

how to walk on broken glass

How to Walk on Broken Glass: A Guide to Mastering This Unusual Skill

how to walk on broken glass might sound like something out of a circus act or a daring stunt, but it's actually a skill that many people have learned with practice, patience, and the right technique. While it may seem dangerous at first glance, walking on broken glass safely is possible when you understand the physics behind it and follow some crucial safety tips. Whether you're curious about the art of firewalking and glasswalking, or simply want to impress friends with a show of bravery, this guide will walk you through the essential steps and precautions.

Understanding the Basics of Walking on Broken Glass

Before you even think about stepping onto a bed of shattered shards, it's important to grasp why walking on broken glass doesn't always lead to injury. The key lies in weight distribution and the nature of the glass itself.

The Science Behind the Trick

When you walk on broken glass, you're not just stepping on sharp points one by one. Instead, your weight is spread out over many pieces of glass, reducing the pressure on any single shard. Pressure is defined as force divided by area, so the larger the surface area your foot covers, the less likely any piece of glass will penetrate your skin.

This is why a slow, careful step that places your entire foot down evenly is much safer than stomping or hopping. The glass pieces also tend to be irregular, with many edges dulled by the breaking process. Knowing this can help demystify the activity and reduce fear.

Types of Glass Suitable for Walking

Not all glass is created equal when it comes to this practice. Soda-lime glass, such as that from bottles and windows, tends to break into large, sharp shards. Tempered or safety glass, however, shatters into small, less dangerous pieces. For beginners, using tempered glass can minimize risk.

Many professionals who perform glasswalking shows use specially prepared beds of glass that have been carefully selected and arranged to ensure safety. If you're attempting this for the first time, starting with tempered or soda-

lime glass that's been crushed into small pieces (but not powdered) is recommended.

Step-by-Step Guide: How to Walk on Broken Glass Safely

If you're ready to try walking on broken glass, follow these steps carefully to minimize risk and increase your chances of success.

1. Prepare Your Glass Bed

- Choose a flat, stable surface to spread out your glass shards evenly.
- Ensure the glass pieces are clean and dry to prevent slipping.
- Avoid overly large shards that could puncture the skin.
- Arrange the glass to cover a sufficient area to allow several steps without stepping off.

2. Protect Yourself Mentally and Physically

- Wear loose, comfortable clothing.
- Warm up with some light stretching to improve balance.
- Mentally prepare yourself by focusing on calm, controlled breathing.
- Consider having a spotter or assistant nearby for safety.

3. Step Carefully and Deliberately

- Stand at the edge of the glass bed and take a deep breath.
- Place your entire foot down flat, distributing your weight evenly.
- Move slowly, avoiding sudden shifts or jerks.
- Keep your steps consistent and avoid lifting your foot too quickly.
- Maintain a straight posture and look ahead, not down, to keep balance.

4. Practice Proper Foot Placement

- Aim to step with the ball of your foot and heel touching simultaneously.
- Avoid placing your weight on the toes alone, as this concentrates pressure.
- If you feel discomfort, stop immediately and inspect your feet.

5. Finish With Care

- Once you've crossed the glass bed, step onto a soft surface like grass or a mat.
- Inspect your feet for any cuts or punctures.
- Clean any minor wounds promptly with antiseptic.

Essential Safety Tips When Walking on Broken Glass

While the technique is important, safety must always come first. Here are some essential precautions to keep in mind:

- **Never attempt glasswalking while intoxicated or distracted.** Your balance and judgment need to be sharp.
- **Have first aid supplies on hand.** Bandages, antiseptic, and tweezers can be crucial if you get a splinter or cut.
- **Do not rush the process.** Slow, deliberate movements reduce the risk of injury.
- **Keep the glass bed clean and free of debris.** Dirt or other materials can cause slipping or unexpected punctures.
- **Consider wearing thin protective films or specialized footwear if you're a beginner.** Some performers use these to build confidence.
- **Never try this alone.** Having someone nearby to help can prevent accidents from becoming serious.

The Cultural and Historical Context of Walking on Broken Glass

Walking on broken glass is not just a stunt; it has roots in various cultural rituals and spiritual practices around the world. Firewalkers and glasswalkers often use this practice as a way to demonstrate courage, focus, and mind-over-matter abilities.

