



Now I live life
three inches higher



*As told by Tina Campanella
Photographs by Martin Usborne*





ON CLARITY AND FOCUS

Exercise is vital for my mental health. It gives me clarity and focus. Stress and strain fade into the background for an hour or two. It just makes me feel good. Happy. Light.





ON SHOES AND ARTHRITIS

I got arthritis when I was 17 and spent years shuffling around in ugly orthopaedic flat shoes. I struggled to feel like a woman. I knew I was finally getting better when I tried on a pair of heels in a shop and didn't feel the pain. Shoes with heels remind me of what I've overcome. Now I live life three inches higher. I have over 20 pairs.



EVERY TIME I GO TO THE STATES,
I BUY ONE PAIR OF COWBOY BOOTS



ON WANTING TO FLY

Yeah, I love birds. Maybe it's something to do with wanting to fly. Maybe it's about loving the freedom of wide open spaces; it's easy to feel trapped in big cities and by the pressures of life in general.







ON WALKING IN THE PARK

The open space of the park makes it possible for me to live in the city. But I couldn't live without the city. It's where the fascinating people live. I like to look out over the city and wonder what all the people are doing. Some are arguing, some are falling in love, some are taking their first breath, some are taking their last...

I NEED TO FEEL THAT CONNECTION TO NATURE;
I ADORE IT





ON HEALTH

I use my blender every morning. Everything good for me gets thrown in there, and I feel like I'm giving myself a good start to the day.





Hello Fresh

I LOVE COOKING... IT'S SO CALMING

I NEED TO ACHIEVE THINGS;
OTHERWISE I FEEL LIKE SHIT

I couldn't lie on a beach forever and drink margaritas. I need to achieve things. I need to have made a difference. I need to have written something that matters.



I was frozen. All of a sudden
even the grass rustled.
Tim's hand was tight around
arm.
I heard the engine of a car click
and 2 door shutting one after another.
The night was still. All sounds
could be heard as the 2 sets of
footsteps made their way across
and closer towards us here.
"I know they're here"
and closer towards us here.

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By Tina Campanella
armed robbery took place in the Guernsey
post office today for no apparent reason. The
robbers were a gang of five men, nothing
was taken and all forces have been called
out and are expected to stay there for
hours. I switched it off. "Nothing ever happens
in Guernsey, as if anyone could believe
that, probably just kids mucking about."
mum called out more to herself than
me. I went upstairs Mum was getting
ready for an overnight stay. I was getting
and I was going to Tracy and Allen's house
they were my friends. I had seen them for ages. We
and I hadn't seen them for ages. We
three had been planning to get up in
the middle of the night to go and
leave. We were leaving.

... I called
what
I do
is
let
me
know
if
you
can
help
me
with
this
project
I'm
doing
the
Blair
Project
for
a bit

ON FEAR

What would I say to myself if I could look back on my life in 50 years? Stop being so scared! Take that chance! I'm terrified of failure in every area of my life, and it's paralyzing. When I was a kid I used to wander around the beaches behind my house, spouting poetry in silly dress-up clothes. I didn't care if anyone saw me. Now, as an adult I can't even make a speech without feeling sick inside.

WORDS HAVE A
STRANGE QUALITY TO ME

When I see words, I see pictures.
When I read the word 'heart,' I see a heart in
front of me. So to me, reading is like
watching a strange movie.





ON COLLECTING

I keep all my old notes and letters. But holding an old book can also take me back and inspire me. I buy lots of books. I also collect old books - first editions of the books I've loved. Stephen King is my favourite novelist. Whenever I buy his latest, I read it extra slowly to savour it.





BOWOOD GOLF & COUNTRY CLUB

CELEBRITY PRO-AM GOLF TOURNAMENT

Monday 27th May, 1996
From 8.00 a.m.

£4.00 per person
(children under 12 free)

YOU DON'T HAVE TO DO ANYTHING OR ANSWER TO ANYONE THERE

I love Joshua Tree National Park – the open space, the freedom, the stillness. I see myself in a little house in Joshua Tree, writing novels, barbecuing and sitting by the fire pit at night. That would be my dream.

ON EVERYDAY MOMENTS OF BEAUTY

I often end up in tears because something small has made me happy. Here you go – look at this daffodil, all by itself. This is beauty.





ON FAMILY, DIVORCE, AND ENDLESS LOVE

My parents divorced when I was eight, but we are all still very close. My mum, my brother, and me – we've always called ourselves the Three Musketeers. My mother now lives in New Zealand, my dad in the countryside of the UK, but they'll always love each other.



