



# AS SMALL GOOD THING

## SCREENING KIT



*Mystic Artists*

Running Time: 73 minutes | Shooting Format: HDV | Screening Format: DCP, BLU-RAY, HDCAM  
Dates of Production: 2012 - 2015 | Website/trailer/downloadable press kit: [www.asmallgoodthingfilm.com](http://www.asmallgoodthingfilm.com)

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# HOW TO USE THIS GUIDE

We've constructed this guide in order to help you host a screening of *A Small Good Thing* that is much more than just a screening. Our aim in distributing this film via grassroots events is to engage people like you in the movement so that we can find happiness in our own lives and together as a community. This film should be a catalyst for conversation about what it means to live a good life, and we hope that your screening will help those around you reach a happier, more fulfilled state of being!

This document is meant to give you the tools you need to host a terrific screening and to hold a space where your attendees can digest the film. *A Small Good Thing* is not your typical film; it's going to raise questions and ignite discussion between its viewers. Hopefully this guide will help you lead the conversation after the film and help your attendees make the most out of this special time.

Please encourage your attendees to share their experience of your screening. They can share photos of the event or anything that sparks joy and love in their hearts by using the hashtag #asmallgoodthing on social media. They can also join the movement by signing up on the signup forms that we've included in this guide or texting GOOD to (917) 525-2264.

Please feel free to share your thoughts about this guide - we are always looking for ways to improve reflection and enhance discussion of *A Small Good Thing*.

With much respect,

*A Small Good Thing* team



# FILM SYNOPSIS

*A Small Good Thing* is a feature documentary that tells the stories of six people moving away from a philosophy of “more is better” toward a more holistic conception of well-being – one based on a close connection to themselves, their families, the natural world, and to the greater good.

For the longest time, we’ve been living as though the more we have - the more money, the more goods, the more territory—the happier we’ll be. Surprisingly, over the last fifty years as our standard of living has improved, our happiness has not. *A Small Good Thing* examines how our ideal of the American Dream has come to the end of its promise. The film tells the stories of people moving away from a philosophy of “more is better” and toward a more holistic conception of happiness - one based on a close connection to their bodies and health, to the natural world, and to the greater good.

This feature-length documentary is set in western Massachusetts in the Berkshires, long a destination for change-seekers, spiritual explorers, artists, and musicians seeking solace and stimulation amid the pastoral landscape - the perfect setting for a story about renewing personal and universal bonds. The film follows innovative farmer Sean Stanton, social work student Tim Durrin and yoga teacher Mark Gerow, whose earlier careers in the armed forces have now shifted to service of a different kind; Jen and Pete Salinetti, a college-educated couple with two small children who have chosen to be farmers as a way to connect with their community; and Shirley Edgerton, community activist and founder of both the Youth Alive Step Team and the Women of Color Giving Circle. What these people share is a deep desire to have more meaning in their lives, a closer bond with their families and communities, and a connection to themselves and the natural world.

*A Small Good Thing* also explores how it’s important to live in a more meaningful way not just here in one community in the US, but also in communities across the globe. By traveling to Rwanda, we see how an organization working to provide lasting agricultural solutions to chronic childhood malnutrition in the developing world has created a community at Gardens for Health International, where living a life centered around compassion, community and connection has improved the health and well-being of their families.

The film asks whether we can change our larger goals as a nation and learn from the rest of the world about the small truths that are the sources of human happiness. Can our dreams serve as a conduit for the developing world’s financial well-being? The film explores how working in small but meaningful ways, we can overcome obstacles to happiness – the isolation of suburban comfort as well as the despair of poverty – to create joy for ourselves and others.



# DIRECTOR'S STATEMENT



My latest film, *A Small Good Thing*, was three years in the making. It asks, "What does it take to live a good life?" Is more always better? These are questions I have asked at each transition - the good, the bad and the beautiful - in my own life.

About six years ago, these questions began to take on more urgency. On a personal level, I had a career I enjoyed, a family I loved, friends, and three sons who were growing into fine young men. And, yet, something was missing. I found myself alone, tired, and in need of restoration more than usual. As I talked to friends and acquaintances, I heard these same complaints. People were running so hard to keep up with the pressures brought about by the financial crash, the needs of their children, the pressures to work harder in a tough job market - no one seemed to be enjoying their lives. Given the additional

worries about the growing divide between the rich and the rest, climate change and the vanishing natural world - this question of what makes a good life took on added importance.

So, I set out to explore the latest thinking in happiness studies and went back to my college texts on philosophy and the common good. I had a sense that to be able to "lose oneself" was an element in "the good life," but what exactly did this mean? Where did mindfulness and meditation fit into a "good life?"

America is one of the richest countries in the world and yet so many people seem too busy, too stressed to enjoy their riches. And on the other side, many people cannot find work. And what of our vanishing natural world? I love to walk in the woods, but forests around the world are disappearing. I began asking myself questions. Was there an argument to be made that "the good life" involved spending time in the natural world? What about climate change? How was our lifestyle of acquiring more material wealth in our search for happiness affecting our planet? Earning a living was critical, yet what was enough? Using one's gifts was important, but how did that square with spending time with those we love? Freud famously spoke about "love and work" as the essence of a good life but many of us don't make the time for our families or friends. We talk about needing connection with each other and we think we are more "connected" than ever through the Internet - and yet, incidents of depression are on the rise. We are busier than ever and yet feel lonely and isolated. Is there a better way to live?

