Where do your ideas end and you begin? Can the creatures lurking in the darkness make you stronger?

A tale of a girl, who through the gift of learning comes to see more than others. But will her terrifying ideas consume her, or will she find power in their presence?

ISBN 978-0-646-87272-8

ISBN 978-0-646-87272-8

Authored & Illustrated by **Joshua Luke Ameliorate**



thegift.

This page is intentionally left blank.
INSIDE COVER



ABOUT THE AUTHOR

Trained as a clinical anatomist at the University of Adelaide's School of Medicine, Joshua has spent the last twenty years or more teaching human anatomy to medical students and surgical trainees.

He maintains a personal love for visualising the human form, and often seeks to combine his passion for illustration with medical concepts.

Having become a father himself, Joshua is drawn into exploring the realms of children's imagination and believes that many of life's greatest lessons can be learnt through creativity and exploring the unknown.

the gift.

Authored & Illustrated by **Joshua Luke Ameliorate**





Of all the terrors conceived and carried out by humanity,
it is the notion of a world without imagination that evokes the most fear.

For my daughter who will forever hold my heart and mind, and to my mother who always upheld the value of education and the power of perceiving the good.

thegift.

Mental imagery can be advantageous, unnecessary and even clinically disruptive, and plays a pivotal role in the nature of what makes us human. From learning to read through visualising letters, to being driven to fear by vivid hallucinations, our imaginations cross multiple key neurobiological and cognitive domains from birth to death.

More recently researchers from the disciplines of neurology, psychiatry, paediatrics and neuroscience have all observed significant correlations between an individual's ability to mentally visualise, be creative and demonstrate a higher than average aptitude for memory recall and elevated intelligence.

However, there is reason to suspect that not all people with vivid imagery see it as a plus. Over the past decade, researchers have found that mental imagery has a powerful influence on our emotions and mental health. Time and again, experimental findings have shown that when healthy volunteers with vivid imaginations are asked to conceive negative scenarios, they report much more intensive feelings of anxiety than those asked to think about the meaning of words in descriptions of the same scenarios.

Investigators looking to understand the neurobiological basis of post traumatic stress have also often cast unfavourable light upon the human ability to imagine, implying that through fictional escape our brains turn to imagination in the face of the unresolvable. Yet at the same time it is our imagination, ideas and creativity that enables us to confront our fears and transform the once bad to good, augmenting our perception.

Children just like adults have big emotions and big ideas, so perhaps the creatures that once lurked under the bed can also drive us forward.

Dr Joshua Luke Ameliorate



Halo was a special girl,
Seeing more than others could,
And through the gift of learning,
Grew more than others would.