I FEEL MOST MYSELF WHEN I'M WITH MY FAMILY...
I FEEL LIKE I'M FUNNIER, I CAN BE WHO I AM





WARD THINKING
ROSS
KATSH
BACK LABEL
AUTHENTIC PRODUCT

ON RELATIONSHIPS WITH FOOD AND MY DAD

My dad didn't do typical dad things with us when I was young. He was busy running his restaurant, but his obsession with food was infectious. He's always been poetic about the colour, taste, and smell.

I don't really trust grand declarations of love. To me you have to show your love through what you do. For my dad, that was feeding me, knowing the foods I loved, teaching me to cook.





WHEN HE MAKES PASTA AL FORNO, I GET ALL THE
CRISPY BITS ON TOP – I DON'T HAVE TO ASK



FALLING IN LOVE... IT'S THE AFTERWARDS THAT MATTERS

Trust is knowing that my partner would never intentionally upset me. Every now and then we might irritate each other - we're only human - but because I know that it's never on purpose, I can't be angry with him.

He is always thinking of me. That's more important to me than dreamily watching a sunset together. I don't believe in happily-ever-after romance. The most important thing is teamwork. Falling in love is easy - it's how you build a life together afterwards that matters.







ON NOT BEING ABLE TO FIX PROBLEMS

My strengths and weaknesses are probably the same thing. I'm the one that everyone comes to for support. I can't say 'no' to anyone, and I'm often left exhausted by not being able to fix their problems.

I'M KIND AND SENSITIVE TO PEOPLE'S NEEDS,
BUT IT CAN ALSO BE TOUGH





ALFIE IS MY SURROGATE CHILD, I GUESS

Alfie gives me constant affection and loyalty, and I secretly love that he needs me. I think everyone needs to be needed. He gets spoiled rotten. He gets expensive organic dog food; we feed him scraps from the table, order him treats when we take him to the pub – I know it's not right, but we can't help it.

SOMEWHERE IN THIS FLAT
THERE IS A PIG'S EAR HE'S BURIED





ON DEATH AND FREEDOM

I've always been a happy-go-lucky person. When my friend Amy got bowel cancer, I was certain we'd save her – I couldn't see any other way for her story to go. I helped her raise £100,000 in 10 days for a special operation. But she died before she could have it.

Then my brother's best friend since childhood committed suicide. And I broke my back. But breaking my back was the best thing that could have happened. It gave me time to reflect on the inevitability of death. I felt freed by that realization.





Amy Watts

10/06/1977 – 05/03/2015

“Some people live more in twenty years than others do in eighty. It’s not the time that matters, it’s the person.” - **The Doctor**





WE'RE ALL JUST STORIES IN THE END...
WE'VE JUST GOT TO MAKE THEM GOOD ONES





ON LOSING EVERYTHING AND FINDING HARRY

Just after my dad left us, my younger brother accidentally burnt down our house. We lost everything.

My mother had to fight to stop us being taken into care. She worked 18-hour days, seven days a week to keep us all going. It was then that we met Harry, an elderly man. He adopted us all as his own. There was nothing between him and my mum – it was pure generosity. He bought us a house. He was like a father to my mother. As far as I was concerned he was my grandad.

SOMETIMES WE FIND
EACH OTHER FOR A REASON

This is a diamond ring I have from Harry – it was his wife's before she passed away. She died young, and Harry never got over it. He had no family until he met us.



I WAS WALKING ALFIE IN THE PARK
WHEN A BLIND MAN CAME TO ME FOR DIRECTIONS

I honestly didn't know how to help. I stupidly began by pointing out the way. I felt stupid and awful – I didn't know how to properly connect with him. Empathizing with others is so important to me, but I failed that day.



I DON'T REGRET ANYTHING

Every moment in my life has made me
who I am today.



ON FRUSTRATIONS

It's frustrating when customer service agents won't deviate from what they're told to do. All they need to do is deal with each situation as a unique one.

My laptop died on me, taking a 60,000-word book that I had to hand in to my publisher. I rushed to the Apple Store. Tears were streaming down my face. A Genius took one look and came straight over. She sat me down somewhere quiet with a glass of water.

Although she couldn't fix my computer in the end, I'll never forget how she treated me that day. She saw me. She heard me.





ON TRUST AND TOUCH

Brands used to be very above you.
Untouchable.

But now I can have a conversation with a brand.
If you don't have a presence online, people
don't trust you. It's about being connected.

I'M VERY MIDDLE OF THE ROAD

I'm not anything special.
But I want to be.
I want to be special.







This book is a window into the life of someone who could very well be your customer. Wouldn't it be nice to know someone as well as this? You can, with Sprinklr. That's why we created this series of stories about one unique life after another. Told to us by people in their own words.

 sprinklr®



This is one in a series of real customer stories. Each told to us by people in their own words, with photos that share their lives. What if you could know your customer this deeply – with this kind of insight and empathy? You can.