Many indigenous cultures have used similar challenges as rites of passage or tests of endurance. Modern performers have adapted and popularized glasswalking as a form of entertainment and personal empowerment, blending

ancient wisdom with contemporary showmanship.

Mental Focus and Mindfulness

One of the most fascinating aspects of walking on broken glass is the mental discipline it demands. Practitioners often describe a meditative state where fear is replaced by calm awareness. This mental preparation is just as important as the physical technique.

By cultivating mindfulness, you can reduce hesitation and increase control over your movements, making the experience safer and more rewarding.

Common Mistakes to Avoid When Walking on Broken Glass

Like any challenging skill, there are pitfalls that beginners often encounter. Recognizing these common errors can save you from injury:

- **Stepping too quickly or stomping:** This concentrates force on individual shards and increases the risk of cuts.
- **Wearing inappropriate footwear:** Thin-soled shoes or bare feet are best; thick shoes can cause loss of balance.
- **Ignoring pain or discomfort:** Pain is a signal; don't push through it without stopping to check.
- **Using dirty or unsafe glass:** Contaminated shards can lead to infections if you're injured.
- **Not preparing mentally:** Hesitation can lead to missteps and accidents.

Developing Confidence and Advanced Techniques

Once you've mastered the basics of how to walk on broken glass and feel comfortable with the process, you can explore more advanced approaches to refine your skill.

Breathing Techniques

Controlled breathing helps maintain calm and focus. Many performers use slow inhalations and exhalations to steady their nerves before each step.

Speed and Rhythm

Some glasswalkers experiment with varying their pace once they've become confident, finding a rhythm that balances speed with safety.

Combining with Other Performances

In circus acts or spiritual ceremonies, walking on broken glass is often combined with other feats such as firewalking or balancing acts, enhancing the spectacle and challenge.

Walking on broken glass might never become a casual hobby for most, but understanding the technique and safety measures can enhance your appreciation for this extraordinary skill. Whether for personal challenge, cultural exploration, or performance, approaching it with respect and preparation is key to success.

Frequently Asked Questions

Is it safe to walk on broken glass?

Walking on broken glass can be dangerous if not done correctly. However, with proper technique, preparation, and safety measures, it is possible to walk on broken glass without injury.

What materials do I need to safely walk on broken glass?

You need a flat surface covered with broken glass, preferably thick and sturdy glass pieces, safety gloves, and sometimes a first aid kit nearby. Proper mental preparation and guidance from an expert are also important.

How do professionals walk on broken glass without getting hurt?

Professionals walk on broken glass by distributing their weight evenly across the soles of their feet, walking slowly and carefully, and ensuring the glass pieces are stable and not sharp enough to penetrate the skin.

Can I walk barefoot on broken glass?

Walking barefoot on broken glass is risky but possible if done with caution. It is essential to ensure the glass is clean, flat, and spread evenly, and to walk slowly to avoid pressure points that could cause cuts.

What mental preparation is needed before walking on broken glass?

Mental preparation includes overcoming fear, focusing on calm and steady breathing, visualizing success, and maintaining concentration throughout the walk to ensure steady and deliberate steps.

How should I position my feet when walking on broken glass?

You should place your feet flat, distributing your weight evenly across the soles. Avoid stepping too hard or placing weight on sharp points. Walking slowly and deliberately is key.

What are the risks involved in walking on broken glass?

Risks include cuts, infections, puncture wounds, and in severe cases, deep injuries. Proper preparation and caution are necessary to minimize these risks.

Are there any training programs or workshops for learning to walk on broken glass?

Yes, many firewalking and stunt performance groups offer workshops and training sessions that teach safe techniques for walking on broken glass under expert supervision.

Additional Resources

How to Walk on Broken Glass: A Professional and Analytical Guide

how to walk on broken glass is a phrase that often evokes images of daring performers, spiritual rituals, or extreme challenges. While it may seem perilous and counterintuitive, walking on broken glass is a practiced skill that combines knowledge, technique, and mental discipline. This article explores the phenomenon with a professional lens, analyzing the methods, risks, and psychological aspects involved. Through a detailed examination, readers will gain a comprehensive understanding of how this practice works and what it entails.

