



Chris Booth
Regent's Park, 2013
Photograph
18 x 13 cms

I took to photography while recovering from an acute spell of mental illness around three years ago. It was - and remains - crucial to my recovery: you cannot easily be introspective when you're focusing your eye on what appears in the viewfinder. The camera helps me to participate in daily life and the world around me. And the world is generous in return - offering up miniature moments of human drama that are easily overlooked or taken for granted but, I hope, engaging when photographed and printed.

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