

# Linda Mary Montano: You Too Are a Performance Artist



<b>Author:</b>	Linda Montano
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You Too Are a Performance Artist is an artist's project and catalogue by the American performance artist Linda Mary Montano (born 1942). Published to accompany the SITE Sante Fe exhibition Linda Mary Montano: Always Creative, curated by Janet Dees in collaboration with the artist, this book features a "My Art/Life-Your Life/Art" workbook that documents 45 of her performances from 1964 to the present and gives suggestions on how readers can create their own performances based on the themes explored in Montano's work. At the heart of her practice is the belief that the strategies employed in the creation of and engagement with art, such as focused attention, openness and awareness, can enhance the quality of one's life, if turned toward everyday activities.