These were some of the issues that inspired me to make *A Small Good Thing*.

- Pamela Tanner Boll, 2014



[/asmallgoodthingfilm](https://www.facebook.com/asmallgoodthingfilm)



[/asmallgoodthingfilm](https://www.instagram.com/asmallgoodthingfilm)



[/asmallgoodfilm](https://twitter.com/asmallgoodfilm)

# THIS IS MORE THAN A FILM

With Wi-Fi, smartphones, and social media, our world is more connected than ever. But does any of this digital connection make us feel happier and less alone? What small changes can we make in our lives and communities to feel more connected to ourselves, to nature, and to each other?

We think that this film has the power to inspire individuals to seek their own dharma and happiness. Film can not only bring communities of like-minded people together, but it can also inspire those communities to take action in their own backyards. Your event will be much more than just a screening; it will be an opportunity for your friends, family and neighbors to pause for a long moment and evaluate their happiness and well-being.

This is your event - we're here to help. Together we can make a difference.

Use this Screening Toolkit in conjunction with our website [www.asmallgoodthingfilm.com](http://www.asmallgoodthingfilm.com)

On our website you will also find:

- An extensive library of resources
- A press kit & downloadable high-res stills
- Instructions on how to register your event so that it shows up on our calendar

Happy Screening!

*"That awe, wonder and beauty promote healthier levels of cytokines suggests that the things we do to experience these emotions—a walk in nature, losing oneself in music, beholding art—has a direct influence upon health and life expectancy."*

*- Dacher Keltner*

# HOSTING A SUCCESSFUL EVENT

## STEP 1: LICENSE

Because we intend for *A Small Good Thing* to be a tool for individuals and nonprofits to raise awareness in their own communities, we're going about distributing the film a little differently: we're putting you in control!

A screening license enables you to make this YOUR event. You have complete control over when, where and how the film is shown. Additionally, you are encouraged to either ask for donations or charge admission to raise funds for your own local initiatives. If you haven't already purchased a license, you can get one at [www.asmallgoodthingfilm.com/shopping\\_cart](http://www.asmallgoodthingfilm.com/shopping_cart).



## STEP 2: MAP IT!

### Venue

Your venue will be determined by how large of a screening you would like to host and what space you have available. Think outside the box! Often spaces like community centers, churches or local school auditoriums have projectors set up to easily show a film on a large screen.



Once you've settled on your venue, there are a few steps you can take to ensure that your event is successful.

Add your screening to our website:

<http://www.asmallgoodthingfilm.com/addyourscreening>

If you're hosting a community screening, once you've secured your license you can publish your event through the *A Small Good Thing* website so that it shows up on our screening map on the front page. This also helps us keep track of how well the film is doing! These are the benefits of adding your screening to our site:

- You'll be able to invite friends and family
- You can track RSVP's to your event
- We will help you promote your screening through our networks

## STEP 3: IDENTIFY & RECRUIT PARTNERS, SPONSORS & SPEAKERS

We can't emphasize enough how useful it is to have partners for this endeavor. Not only does it help spread the word about the event to another network of people and potentially bring volunteers, but it also helps create and sustain community around this issue. There is absolutely no question that we are going to need to join forces to protect our food system; making this a collaborative affair only helps to achieve this larger goal.

Community screenings are a great opportunity to engage local businesses and experts and to really customize the event to fit your community. Think about who in your neighborhood is engaged in this issue or would be interested in aligning themselves with the movement and approach them to partner with you. Their partnership will help you publicize the event.

Often local businesses are willing to make in-kind or monetary donations. For example, perhaps your local printer would be willing to print a few of the posters out for you in exchange for a shout-out at the screening, or your local farm-to-table restaurant would like to have a table at the event and pass out tastings of their newest culinary creation. You can make this part of the event as large as you like; if you want to brainstorm with us, don't hesitate to reach out!

## STEP 4: SPREAD THE WORD

### Press

Make a list of all possible outlets for publicizing your event - local newspapers, radio stations and blogs can all help you promote your event. If you're interested in booking an interview on a local station with Director Pamela Tanner Boll to help publicize your event, please let us know! We would be more than happy to schedule a call-in. We've included some quotes from the press about *A Small Good Thing* - please visit our website to see the complete articles. Feel free to use these quotes to promote your event!

### Print Marketing Materials

We encourage you to use any photos, graphics or posters that we have to publicize your screening. In this guide we've included a sampling of the stills that are available on our website in high-res for you to use - visit [www.asmallgoodthingfilm.com/press\\_kit](http://www.asmallgoodthingfilm.com/press_kit) to see all the photos available. We've also made all of our marketing materials available for you to use.

### Ask for help

Hosting a screening is so much easier if you have help. Don't be afraid to ask your partners and allies to share the screening information with their networks. If you've posted the screening details on Facebook or on the *A Small Good Thing* website, you can just send them the link and they can re-post it.



We highly recommend creating a Facebook event page. Facebook events are a great way to keep all of the relevant information in one spot, including ticket links, directions and visuals. You can also use the film as a platform for raising awareness for a club/organization, hosting a brief Q&A and discussion in your community, or gathering members of an online community together.

If you need help building a Facebook event, here's Facebook's how-to guide:

<https://www.facebook.com/help/131325477007622/>

### Tag us!

Remember to tag the film (@asmallgoodthingfilm on Instagram and Facebook and @asmallgoodfilm on Twitter) so we can share & retweet your posts!

