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The Book of Rage

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rage quit ['reɪdʒ ,kwɪt]

To angrily abandon a game that's too frustrating.

You've probably experienced it. It can be a primal scream straight into your pillow. Or your fist typing "RFGTKL;IKMSH" on your keyboard. It can even be a controller-shaped hole in your TV. It's the act of rage quitting.

We have launched **Sekiro: Shadows Die Twice**. A game so tough it can break down the most patient gamer. But it's also a game that will give you a sense of nirvana when you finish it. When you taste the sweet, salty sensation of victory tears on your upper lip.

To handle this game, we have created a manual. Something to guide you in the darkest times. That will help you maintain zen. Read this when the rage quitting is just too strong.

The Book of Rage will help you embrace the rage.



The Bag of Panic

Use the art of Origami and create your own Bag of Panic. Breathe into it. Slowly. Count to ten. Hell, count to twenty. Count until you feel the rage subside. Count until you have the guts to enter the game again.

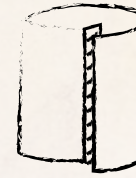
Materials needed:

A piece of paper.

A stick of glue.

STEP I.

Fold the sides of the paper to the middle, overlapping by about 2 cm.



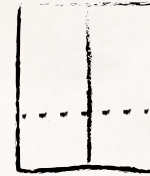
STEP II.

Paste one edge with glue. Stick down the overlapping edge.



STEP III.

Turn up the bottom edge about one-third of the bag. Crease it, unfold it.



STEP IIII.

Right about now you're probably really panicky. Don't worry. You're soon done. Fold up the bottom corners to the crease. Unfold them.



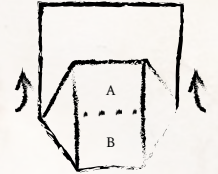
STEP V.

Tuck the corners up inside the tube.



STEP VI.

You now have a tube with two flaps. A and B. If you don't, something is wrong. Start over again.



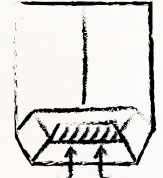
STEP VII.

Fold the upper flap A down on itself to the middle line.



STEP VIII.

Paste the shaded edge of flap B very, very, very carefully. Like really carefully.



STEP IX.

Fold it over flap A and stick it down.



STEP X.

Voilà! You have created the Bag of Panic.



The Ball of Fury

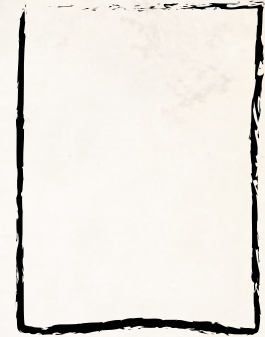
Create a Ball of Fury. It's an easy thing to make. Take a paper. Crumple it. Crumple it until your knuckles turn white. Crumple it until there's nothing left to crumple. Unclench your fist. Look at what you have done to the poor paper. Throw it away. Press "play".

Materials needed:

A piece of paper.

STEP I.

Take a piece of paper. This can be a newspaper. A regular paper. Any type of paper. A love letter from your ex? Or maybe an invoice that has made you mad.



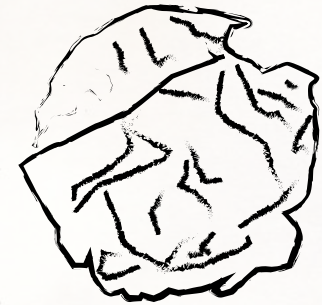
STEP II.

Crumple it. Crumple it like there's no tomorrow.



STEP III.

Look at the piece of paper. Throw it away. Continue playing, like a true ninja.



The Art of Shinobi

The Japanese ninja, shinobi, perfected the ability to achieve zen through art. You should do this too. Being creative releases tension and reduce feelings of anger. So draw something. It can be a drawing of a shinobi fighting a samurai. Draw this. If you want to do it in hard mode, draw with a really thick pencil. Finished? You're ready to continue the game.

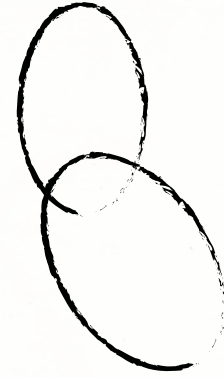
Materials needed:

A piece of paper.

A pencil.

STEP I.

Draw two circles.



STEP II.

Add some details.



The Box of Screams

This is a little harder. But worth the work. Choose a box. The box should be about 10x10x10 centimeters. Pad this box with something soft. Make two holes in the box and attach a string through the holes. Put it over your mouth. Scream until you feel better. Then take off the box. Now you're ready to finish that boss.

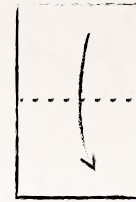
Materials needed:

A piece of paper.

Something soft.

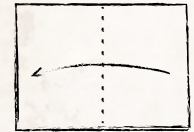
STEP I.

Use a two-page spread of broadsheet newspaper. Fold in half.



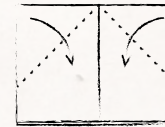
STEP II.

Fold in half to make a crease and fold back.



