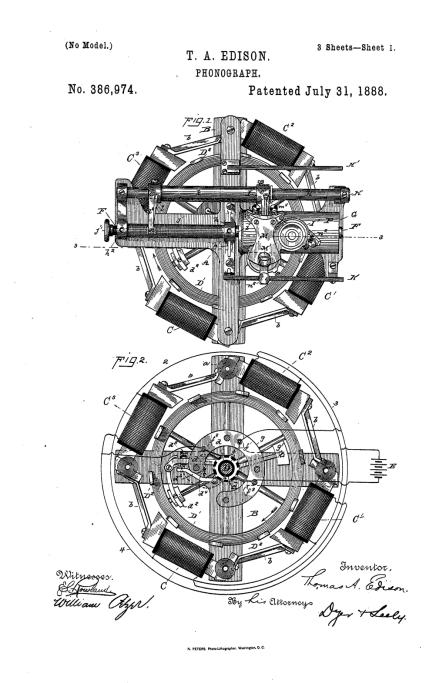
You must have seen it before, it is quite recognizable. Many of the *Joys* I've seen have been hardcoverbound, wrapped in a red, white, and blue dust jacket. The word 'joy' is featured prominently on the cover in lowercase lettering.

But the original cover design was quite different. (It instead depicted the Biblical Martha, the patron saint of butlers, of innkeepers, of single lay women, and, of course, of cooks and homemakers.)

" As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!

'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.' "

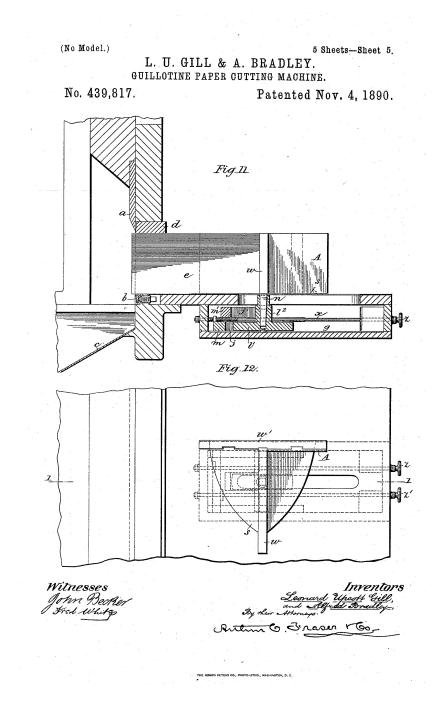
- Luke 10:38-42, New International Version



On 3 February 1930, three months into the Great Depression, Edgar Rombauer shot himself and died. The wife of Mr. Rombauer, Irma S., had been an active community member, a supportive wife, and the frequent host of luncheons for members of various St. Louis-area women's associations to which she belonged. After being widowed at the age of 52, with so much life left, with three adult children and only \$6000 in savings, it is thought that Mrs. Rombauer yearned for some way to support herself and to cope with the loss of her husband.

Given her resilient and particular spirit, Mrs. Rombauer chose to compile a cookbook for commercial publication. By mid-1931, Mrs. Rombauer had her recipes, and she launched the first edition of *The Joy of Cooking: A Compilation of Reliable Recipes, with a Casual Culinary Chat* at a party she herself organized. The text contained chapters on topics such as 'Cocktails,' 'Soups,' 'Luncheons and Supper Dishes,' 'Meat,' 'Vegetables,' 'Poultry and Game,' 'Salads,' 'Breads,' 'Pies,' 'Cakes and Cookies,' 'Ice Cream,' and 'Jellies.' It was over eight hundred pages long and the *St. Louis Post Dispatch* claimed it as witty and full of puns.