### Hashtags

Hashtags help the Internet organize information. Including hashtags in posts & tweets will help increase your visibility. Here are a few to choose from:

#asmallgoodthing #film #documentary #documentaries #community #localfarms #mindfulness #yoga

### Images

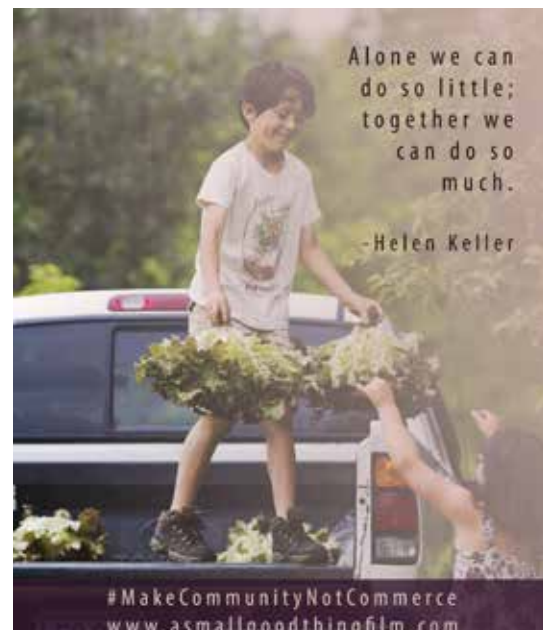
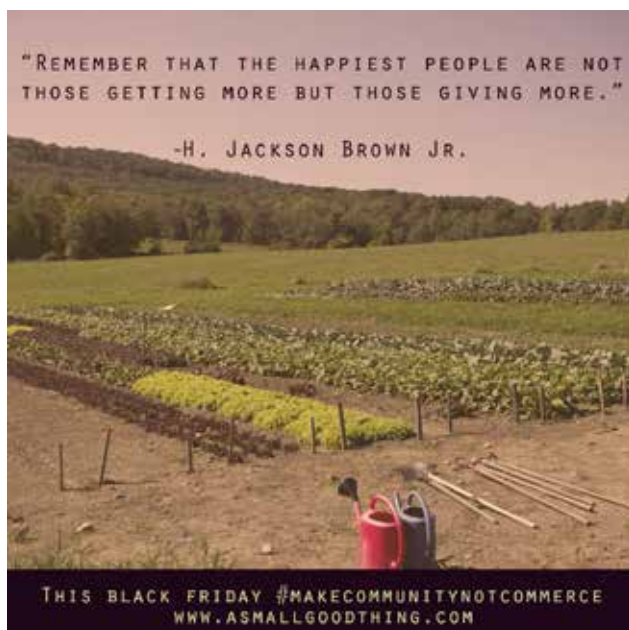
Facebook favors posts with images, meaning you'll show up on more people's feeds. We have a photo gallery online that you can choose from, and you can also use any images from our Facebook page.

[www.asmallgoodthingfilm.com/press\\_kit](http://www.asmallgoodthingfilm.com/press_kit)

### Example Posts

Come see @asmallgoodthingfilm, a beautiful new #documentary about finding fulfillment and happiness in our lives [event link]

What does a good life mean to you? Come explore the vast possibilities at a special screening of this important documentary #asmallgoodthing [event link]



## STEP 6: OTHER TIPS

### Ask for donations

It's a wonderful idea to ask for a suggested donation at the door. Just because this is a documentary doesn't mean it should be free - quite the opposite, in fact! You can not only recoup your costs this way but also, and perhaps more importantly, you can raise money for your local initiative!

### Test the DVD!

This is VERY important! Please test the disc, preferably with the equipment that it will be screened on, so you can troubleshoot any problems early on. If you suspect your disc is damaged, letting us know two weeks out will help ensure that we can get another copy to you in time for your event.

### Recruit Volunteers

You'll be surprised at how willing your friends & family are to help you host this event. This is especially true of community screenings, which will likely mean you're responsible for the set-up and break-down of the event. Some suggestions for volunteer roles are listed below.

#### **Social Media Maven** - Should start working 4 - 6 weeks out!

This is a great position for someone who is Facebook & Twitter savvy. Ask them to help you promote your event through social media networks and even tweet during the event with the hashtag #asmallgoodthingfilm. Photos with this hashtag will be featured on our website!

#### **Greeter/Usher**

Have someone at the front door to say hello to folks as they walk in and assist anyone who might need help getting to their seat. This not only helps people feel welcome and cared for, but also can be an opportunity for attendees to ask questions before the event starts.

#### **Ticket-taker**

Even if you don't have tickets, this is a great spot to ask people to sign up on the sign-up forms we've included in this kit (we never share your information). This volunteer can also ask attendees for a suggested donation.

#### **Tech Guru**

It's always a good idea to have someone on site who understands how the projector works! This also leaves you, the host, to entertain the audience while the Tech Guru works out any glitches on event night.

#### **Clean-up Team**

This group can either be completely different people or a gathering of the volunteers listed above. The chores can range from stacking chairs to sweeping and turning out the lights!