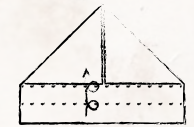
STEP III.

Fold in the dotted lines to meet the center line.



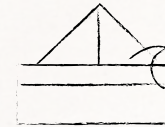
STEP III.

Fold in the dotted lines.



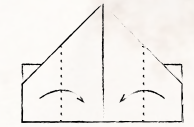
STEP V.

Turn over.



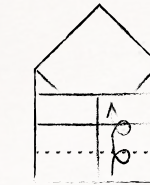
STEP VI.

Fold to meet the center line.



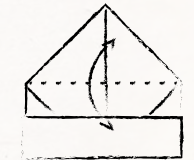
STEP VII.

Fold in the dotted lines. Feel frustrated. Scream a little. If someone comes in and ask you "What's wrong?", say "Nothing. Nothing is wrong".



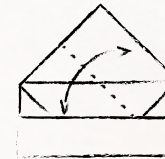
STEP VIII.

Fold to make a crease and fold back.



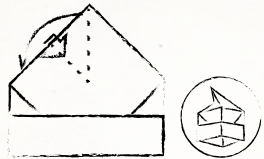
STEP IX.

Fold to make a crease and fold back, again.



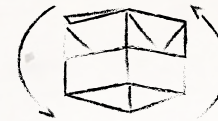
STEP X.

Open the pocket from ↖ and flatten.



STEP XI.

Turn around. You have created a box. Pad this box with something soft.



STEP XII.

Punch two holes in the sides of the box. Attach string. Cover your mouth with box. Scream until you feel better.



The Pillow of Zen

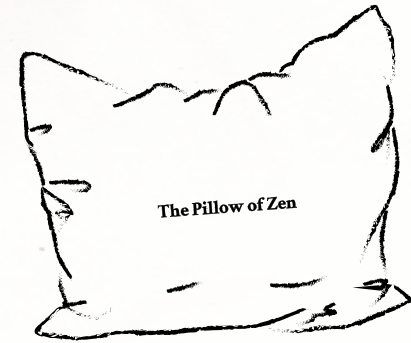
Pick up a pillow. It can be your favourite pillow. Hug it. Tell sweet nothings to your pillow. Feel the pillowness of the pillow calm you down. Focus your attention on your breathing. Inhale through your nose, hold your breath for two seconds, then exhale from your mouth. Do this until you have reached a zen-like state of mind. Then you log in again.

Materials needed:

A pillow.

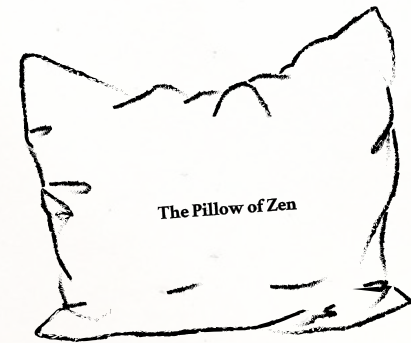
STEP I.

Grab your favourite pillow.



STEP II.

Cuddle this pillow and breathe heavily into it.



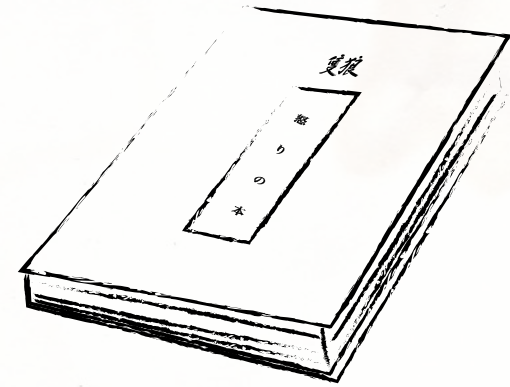
The Book of Rage

This is the last resort. If all else fails, take this book. Hold it. Feel the rage surge through your fingers. And then tear it. Tear it into a million little pieces. Scatter them in the wind. Say something that vaguely resembles something a Japanese shinobi would've said, like *"In destruction lies beauty"*. Then finish the game. We promise you, it's really worth it.

Materials needed:
The Book of Rage.

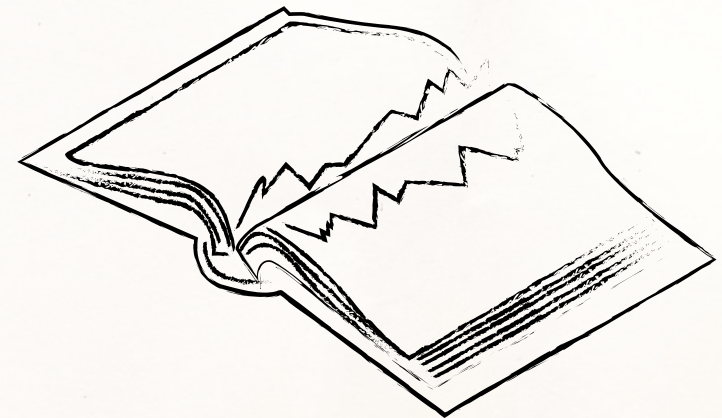
STEP I.

Grab the Book of Rage.



STEP II.

Tear apart the Book of Rage.



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