



It Must Be High Or Low

Kevin Day

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Over the years Kevin Day evolved his own concept of what was 'real' about existence and 'normal' about people. But the older he got, the more he questioned both. So one day in 2004, while studying psychology and when his life and the world were driving him more mad than usual, he wrote this book in an attempt to find out whether there was any validity to his conclusions or answers to either question. He called the book 'It must be high or low' and used lines from his favourite song 'Strawberry fields forever' as headings for the chapters. As individuals, we have all come to have our own personal concepts and beliefs as to how the world is, how we think it should be, what is 'real' and 'normal' about our own existence and 'real' and 'normal' about other peoples. Having formed our 'point of view', we go through life engaging with others. Some of whom may have equally firmly held beliefs and concepts which are completely different to our own. Our beliefs allow us to justify and defend our own actions, condemn other peoples and 'explain' lots of stuff. Quite a few of these concepts and beliefs, especially where religion and politics are concerned, have led to murder, rape, poverty, racial discrimination and ultimately, global conflict. But what percentage of the SOURCE of any of our concepts and beliefs (mine or yours) have ever actually been assessed and determined by us as an individual? Honestly. How much have we simply 'picked up' from other people, often long dead and sometimes still living, and never really questioned? In other words, as an individual, how honest are we? How unquestionably 'correct' are our concepts and beliefs? If we could pause, reflect, and go back and 'start from scratch', what might we discover we REALLY think and believe? Kevin no longer wonders so much about what's real. But, he is still unsure as to what's 'normal'. Especially when applied to himself, another individual or humanity as a whole. Kevin works with what are commonly referred to as 'young offenders' in London. He has an 'O' level in Art, a Degree in Psychology and a Masters in Youth Justice. He is quite happy being single and living in a state of more or less continual chaos just outside London with one or two of his three children, hundreds of books, loads of dead house plants and various cats. He is currently writing another book about young people and crime. For relaxation, he likes red wine, ebay, good food, the Beatles, reading in bed and trying to act normal.

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