# PHOTO ASSETS

These photos and more are available for download in high-res at [www.asmallgoodthingfilm.com/press\\_kit](http://www.asmallgoodthingfilm.com/press_kit)



Gardens for Health, Ndera-Rwanda  
Credit: Mystic Artists



Tim Durrin, Uri Halevi, Jeremy Durrin  
Credit: Mystic Artists



Mark Gerow at Yoga Great  
Barrington Studio  
Credit: Mystic Artists



Youth Alive Step Team Practice  
with Shirley Edgerton  
Credit: Mystic Artists



Sean Stanton at Blue Hill Farm  
Credit: Mystic Artists



Shirley Edgerton with Youth Alive  
Step Team  
Credit: Mystic Artists



Pete and Jen Salinetti at Gardens for  
Health in Ndera, Rwanda  
Credit: Mystic Artists



Director Pam Boll & Team at Gardens for  
Health in Ndera, Rwanda  
Credit: Mystic Artists



Sean Stanton being filmed  
Credit: Topher Baldwin



Rwanda  
Credit: Alexander Boll



Woven Roots Farm in Tyringham, MA  
Credit: Alexander Boll



DP Ian Boll filming Pete Salinetti at  
Woven Roots Farm  
Credit: Alexander Boll

# FROM THE PRESS

*"A film that feels larger in its emotional depth than its name might suggest."*

- The Greenhorns

*"The slow and focused pace of the film and these lives emerges as a wholesome, deeply felt antidote to the rushed, and often impersonal way that modern life often tracks."*

-The Artery

*"Happiness is tough to quantify; but the film is to be praised for trying to get its arms around it and us, gently, trusting us to respond."*

-The Artery

*"This award-winning documentary, "A Small Good Thing," offers a few perspectives on happiness without pontificating."*

-AXS

*"An insightful look at the essence of happiness and begs the question, 'Will having more make life better?'"*

-Examiner

*"The movie is upbeat about people's ability to change their own lives and improve the communities where they live, but without being saccharine or Polyanna-ish."*

-Business for a Better World

*"Open[ed] up my eyes to the fact that people actually CAN have a different lifestyle and be happy."*

-Fab in Your 40s

*"The values of a small community provide insight on how a balance between individualism and a sense of "common cause and humanity" can contribute to a more satisfying life."*

-Art Fuse

*"Studies in wealthier countries show that though income has doubled, people around the world are no happier than 50 years ago."*

- Jeremy Rifkin



## Sample Email to send to your network:

Subject: Special Screening of *A Small Good Thing*

Hi [Name],

I am writing to let you know about a special screening that I've organized of an amazing new documentary, *A Small Good Thing*.

*A Small Good Thing* is a feature documentary that tells the stories of six people moving away from a philosophy of "more is better" toward a more holistic conception of well-being – one based on a close connection to themselves, their families, the natural world, and to the greater good.

Three of these stories follow men who served in the armed forces and have now shifted to service of a different kind; Sean Stanton finds his calling in farming, Tim Durrin becomes a social work student and Mark Gerow a yoga teacher. Jen and Pete Salinetti, a college-educated couple with two small children, have chosen to be farmers as a way to connect with their community, and Shirley Edgerton is a community activist and founder of both the Youth Alive Step Team and the Women of Color Giving Circle.

These stories are deepened by some of our most visionary thinkers, including: Bill McKibben, author on climate change; Jeremy Rifkin on the future of energy; Stephen Cope, director of the Institute for Extraordinary Living at Kripalu; Dacher Keltner, positive psychology researcher; and Kristin Neff, a leading expert on self-compassion.

Check out the trailer here: <http://www.asmallgoodthingfilm.com>

The screening is on [Day, Date] at [Time] at [Location]. A special Q&A with [Guest Speaker] will follow. All proceeds will go to [Cause or Organization You've Determined].

Critics have called this film "[A] deeply felt antidote to the rushed, and often impersonal way that modern life often tracks" "Insightful" and "Upbeat." Please join me for this special private screening (arranged by yours truly)!

Help spread the word! Join my [Facebook event](#) and share it with your friends. Or, invite those who would be interested in attending!

With your help we can make this screening happen. I can't wait to see you there!