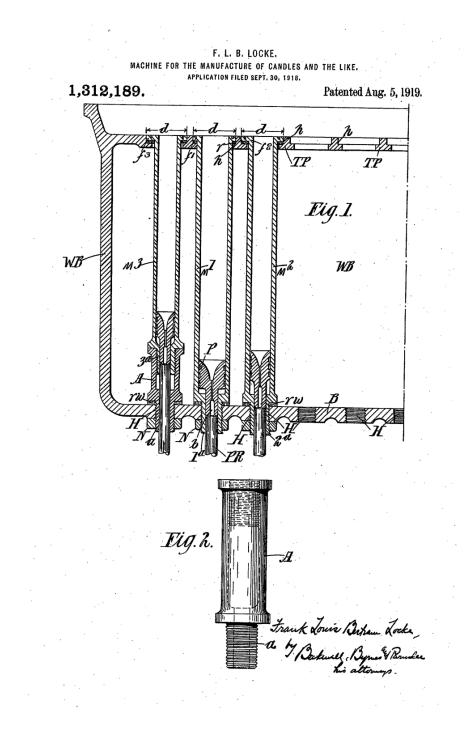
The Joy of Cooking is considered a 'self-published' book, in that A.C. Clayton, the company contracted to print the first 3000 copies, had never before printed a book. The business had up until that point specialized in printed labels for fancy shoes and bottles of Listerine. After the enormous success of the first edition, Mrs. Rombauer's text was picked up by Scribner, a major American publishing house. Since then, the book has never been out of print. It has become the backbone of many home kitchens and my mother owns two copies. But one must acknowledge the humble origins of Mrs. Irma S. Rombauer's *The Joy of Cooking*.



Perhaps you also remember *Eragon*, that thick, dark-blue volume with an image of a dragon on the cover. (That dragon has a name, it is Saphira Bjartskular, which, in the imagined language of the 'Inheritance Cycle,' translates as Brightscales.) *Eragon* is the first in a series of four dystopian, Young-Adult novels written by Christopher Paolini over a period of ten years (known collectively as 'the Inheritance Cycle').

Christopher Paolini was perhaps a strange and distinct young man. He was born in Los Angeles only nine years before I was, in November of 1983. His parents chose to homeschool the boy in an isolated part of southwestern Montana known as Paradise Valley. Mule Deer are common in the valley, as are their hunters. The strange and inspired boy finished the first full draft of *Eragon* by his eighteenth birthday and along with his parents, he selfpublished a 500-paged thing. The three of them toured the United States to promote the book, giving over 135 talks in bookshops, libraries, and schools. During many of these talks, Mr. Paolini dressed up in medieval costume sans sword.

Eragon eventually fell into the hands of Carl Hiassen (who is perhaps most well-known for his best-selling Young-Adult novel *Hoot*, though he as written several popular novels marketed specifically to grown-ups, including one titled *Skinny Dip*, which was described by the New York Times as a "screwball delight"). Passed from Mr. Hiassen to his publisher, the text was eventually picked up by the well-respected New York publishing house Alfred A. Knopf Sr. Here, at this point in his life, the 18- or 19-year old Mr. Paolini became a peer of Jack London, Joan Didion, Bret Easton Ellis, and Gabriel Garcia Marquez, among many, oh too many! more. His 'Inheritance Cycle' has sold over 33.5 million copies worldwide, which is impressive and most likely has been financially rewarding.

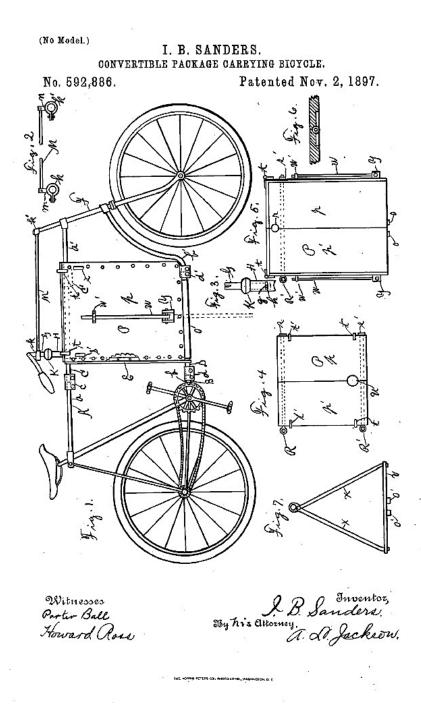


In the first three months of 2015 alone, the Cable News Network (CNN) has used the term 'genius' to describe four individuals of distinct skill sets and scale of achievement. These people include the fashion designer Alexander McQueen; the Reverend Fred Caddock of Blue Ridge, Georgia; a fortunately unfortunate Seattle man who was mugged and repeatedly beaten, but who now has a talent for illustration somehow; and a 10-year old maths prodigy named Esther Okade.

