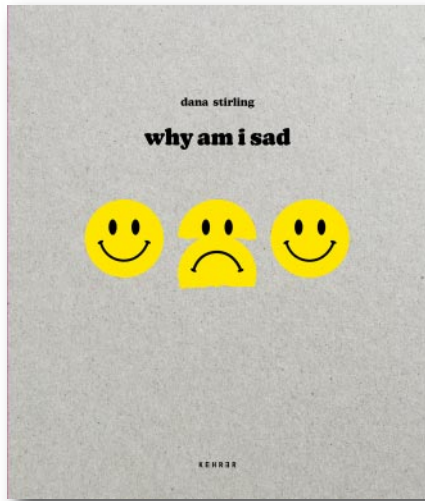


NEW RELEASE 2024



Dana Stirling *Why Am I Sad*

Texts by Dana Stirling
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A journey through the complex world of emotions along American landscapes

In *Why Am I Sad*, Dana Stirling embarks on an exploration of the complex interplay between mental health and artistic expression in associative, poetic photographs. »Growing up, I spent most of my time in my room, wherein loneliness pervaded both within and beyond its walls. Family failed to provide solace; instead, it became a source of stress, anxiety, and a prevailing sadness. Often unspoken in my family, my mother's battle with clinical depression cast a shadow that took years to fully comprehend.« Through navigating her own emotions, the project assumes a broader cultural significance, transcending personal narratives to engage with universal discourse on mental health. The visual diary becomes a testament to the transformative power of art, revealing layers of vulnerability, resilience, and the relentless pursuit of meaning.

From the text *Tinged with Sadness* by Dana Stirling:

It's estimated that almost 280 million people worldwide live with depression. Among this staggering number, this book unveils the personal narrative of just one of them—me.

Why am I sad? Well, perhaps it runs in my blood, a genetic legacy I've inherited. Or maybe it's woven into the complex tapestry of my family fabric. Ironically, it could be the sole bond I share with my mother—a connection tinged with sadness.

(...)

In the confines of my room, I discovered photography, a medium that allowed me to translate the discord of inner turmoil into visual poetry. Objects ceased to be mere artifacts; they became vessels for unspoken narratives, a language I could speak fluently when words failed me. Through the lens of my camera, I found a voice, a means of expression that transcended the limitations of verbal communication. Each photograph became a window into

my soul, a reflection of the inner dialogue I dared not speak aloud. And yet, with all my best intentions, the specter of loneliness and sadness remained, a constant companion hovering at the edge of every frame.

Dana Stirling is a fine art photographer and the Co-Founder & Editor of Float Photo Magazine since 2014. She is currently based in Queens, New York. She earned her MFA in Photography, Video, and Related Media from The School Of Visual Arts in 2016, following her earlier BA in Photographic Communications from Hadassah College Jerusalem. Dana Stirling's work has been prominently featured in group exhibitions in the United States and internationally, including reputable venues such as Panopticon Gallery and Saatchi Gallery. Her photography has gained recognition in various publications, including BuzzFeed, Feature Shoot, Der Grief Magazine and others.

Discover her work on Instagram (@dana_stirling) and on the website danastirling.com.

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