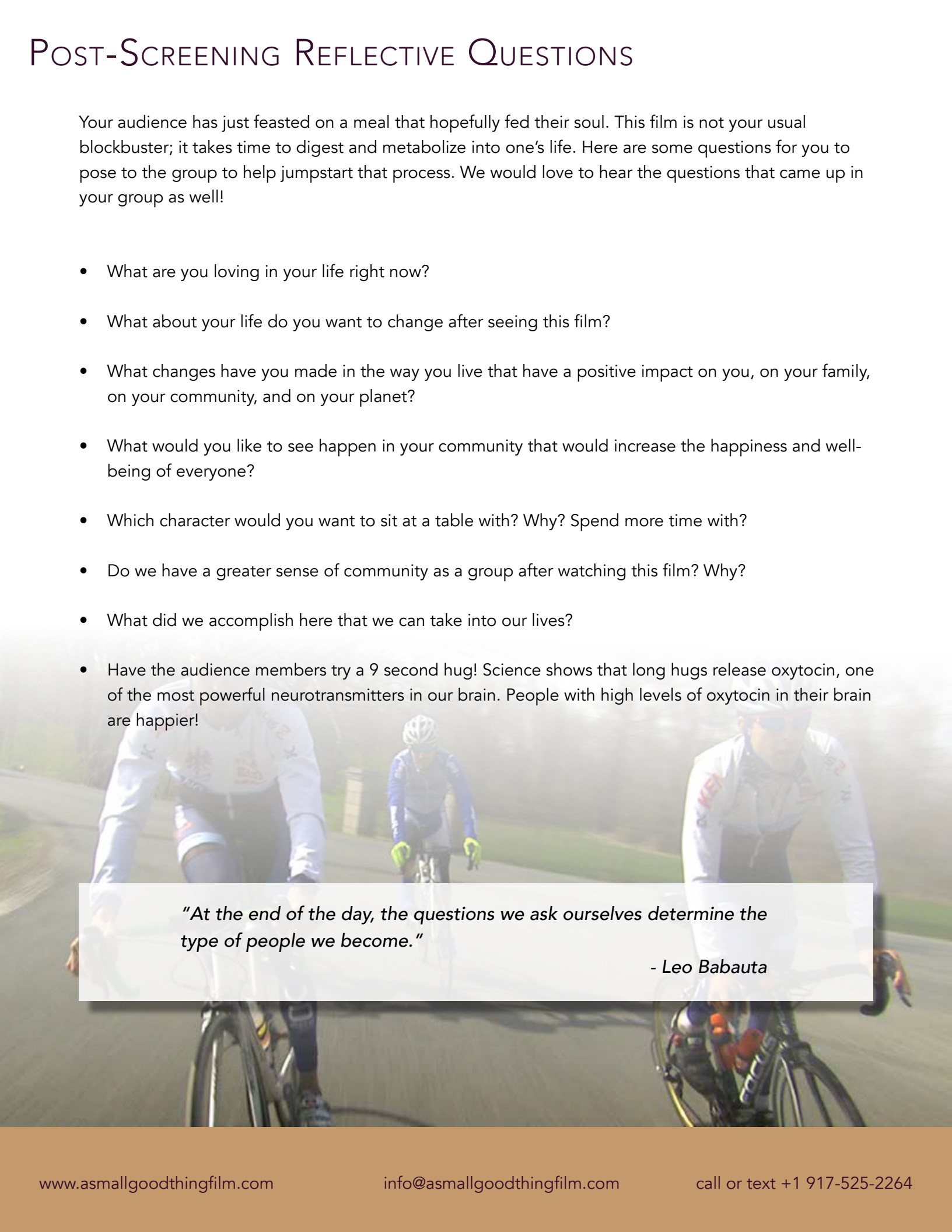
Thanks,

[Your Name]

# POST-SCREENING REFLECTIVE QUESTIONS

Your audience has just feasted on a meal that hopefully fed their soul. This film is not your usual blockbuster; it takes time to digest and metabolize into one's life. Here are some questions for you to pose to the group to help jumpstart that process. We would love to hear the questions that came up in your group as well!

- What are you loving in your life right now?
- What about your life do you want to change after seeing this film?
- What changes have you made in the way you live that have a positive impact on you, on your family, on your community, and on your planet?
- What would you like to see happen in your community that would increase the happiness and well-being of everyone?
- Which character would you want to sit at a table with? Why? Spend more time with?
- Do we have a greater sense of community as a group after watching this film? Why?
- What did we accomplish here that we can take into our lives?
- Have the audience members try a 9 second hug! Science shows that long hugs release oxytocin, one of the most powerful neurotransmitters in our brain. People with high levels of oxytocin in their brain are happier!

A background image showing three cyclists riding on a road. The cyclist in the foreground is wearing a white jersey with 'RED BULL' and 'KATUSHA' logos. The cyclist in the middle is wearing a blue jersey. The cyclist in the background is wearing a white jersey. They are all wearing helmets and riding on a paved road with a green field and trees in the background.

*"At the end of the day, the questions we ask ourselves determine the type of people we become."*

*- Leo Babauta*

# POST SCREENING DISCUSSION GUIDE

## **Q: How did you choose the cast for *A Small Good Thing*? What is the common thread?**

A: We were looking for individuals who were living in this new century in a better way. We wanted to find people who had made positive changes in their lives through mindful practices, through a closer connection to the natural world, and through a stronger connection to the greater good.

Stephen Cope from Kripalu's Institute for Extraordinary Living in Lenox, Massachusetts introduced us to Tim Durrin, who was working at Kripalu at the time and who, through mindful practices (yoga, meditation, cycling), had been able to deal with his struggles with Post Traumatic Stress Disorder (PTSD) and addiction. Pamela met Yoga and Breathing Instructor Mark Gerow at Canyon Ranch in Lenox and was very impressed with his story of how he used his yoga practice to overcome the personal struggles in his life and to learn how to share his story with others.

We were introduced to Jen and Pete Salinetti from Woven Roots Farm and were fascinated with the fact that they were able to harvest 12 months out of the year in Western Massachusetts as well as with the amount of food they were producing on a one and a half acre farm. Also, we learned about Sean Stanton who worked on both his family farm, North Plain Farm, and also managed Blue Hill Farm for the Barber family. He was also giving back to his community as the Chair of the Selectman Board for the Town of Great Barrington.

Finally, Pamela heard about a woman in Pittsfield, MA who was doing amazing community work with young adults, who performed all over the state with the Youth Alive Step Team. Pamela met Shirley Edgerton for coffee and found out that she was really guiding young people to a life of purpose.

## **Q: Why did you choose the Berkshires for the location of this film?**

A: The Berkshires has long been a place that attracted artists, visionaries, and change-seekers who value their creative expression and want to live closer to nature. It's also one of those communities in the world that supports and encourages people who want to live in a different way. There seems to be less importance on "keeping up with the Joneses" and more importance on "checking in with the Joneses."