While this may suggest a consistent overuse of the term and subsequent watering down of its intended meaning, CNN has, in the past, described both Mrs. Irma S. Rombauer *and* Mr. Christopher Paolini as 'geniuses' in their own right. Mrs. Rombauer is described as being the "Genius behind the 'Joy of Cooking'" (28 Dec 2009) and Mr. Paolini as "a child with a spark of genius inside" (15 Dec 2006). So geniuses self-publish, or so says CNN.

The American retail chain Crate & Barrel, known for their elegant modernist design tendencies, currently offer six different models of garlic presses online. These products range in price from \$6.97 (the 'Quick 'n' Easy' Garlic Press, currently on clearance for whatever reason) to \$44.95 (a model by Rösle, a small-scale Bavarian kitchen accessory manufacturer, est. 1888).

At a comparable rate, one can nowadays publish an original work in paperback, hardcover, or even eBook format. Several online self-publishing platforms offer costumers the opportunity to create and share their own publications. These most notably include Lulu.com and Blurb, Inc. On Lulu, a US Trade, 6 by 9 inch, Black & White, Perfect Bound paperback will run you about \$3.25 a pop. Blurb, which specializes in what are known as 'photo books,' can be more costly because of the higher quality paper they use in their publications.



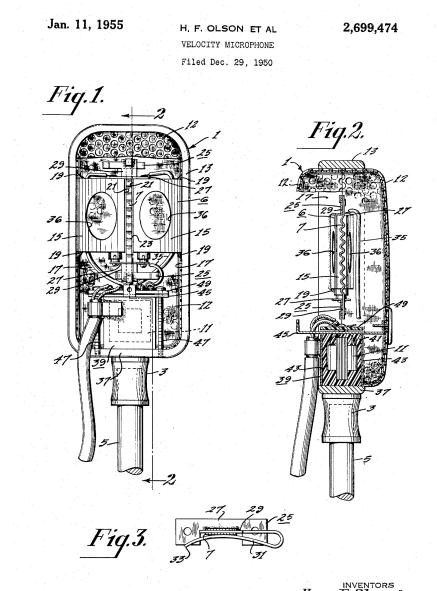
All that aside, I'd like to profile three authors who are currently writing and who have found self-publishing, or publishing through small, local presses, to be an ideal format through which they may share their work and message.

Anthony Liccione is from Chicago, Illinois, the United States. Mary-Jean Harris is from Ottawa, Ontario, Canada. And Israelmore Ayivor is from Keta, Volta Region, Ghana.

I connected with these authors through Goodreads.com, an online, user-populated database of books, annotations, quotations, and reviews. In the summer of 2013, the company announced that it had amassed approximately 20 million active online members, which established it among the largest of social networking websites in the world. Other online communities at around the 20 million mark include StumbleUpon, Foursquare, and BlackPlanet.

One noteworthy feature of the Goodreads website is its extensive catalogue of over 30,000 literary quotes. Members are allowed to submit and edit quotes, and, thus, there exist many featured quotations from texts originally written by members themselves. This should perhaps qualify as a form of 'self-publishing.' By including excerpts and idioms from their own oeuvre, these self-publishing authors are able to situate themselves next to such Historical figures as George Carlin, Veronica Roth, and Charles Dickens. You can print your book on Blurb and still make it into the canon. Oh Johannes, we must! Press against us and pour out our fine juices!

Mr. Liccione has written (at least) four distinct works and has 2890 friends on Goodreads.com. Mrs. Harris has written (at least) 6 distinct works and has 143 friends on Goodreads.com. Mr. Ayivor has written (at least) 16 distinct works and has 61 friends on Goodreads.com. None of them are friends with each other.



Harry F. Ulson John Preston Moniel Reben Attorney This description of **Anthony Liccione** comes from his profile on The Literary Underground Wiki, which he himself wrote:

"Liccione was born in Chicago, Illinois and raised in Rochester, New York. As a child, Liccione grew up in the struggles of a broken family, moving around in various homes, wandering from family member to family member. During his teen years, he went from living with friends to strangers, a vacant home, a vacant garage, and finally living inside his car, all the while managing to survive.

