ALIVE WITH VIGOR
Surviving Your Adventurous Lifestyle by ROB SUTTER

“(Robnoxious) inspires the reader to keep an open mind, change their attitude, and possibly change their life. Leaves you inspired to live a more conscious, natural and centered existence.”
—Sarah Morean, Daily Crosshatch

“These regular, magical moments are happening to all of us, all the time, but Robnoxious manages to capture such moments in words and get it all down on paper.”
—Zine World

“Awesome for many reasons, but most endearingly so for the interview Rob conducts with his dad, Rachel, who transitioned from masculine to feminine later in life and for Rob’s comics depicting him growing into his queerness.”
—Tessa Maria LaLonde

Reviews of Unsinkable:
“Nothing primordial we can all be drawn to about ‘the camaraderie of having put oneself into an irrevocable situation of unknown peril.’ This is a unique offering that I won’t soon forget. Grade A.”
—Justing, Poopsheet

Comparative/Competitive Titles:
9780822343868 (Duke) The Queer Child: Growing Sideways in the Twentieth Century 24.95 2009
9780978686703 (Health Initiatives) A Young Woman’s Survival Guide 18.95 2007

There is an increasing trend towards taking care of our health. Even if a person felt they already lived in a healthy way, they might know someone who seems to be living in an unhealthy way, and want to help them, so they would be interested in the book as well, to be given as a gift.

Alive With Vigor follows a trend toward preventative health care and Do It Yourself health care. The health care offered to most people is insufficient and dependent on having a high income, those who cannot afford health care will have to deal with maintaining their health using minimal resources. Gaining extra knowledge is essential to making the best with limited resources.

Robnoxious has been writing and publishing for more than 20 years, appearing in numerous small press literary and counterculture magazines including: The Zine Yearbook, Punk Planet, the Stumptown Undergound monthly, and the Slingshot Newspaper quarterly. After attending Laney College in Oakland, California, Robnoxious began creating and publishing sequential art. Two comic zines by Robnoxious, Shut Up & Love The Rain (2010) and Awesome Future (2011), were published by Microcosm Publishing. In 2012 Microcosm Publishing released Unsinkable: How To Build Plywood Pontoons & Longtail Boat Motors Out Of Scrap. Robnoxious lives in Minneapolis, Minnesota, with his kitten Lafayette, and works at the Seward Cafe, the oldest collectively owned and operated cafe in the United States. Presently he is completing the science fiction graphic novel Hobo Fires.

One of the most charming and radical small publishers in the U.S., Microcosm Publishing was founded in 1996 and over the years has developed a reputation for teaching self-empowerment, showing hidden histories, and fostering creativity. Now based in Portland, OR. Microcosm continues to challenge conventional publishing wisdom, influencing other publishers large and small with books and bookettes about DIY skills, food, zines, and art. Microcosm constantly strives to be recognized for our spirit, creativity, and value.