While we focus on the Berkshires in the film, people who are practicing mindfulness, connecting to the natural world, and engaging in their communities can be found all around the world. Yoga studios, farmers markets, and community gardens and centers can be found all over New York and other urban settings.

We also filmed in the Berkshires because it was closer to home for us. Our production company is located in Winchester, MA, right outside of Boston.



**Q: How long did it take to make this film? And how did making this film influence the happiness in your life?**

A: We began in 2011 and researched for over a year, focusing on the recent happiness studies and the science behind yoga and meditation. We also did a lot of research on how living in closer connection to the natural world positively impacts our well-being.

We began shooting in the Berkshires in 2012 and continued for over a year. The first edit, which took another year, was flat and disjointed. In December 2013, Pam made the decision to close down the production. She did not feel that the edit expressed her original vision.

After four months, Pam found a new energy to complete the film in a new location and with a new editor, T.C. Johnstone.

In the making of this film, we all learned that living an authentic life is not easy...it is hard to be vulnerable and to make mistakes. But, this is the path to living a life that is meaningful and full of purpose. Like Shirley says in the film, "...the true success in life is you finding your purpose and your passion and you living it out."

**Q: How does watching these small stories about individuals transforming their lives help us to transform the world?**

A: Our culture is more invested in comfort than in truth. Our planet is suffering from our consumer driven way of life. Although we have more connections through the internet and social networking, we as a society have become more isolated and lonely. We have more material wealth, but we are not happy.

These stories show individuals who are making small changes in their lives that have a big impact in the world. Jen and Pete Salinetti use only environmentally sustainable practices at Woven Roots Farm. Also, Sean Stanton feeds his livestock a natural diet...his cows are grass fed and his pigs and chickens are raised on pasture and eat all certified organic grain. Farms that use these types of regenerative agricultural practices can turn back the carbon clock, reducing atmospheric CO2 while also boosting soil productivity and increasing resilience to floods and drought. Also, the agronomists tell us now that you can produce more calories per acre on a small farm than a big one.

Studies show that mindful practices such as yoga and meditation relieve our stress: blood pressure goes down, heart rates drop, negative emotions decrease, and positive ones increase. Tim Durrin and Mark Gerow have overcome the struggles in their lives by applying these mindful practices everyday. And in doing so, have learned that by exposing their struggles to their community, they feel less isolated and more blessed.



And finally, Shirley Edgerton is guiding her young adults to live a life of purpose. She is teaching them at a young age, “that if you leave yourself open [and] that you move with the universe, that’s where your blessings come in.” This is how we can live in a more engaged way...a way that helps us to develop empathy and compassion.

**Q: Why did you make this film? What resources influenced your research?**

A: A few years back, everyone I talked to had the same complaints: people were running so hard to keep up with the pressures of life that they felt overwhelmed, isolated, exhausted, and unhappy. Even though our country had more material wealth, people were depressed. Given the additional worries about the growing income disparities, climate change, and the vanishing natural world, the question of what makes a good life became important to me. So, I did what I usually do...I read lots of books. These are just some of the books that informed the film:

[\*Eaarth\*](#) and [\*Deep Economy\*](#) by Bill McKibben

[\*Born to Be Good: The Science of a Meaningful Life\*](#) by Dacher Keltner

[\*The Empathic Civilization\*](#) and [\*The Third Industrial Revolution\*](#) by Jeremy Rifkin

[\*The Wisdom of Yoga\*](#) and [\*Yoga and the Quest for the True Self\*](#) by Stephen Cope

[\*Self-Compassion\*](#) by Kristin Neff

[\*The How of Happiness\*](#) by Sonja Lyubomirsky

[\*Being Happy\*](#) by Tal Ben-Shahar

[\*Loving Kindness: The Revolutionary Art of Happiness\*](#) by Sharon Salzberg

[\*Flow and Finding Flow\*](#) by Mihaly Csikszentmihalyi

[\*The Art of Happiness\*](#) by His Holiness the Dalai Lama

[\*The Wisdom of Tuscany\*](#) by Ferenc Mate



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# TEAM



PAMELA TANNER BOLL

PAMELA TANNER BOLL, DIRECTOR an artist, filmmaker, writer, and activist, is the Director of *Who Does She Think She Is?*, a film about five artists who are mothers. She is the Co-Executive Producer of Academy Award-winning *Born into Brothels*, and the Executive Producer of eight documentaries: *Connected*, *In a Dream*, *Our Summer in Tehran*, *Strange Powers: Stephin Merritt and the Magnetic Fields*, *Living in Emergency: Stories of Doctors without Border*, *She's Beautiful When She's Angry*, *Close to the Fire*, and *E-Team*. For more information visit [mysticartists.com/films](http://mysticartists.com/films)



PAULA KIRK

PAULA KIRK, PRODUCER is the Producer of *A Small Good Thing*, Mystic Artists' current production. She is also the Marketing & Outreach Coordinator for Mystic Artists' 2008 film *Who Does She Think She Is?* Paula has collaborated with Director Pamela Tanner Boll on various projects for more than 18 years.



KERTHY FIX

KERTHY FIX, PRODUCER directed the feature documentaries *Strange Powers: Stephin Merritt and the Magnetic Fields* and *Who Took the Bomb: Le Tigre On Tour* and produced the distribution for Pamela Tanner Boll's *Who Does She Think She Is?* She works in television (TLC, MTV, NatGeo) as a director and producer. In addition, Kerthy has a script in development called *The Most Famous Woman in the World* and is currently making a feature doc about composer Sxip Shirey.