Anthony grew up in the inner-city skirts of Rochester, New York. Having no family guidance or support, he made his way through all elementary and high school, and achieving his diploma while living in his car in the 12th grade year. He went on to get his Associates in Architect and attempted to get his Bachelors in English, but withdrew from school to become a father.

After his many years in New York, he now resides in Ft. Worth, Texas with his two children, where he works for a power company disconnecting people who don't pay their bills. He also serves for the Army National Guard part-time.

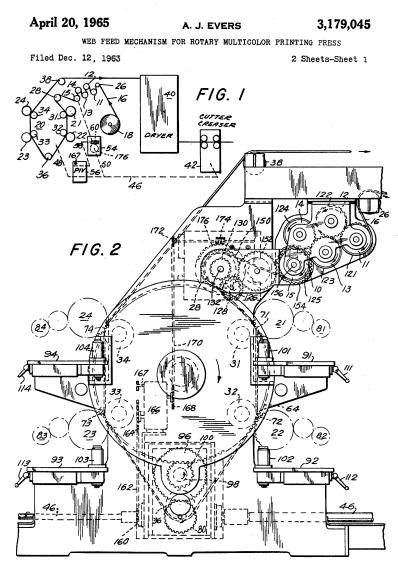
Liccione kept a journal from his childhood on the way up into his teen years. It gave him a sense of comfort after the loss of his mother at a young age-- to gather his thoughts and feelings and write them on paper.

In his early twenties he met rapper/writer Brian Parker, who encouraged him to write poetry. This correlation embarked and changed his life into writing, and now twenty years later the pen still keeps flowing.

While attending college, a poem of his was accepted in the highlyacclaimed student literary journal Cabbage & Kings, which in turn encouraged him to begin writing on a serious level.

Liccione is the author of the chapbook Heaven's Shadow published by Foothills Publishing and Parched and Colorless by Moon Publishing. He has poetry forthcoming in The Stray Branch in 2012 and poetry forthcoming in the January/February issue of Hennen's Observer. He is also involved in the upcoming album 'Telling Tales' which will portray a poem of his in audible format, which is to be released in early 2011 through hennenobserver.com.

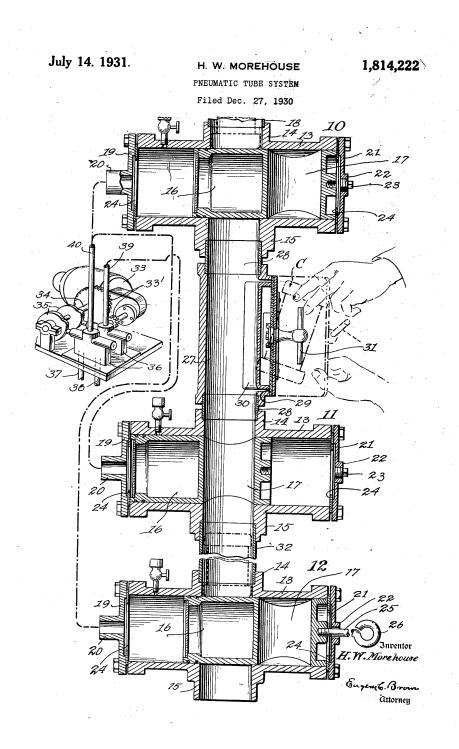
Liccione's style of writing changed from spiritual, to inspirational to sarcastic, and now sits mostly underlined in dark and desperate-themed situations, such as: loss, struggle, death, addictions, and disaster."



INVENTOR. ARTHUR J. EVERS

'All You Can Eat Buffet'

half n half, whole wheat bread whale of a time, split in two buttermilk biscuits, staring down my throat no matter, where I am is is am I happy to eat, what others leave behind in a napkin, folded to take home to mother nature, famish needing nurture because a poor shoe, holes is not a way to walk around in life, children laugh no matter what deprived or full.

