

# THE JORDAN HARBINGER SHOW

## Worksheet for Nadya Tolokonnikova | How to Read and Riot: For All Ages (Episode 118)

Being a subversive artist in a country where free speech is protected can be risky enough when the people who don't like what you have to say make their displeasure known in dangerous ways. But being a subversive artist in a country where your work can land you in a forced labor camp for years takes a certain level of commitment.

In [episode 118](#), Nadya Tolokonnikova, author of [Read & Riot: A Pussy Riot Guide to Activism](#), explains what it's like to be a perpetual thorn in Vladimir Putin's side as an actionist activist in 21st century Russia.


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## Facing the Problem

While the USSR no longer stands, Russia still has many problems. Just ask Nadya -- she's been beaten, jailed, and worse for speaking out against the status quo there. While most would take this as a cue to flee the scene of contention, she is focused on seeing her homeland make progressive strides in the 21st century. "I am a political artist whose inspiration is in my politics, and in my community," she told me. "So I need to be in Russia."

**Nadya has had many chances to leave Russia for good, but she hasn't taken them. She's staying to focus on what seems to be her calling. Is there an area in your life where the safe choice may not leave you fulfilled? Is there a risk to be taken that might be worth it?**



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## The Ultimate Act of Subversion

Nadya hacked the prison experience -- and no, not by escaping. She chose to find joy in the labor camp. She went against the expectations of her captors and adopted the opposite attitude.

This showcased her “radically different values” and helped her to survive.

**Is there something to be learned from Nadya about trying to enjoy life's hardships in order to get through them? How would any of these lessons look in your life?**

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above it.

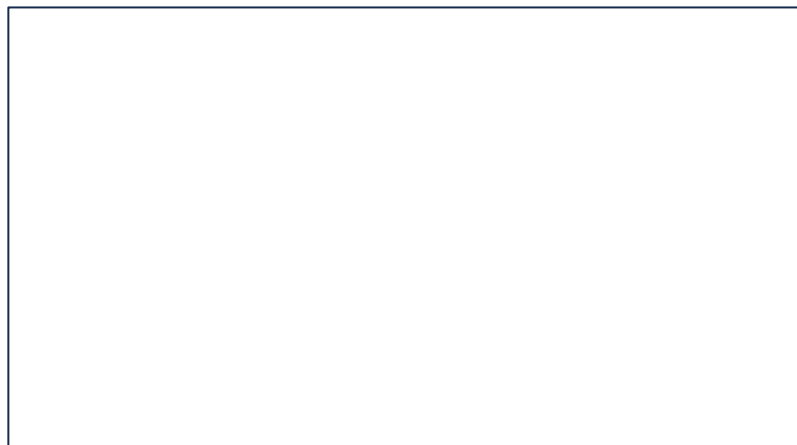
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## Surviving Prison

Life in a Russian labor camp is as a horrible as it sounds (Nadya's book is full of horrifying examples). Yet in the face of mental physical and abuse, she found some peace. Nadya chose to train her mind on positive things in the future -- for her, that was making art. It was her insurance policy against being turned into a "lifeless body."

**Where can you train your mind to go for hope and peace that's a helpful alternative to the present moment?**



*Full show notes and resources for this episode [can be found here](#).*

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## About



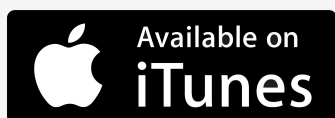
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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