T.C. JOHNSTONE

T.C. JOHNSTONE, EDITOR began making films in Steamboat Springs 13 years ago. After producing his first feature he moved to Santa Monica, California and began working as a DP and documentary director on a wide variety of projects ranging from television to independent films. T.C. has traveled to over 40 countries and has a deep desire to see people live out their purpose and contribute to the common good. With a passion for redemptive story and world issues, T.C. began writing and directing films with redemptive themes 7 years ago. The vision was simple... allow audiences to dream and be a catalyst for change.



NANCY C. KENNEDY

NANCY C. KENNEDY, EDITOR has edited many award winning films, including Sundance Grand Jury winner *Why We Fight*, *For the Bible Tells Me So*, *Gregory Crewdson: Brief Encounters*, *She's Beautiful When She's Angry*, *When the Drum Is Beating*, *Orchestra of Exiles*, and *Who Does She Think She Is?*. Recent projects include *The Jinx*, a 6-part doc series for HBO, *Harry & Snowman*, and *Beyond Borders*. Nancy has also worked for all the major networks on such series as *American Experience*, *American Masters*, *National Geographic*, *Saturday Night Live*, and others.



LILLIE ZUCK

LILLIE ZUCK, ASSOCIATE EDITOR is the Associate Editor of *A Small Good Thing*. Lillie attended Smith College where she studied East Asian Languages and Literature. Upon graduating from college, she moved to Taiwan and continued studying Chinese. From Taiwan she relocated to New York. She began her career in documentary film as Assistant Editor and Lead Translator on *The Mosuo Sisters* and *Ai Weiwei: Never Sorry*.



LISA MADISON

LISA MADISON, DISTRIBUTION & SOCIAL ACTION DIRECTOR has long been fascinated with the intersection of documentary film and grassroots organizing. She began her career in documentary film with the food documentary *Fresh* and has since been deeply invested in helping documentary film inspire change in the world.



KIRBY SOKOLOW

KIRBY SOKOLOW, DISTRIBUTION & SOCIAL ACTION COORDINATOR attended Wesleyan University where she studied Religion and became passionate about discovering the stories of people from other backgrounds and cultures. Prior to joining Mystic Artists, she has supported several documentary film companies, including Jigsaw Productions, AXS Lab, and Girl Rising.





# CAST



TIM DURRIN

TIM DURRIN is a 27-year-old Iraq War veteran who lives and works in the Berkshires. After returning from active duty, Tim struggled with Post Traumatic Stress Disorder and addiction. After rehab, Tim begins a practice of yoga and meditation that shifts him on a whole new path that includes competitive cycling and a deeper connection to his own spiritual traditions. In the course of the film, we see Tim transform his life, going from rejecting his GI Bill education to getting a full scholarship for graduate school in Social Work.



PETER & JEN SALINETTI

JEN AND PETER SALINETTI are a college-educated couple with two small children who choose to be farmers despite the family pressures to make more money and get office jobs. In the course of the film, they travel to Rwanda to volunteer at Gardens for Health, a non-profit dedicated to ending malnutrition by teaching villagers how to garden for food. Jen and Pete's understanding of themselves as teachers and activists blossoms on this trip.



SEAN STANTON

As a young man, SEAN STANTON started out serving his country in the Coast Guard but became disillusioned. He decided to return to his hometown in Massachusetts. Slowly, he taught himself how to raise chickens, pigs and finally worked up to running the farm for Blue Hill Restaurants. Eventually, he ran for office and got elected to the town council. In the film, we watch as Sean explains a different kind of service to one's country – providing quality food and teaching innovative farming strategies that increases a community's well-being through sustainability and health.



MARK GEROW

MARK GEROW also served in the US military as a survival trainer for the Air Force. But Mark's demons followed him into the service when he tried to run away from his family dysfunction. Experiencing guilt over joining the military and leaving his family, Mark still manages to find his footing as a yoga instructor and father of two young boys. Through his yoga practice and years of "posing," Mark discovers that his life's blessings come from learning how to apply what he has learned to parenting his children and sharing his story with others.



SHIRLEY EDGERTON

SHIRLEY EDGERTON is the founder, leader, and den mother of Youth Alive, Pittsfield's only step dance and drumming performance group. Started when her children were teens, Shirley, a social worker, quickly realized the benefits of having the kids focused on music and dance. As her children grew up, they took over coaching younger kids who now perform all over the state. But Youth Alive's real mission reaches beyond street performances — Shirley is guiding young people to live a life of purpose. Shirley explains how her service to the kids is something that gives more than it gets – and she's become a more open and joyful person because of it.



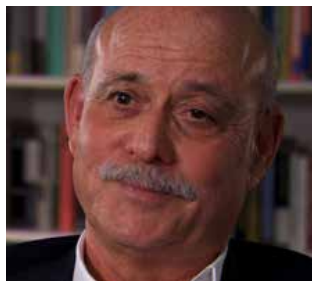


BILL MCKIBBEN

BILL MCKIBBEN

AUTHOR/ENVIRONMENTALIST, FOUNDER, 350.org

Climate change expert, Bill McKibben explains that the way we raise our food and how we treat the environment are forcing change. The Schumann Distinguished Scholar in Environmental Studies at Middlebury College and a fellow of the American Academy of Arts and Sciences, he was the 2013 winner of the Gandhi Prize and the Thomas Merton Prize, and holds honorary degrees from 18 colleges and universities. He is the bestselling author of many books including *Eaarth* and *Deep Economy*.