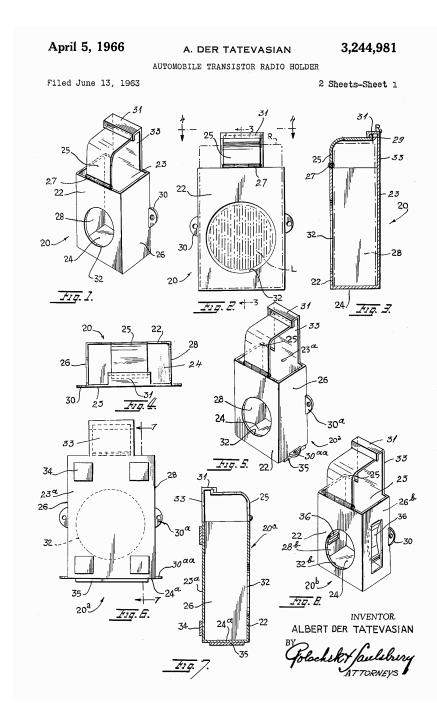




" 'A writer is nothing without a reader, a reader is nothing without a writer." With this expression, I define how writers and readers need and feed off each other. A writer can bring much inspiration, change, a new way of looking at things. But what good are their words if no one is reading their books? It's almost like a waste of writing. Vice versa, how will a person gain knowledge without reading? With this notion, I try to imply how essential it is for people to keep writing, and people to keep reading."

"As for the development of writing, it is a never-ending effort. I like the quote by Ernest Hemingway, "There is nothing to writing. All you do is sit down at a typewriter and bleed." Those are very true words, I'd like to add, sweat, blood and tears. I also tend to think writing is a gift, that certain fire deep inside, that comes out on paper. Like a singer is gifted with a voice, wishes, experiences, truth and fantasies, all snowballed in one's heart."

"Writing isn't for everyone, nor anyone. I don't think it can be taught in school either, most English students (when I went to school) were there to become teachers, not really writers. Bukowski nailed the hammer on the head when he said writing can't be forced, nor forged... it's your own fire inside, and it should burn and burn... and never go out. I remember students would eventually withdraw from English near the end of the semester when they realized writing wasn't for them. Not sure if they had an awakening, or just didn't 'feel it' in them. So yeah, I agree with Bukowski... it's like that in the music world too... ever notice how first album's bands put out is really good, then after fame their music isn't as good? Not all bands, but a few... the fame and fortune kind of disarrayed their heart for making music. "



Mary-Jean Harris has a standardized profile on at least three separate websites, including Goodreads, Muse It Up Publishing, and her blog 'The Soul Wanderers.' The profile reads as follows:

"I write and read fantasy and historical fiction, both novels and short stories. I'm interested in most fantasy, historical, and esoteric books, and I love old books too. I love reading lots of books at once, though I usually only write one story at a time. I am a student at Carleton University studying theoretical physics with a minor in philosophy. I love ancient philosophy, especially Plato, Plotinus, and Lao-Tzu. I have an adorable miniature poodle and a rabbit, and has a passion for helping all animals, both pets and in the wild."

Mrs. Harris published her first novel in June of 2014. *Aizai the Forgotten* is the first book in the Soul Wanderers series. It can be purchased in eBook format from Muse It Up Publishing, Amazon, Barnes and Noble, Kobo, iTunes, Scribd, and Smashwords.

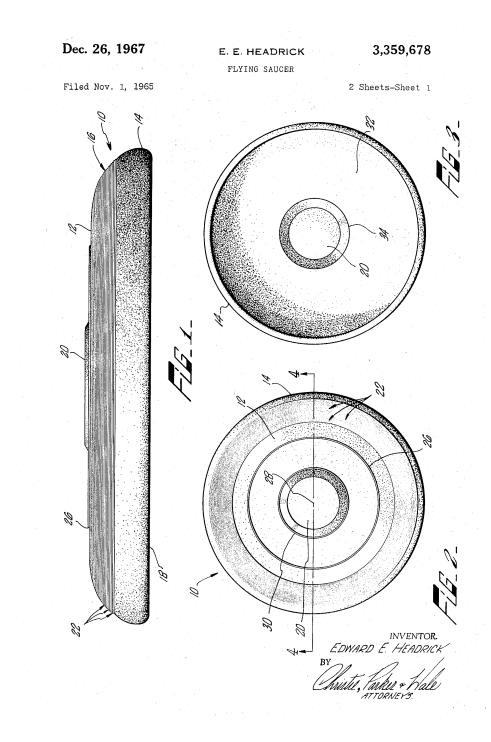
Here is the press description of the novel:

"With an otherworldly horse borrowed from an astrologer, and armed with a strange magical device, seventeen-year-old Wolfdon Pellegrin sets off through seventeenth-century France and Spain to fulfill his dream of finding the forgotten realm of Aizai.

One obscure book, by the philosopher Paulo de la Costa Santamiguero, has given him a lead to start his journey – go to the northern coast of Spain, where a portal to Aizai supposedly exists.

Though death and danger loom very near, nothing can dim the longing for Aizai kindling within Wolfdon's heart. Yet even as he strives to discover the mysterious realm's secrets and fate, a frightening truth becomes clear – one that may cost Wolfdon everything, including the future."

Aizai the Forgotten has been read by 30 people according to Goodreads.com and currently holds a mean rating of 3.71 out of 5 (in 7 reviews). Tom Harris of Jackson, Tennessee found the novel to be "an outstanding read, difficult to put down as the plot thickened." Laurie Lemoine of Ottawa, Ontario "really love[d the] book." Hebe Young of the United Kingdom "recommended it to [her] father, who [she] know[s] will love it."

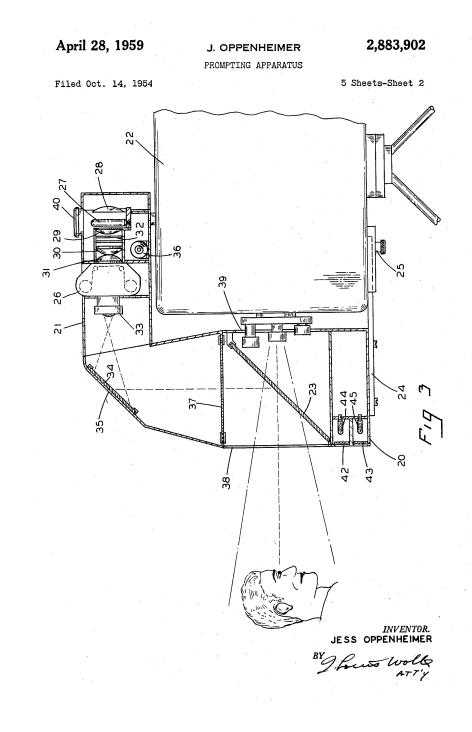


from Aizai the Forgotten:

"You are one of us, one of those who knows without knowing, and one who will live and die in dreams that blend with this world. No, I am no gypsy, just one who has read a good many books. It is only through reading those great jewels of wisdom that one may see a story in a glint of sunlight, an epic unfold within one's eyes. There are books all around us. Yet it takes reading a good many books by we mortals to be able to see them."

"No, I do not believe in fate, that some spirits of the heavens weave the laws of the world to make it so. That is dogma for the foolish, for the universe is quite able to deal with such matters herself, to use her natural laws to guide matter and the spirits. Even so, souls within the world can act to naturally shift the cause of events. Magister Brennark did say that 'Nothing happens unless we make it so.' I believe you have made it so, Wolfdon, and how foolish it would be for us to ignore an opportunity that you yourself established, whether you knew you were doing so or not."

"Was that what it was all about? To know everything – the ultimate quest of the philosopher, to comprehend the universe from the highest heaven down to the dirt upon the Earth. And Wolfdorn desired to go there too, wherever 'there' might be."



On publishing:

"Publishing is really hit-or-miss if you go the traditional route. You just have to submit to a lot of places and hope for the best. Though it helps a lot if you've already published something professionally, because then you have a foot in the door already: a 'toe,' perhaps, but its still something. I had my novel Aizai the Forgotten published only after submitting it to many places, and I continually submit short stories to different markets (anthologies, websites, magazines...) and only a small handful of them get published. Of course, it is possible to self-publish, though the big challenge with that is to get your work noticed. I selfpublished a short story on Amazon Kindle once, and just about no one has read it, because I couldn't get it to be 'found' by anyone. Though some people can market their work really well and get lots of followers, so for them, self-publishing might be the best route. They also have the benefit of being able to choose how they do things themselves (editing their novel, the cover, etc.) which might not be the case with traditional publishing.