JEREMY RIFKIN

JEREMY RIFKIN

FOUNDER/PRESIDENT, THE FOUNDATION ON ECONOMIC TRENDS

Economist Jeremy Rifkin weighs in on how we've come to the end of our ability to fuel growth with a petroleum-based economy as well as the environment's inability to sustain the damage. Mr. Rifkin is the principle architect of the European Union's Third Industrial Revolution and the bestselling author of twenty books including *The Third Industrial Revolution* and *The Empathic Civilization*.



DACHER KELTNER

DACHER KELTNER, PH.D.

PROFESSOR OF PSYCHOLOGY, UNIVERSITY OF CALIFORNIA, BERKELEY,  
FOUNDER, GREATER GOOD SCIENCE CENTER

Positive psychologist and researcher Dacher Keltner points to how physical touch improves health and happiness and that our nature is both to be compassionate and to live in close community. He is also the author of *Born to Be Good: The Science of a Meaningful Life* and a co-editor of *The Compassionate Instinct: The Science of Human Goodness*.



STEPHEN COPE

STEPHEN COPE, MSW

FOUNDER/DIRECTOR, KRIPALU INSTITUTE FOR EXTRAORDINARY LIVING

Stephen Cope, Director of Kripalu's Institute for Extraordinary Living, explains how happiness is not based on our personal circumstances but, rather, how we approach difficult situations with the help of mindful practices. He is the author of several best-selling books, including *Yoga and the Quest for the True Self*, *The Wisdom of Yoga*, and *The Great Work of Your Life: A Guide for the Journey to Your True Calling*.



KRISTIN NEFF

KRISTIN NEFF, PH.D.

SELF-COMPASSION RESEARCHER, ASSOCIATE PROFESSOR,  
UNIVERSITY OF TEXAS, AUSTIN

Kristin Neff's research shows that self-compassion is the most effective path to happiness. She is widely recognized as one of the world's leading experts on self-compassion, being the first one to define and conduct research on the topic over a decade ago. She is the author of *Self-Compassion*.



# JOIN OUR COMMUNITY

Sign-up below to join our community - you'll be updated with new initiatives that the team develops in order to engage individuals like us to help grow a grassroots community around a shared goal: a happier life.

Your information is private and will never be shared.

## Screening Details

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Please send filled-out sign-up sheets to

Lisa Madison, Distribution & Social Action Director Mystic Artists, 540 President Street Brooklyn NY 11215

or (preferred) scan & email to [lisamadison@mysticartists.com](mailto:lisamadison@mysticartists.com)

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# STATISTICS

## CLIMATE CHANGE

Research by James Hansen, head of NASA Goddard Institute for Space Studies, reports that human induced climate change combined with the rising global economy may lead to a 6 degree rise in the Earth's temperature by the end of the century. (Jeremy Rifkin)  
Industrial Cattle production produces a large array of methane, carbon dioxide and nitrous oxide and is the 2nd largest cause of global warming after energy consumed in buildings. (Jeremy Rifkin)

## UNHAPPINESS

Studies in wealthier countries show that though income has doubled, people around the world are no happier than 50 years ago. (Jeremy Rifkin)

Americans make twice the income they did in 1957 but the percent of people reporting they were very happy has dropped from 35% to 29%. (Bill McKibben)

## FOOD & SUSTAINABILITY

It takes half a gallon of oil to produce a bushel of Mid-western hybrid corn. (Bill McKibben)

Most recent USDA Census of Agriculture says: smaller farms produce far more food per acre, whether measured in tons, calories or dollars. Small farms grow more food but use more people. (Bill McKibben)

## LACK OF COMMUNITY

Studies show the more individualistic a society, the higher the divorce rate and greater the crime. (Bill McKibben)

Between 1974 and 1994, the percent of Americans who frequently visited neighbors fell from 1/3 to barely 1/5. (Bill McKibben)

## HAPPINESS

Roughly 50% of happiness is determined by our genes and 10% by our life circumstance, but 40% depends on our daily activities. (Sonya Lyubomirsky)  
Perhaps the dominant finding from happiness research is that social connections are key to happiness. Studies show that close relationships, including romantic relationships, are especially important, suggesting that we should make time for those closest to us – people in whom we can confide and who'll support us when we're down. (Sonya Lyubomirsky)

## WEALTH, MONEY & WELL-BEING

Young adults whose primary motivation is money, image and fame show higher levels of depression and more physical ailments. (Jeremy Rifkin)

## POSITIVE EMOTIONS

That awe, wonder and beauty promote healthier levels of cytokines suggests that the things we do to experience these emotions—a walk in nature, losing oneself in music, beholding art—have a direct influence upon health and life expectancy. (Dacher Keltner)

## BENEFITS OF MINDFUL PRACTICES

With regular yoga practice, we breathe better. We sleep better. We digest our food better. We feel better. We may even begin to recover from chronic illness. And, for many Americans, the best part is that none of these amazing outcomes requires long years of training and apprenticeship. The benefits of practice are immediate. (Stephen Cope)

Meditation sharpens focus. Meditation lowers blood pressure, relieves chronic pain, reduces stress. Meditation helps us experience greater calm. Meditation connects us to our inner-most feelings and challenges our habits of self-judgment. Meditation helps protect the brain against aging and improves our capacity for learning new things. Meditation opens the door to real and accessible happiness. (Sharon Salzberg)