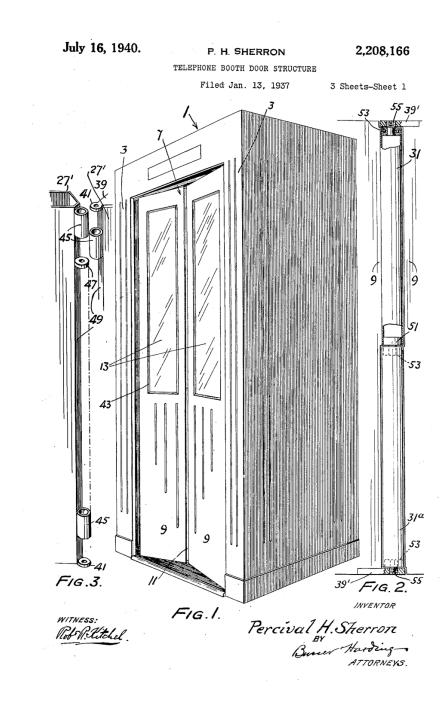
Nov. 21, 1967 F. P. PETTIT 3,353,503 AERIAL TRAMWAY SYSTEM Original Filed July 15, 1963 7 Sheets-Sheet 2 142 38 INVENTOR. FRANKP. PETTIT BY Sheridan and Ross ATTORNEYS **Israelmore Ayivor** has an extensive life online. On Amazon, Goodreads, Twitter, Facebook, and Youtube, Mr. Ayivor is described as "a Youth Leadership Coach, Leadership Entrepreneur, Author and Speaker with the passion of inspiring, training and guiding young leaders and entrepreneurs to become Unique self-leaders, Universal corporate leaders and Ultimate impact makers. Born and raised in Ghana, West Africa, he believes that no one on earth is "seedless". Perhaps, what someone might be is "fruitless" and it takes God-guided goals and positive personal passion to get fruits out of every dream seed! You are responsible for optimizing your God-given talents!"

"Israelmore is the C.E.O. and founder of More-Talks Leadership Training & Consultancy, a unique leadership enterprise dedicated and solely responsible for equipping young people to take the lead in whatever they pursue, be it as sole proprietors or partners or government employees."

Mr. Ayivor studied Nursing at the Ho Nursing Training College in Ho, Ghana, a city of one hundred thousand. He has been employed at eight separate hospitals in the Volta Region.

On his blog, Mr. Ayivor lists his core-values as integrity, selflessness, ambition, excellence, leadership, motivation, optimism, re-positioning, and education. He is a devout Christian. His writing and speaking engagements deal primarily with motivation and inspirational theology. On the Facebook page of his company, More-Talks Leadership Training & Consultancy, there are images of Mr. Ayivor speaking in front of large groups of people, who sit, listening attentively in white plastic chairs.

Mr. Ayivor has catalogued approximately 1350 of his own quotes on the Goodreads website. His quotes frequently appear when one browses the website's Quotations feature. He also posts a new quote on his Facebook page every day.



Jan. 2, 1968

E. P. MCDERMOTT

FILING CABINET ELEVATOR

Filed March 31, 1966

3 Sheets-Sheet 1

from The Great Hand Book of Quotes:

"Our critics make us strong! Our fears make us bold! Our haters make us wise! Our foes make us active! Our obstacles make us passionate! Our losses make us passionate! Our disappointments make us appointed! Our unseen treasures give us a known peace!"

"Whatever is designed against us will work for us."

"Forgiveness is a clean lotion that heals the wounds of misunderstandings! To iron out the differences, get the painful sours dressed up! Forgive and Forget!"

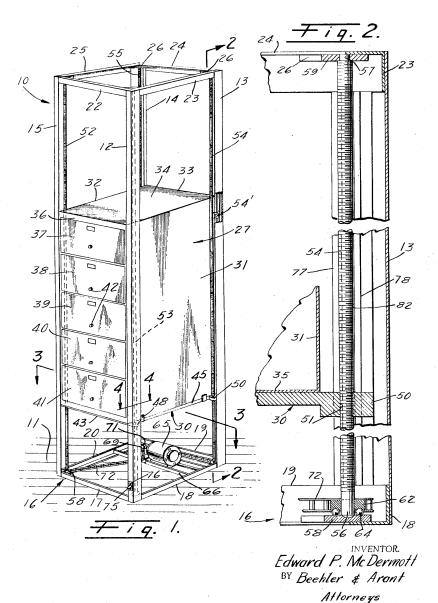
"The best university in the world is neither Oxford nor Harvard. The best university is 'youniversity.' YOU got the lecture halls of thoughts in YOU! You got everything you need to graduate with first class accomplishments put in you. YOU can do it!"

"The taste of your life depends on the spices you used to brew it. Add laziness to it and it becomes bitter as the bile; put a cube of good attitudes into it and you will like your lips more and more due to its sweet taste."

"Never climb the tree with the reason of plucking a fruit; only to get there and pick a leaf. Let everything you get there to do be done and let it be done well!"

"You were never born with a silver spoon in your mouth. Don't think that way. You were born with a diamond spoon in your palm. Carry it by your own hand. Now, feed yourself!"

"Don't die with the music on your tongue unsung! Don't die with the apps in your mind undesigned! Don't die with the books in your head unpublished! Don't die with the sermons in your heart unpreached! Live well and die well!"



On writing and his life:

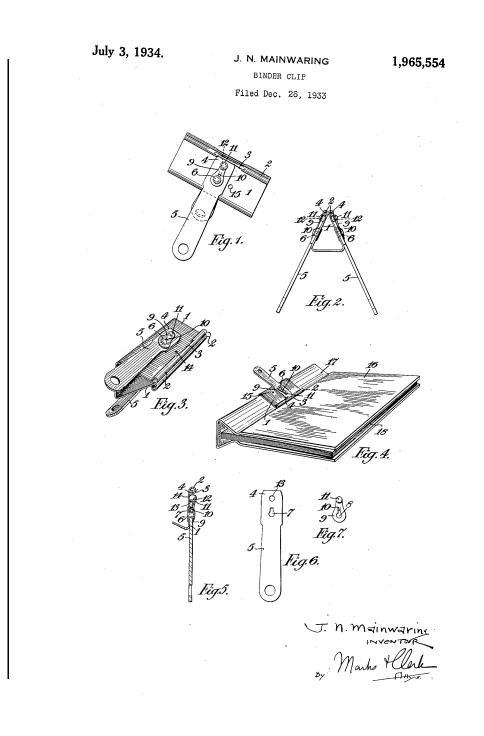
"My dream of becoming a writer began when I was at age 12. But my first published book was released in 2013. It all happened at 12 when I listened to my teacher in the Junior High School motivated us in the classroom about how we can excel in life's endeavors. I listened to him attentively and so did the entire class of students. Unfortunately, not all the students were present at school on that day. The following day, I noticed a behavior change in people who were absent from school on the day.

"I quickly agreed that 'a person's life can be transformed by what he or she hears." I decided that I will share information to change the lives of others just as I had received information to change my life.

"My books are sold in my country and in a neighboring country. However, in my neighboring country Togo, French is their language and hence selling is not as swift as in my country. I am yet to commence a translation project.

"I want my books to inspire people to have a total behavior change for actualization of their dreams. It's faith that is keeping me to write more. I encountered a lot of challenges as a writer, but make is making all things possible. I dedicated myself towards writing books that I may not publish now, but reserve them for releasing later in life. Although we have Bible that gives a format of successful life, it's ideal people listen to others who have been blessed through the words of the Bible in order to go through as the lord leads.

"I was born in Alfao, but my mum being a teacher, we migrate each time she's on transfer. So I stayed in a few villages in my area. But most dominantly, Ave Dakpa where my dream was born. My environment provided me experiences to write, but my skills of writing were developed when I do research about writers outside my country. There are few authors I know from my area although there are many in my country."



The authors featured in *Shelf Life* can be found on Amazon.com, where one can purchase copies of their publications. The trio also individually maintain blogs that can be found through Google Search. They are working hard and they believe in themselves.

Keep inventing; they will be. Don't be caught standing still.

In the words of Ray Bradbury, "you must stay drunk on writing so reality cannot destroy you."

GUNG HOLE PRESS