Understanding the Phenomenon: The Science Behind Walking on Broken Glass

Walking on broken glass is not simply a stunt of recklessness; it is grounded in principles of physics and human anatomy. The key to walking safely on shards lies in the distribution of body weight and the properties of the glass itself. Unlike stepping on a single sharp object, which can puncture the skin, walking on multiple pieces of broken glass spreads the pressure over a larger area, significantly reducing the likelihood of injury.

The glass used in such practices is often carefully selected. Typically, thicker, tempered glass shards are preferred because they tend to break into smaller, less sharp pieces compared to thin, brittle glass. Additionally, the surface area of each shard plays a role: larger, flatter pieces distribute weight better and minimize the risk of cuts.

Material Considerations: Types of Glass and Their Impact

Not all broken glass is created equal. The type of glass influences the safety and difficulty level of walking on it. Here is a brief overview of common glass types and their characteristics:

- **Tempered Glass:** Known for its strength and safety features, tempered glass breaks into small, granular chunks rather than jagged shards. This reduces the risk of deep cuts.
- **Annealed Glass:** Standard glass that breaks into sharp, irregular shards. This type is more dangerous to walk on due to its irregular edges.
- **Laminated Glass:** Consists of a plastic interlayer that holds shards in place. Walking on this glass is less hazardous but less common in performance contexts.

Understanding the type of glass helps performers and practitioners assess risk and prepare appropriately.

Techniques and Preparation for Walking on Broken Glass

Mastering how to walk on broken glass involves more than courage—it requires

specific techniques and thorough preparation. Safety is paramount, and those interested in this practice must approach it with careful planning.

Foot Preparation and Conditioning

The skin on the soles of the feet is naturally thicker than other parts of the body, providing a degree of protection. However, conditioning the feet further can enhance this protection:

- **Gradual Exposure:** Slowly increasing the duration and intensity of contact with rough surfaces can toughen the skin.
- **Moisturizing and Hygiene:** Keeping feet clean and moisturized prevents cracks and infections, which could worsen injuries if cuts occur.
- **Callus Formation:** Some practitioners intentionally develop calluses to create a natural barrier against sharp edges.

Proper foot care before and after walking on glass is essential for safety and recovery.

Positioning and Movement

The way weight is distributed and how one moves are critical components:

- **Weight Distribution:** Walking slowly and deliberately, placing the feet flat rather than on the toes, spreads the load evenly.
- **Step Size:** Taking small, controlled steps reduces the risk of puncturing the skin.
- **Body Posture:** Keeping the body upright and balanced helps maintain even pressure across the foot.

These methods minimize the chances of sharp edges penetrating the skin.

Psychological Aspects and Risk Management

Walking on broken glass is as much a mental challenge as it is physical. The fear factor alone can cause hesitation or improper steps, increasing the risk

of injury.

Mental Preparation and Focus

Successful glass walking requires a calm and focused mindset:

- **Visualization Techniques:** Imagining a successful walk can build confidence.
- **Mindfulness and Breathing:** Controlled breathing helps maintain calm and focus.
- **Overcoming Fear:** Gradual exposure and training reduce anxiety and build mental resilience.

Mental discipline is often what separates experienced practitioners from novices.

Risk Assessment and Safety Measures

Despite precautions, walking on broken glass carries inherent risks. Understanding and mitigating these risks is crucial:

- **First Aid Preparedness:** Having antiseptics, bandages, and medical assistance available is essential.
- **Environmental Factors:** Ensuring the surface beneath the glass is stable and clean prevents unwanted accidents.
- **Supervised Practice:** Beginners should train under the guidance of experienced performers or instructors.

Risk management strategies help minimize the chance of serious injury.

Comparative Analysis: Walking on Broken Glass Versus Other Extreme Practices

Walking on broken glass is often compared to other extreme physical feats such as firewalking or knife-throwing. Each practice demands unique skills

and carries distinct risks.

- **Firewalking:** Involves walking barefoot over hot embers. Both practices require mental focus and physical conditioning, but firewalking primarily tests heat tolerance rather than sharpness avoidance.
- **Knife-Throwing:** A precision skill focusing on accuracy and timing, with less direct physical risk to the performer.
- **Glass Walking:** Combines physical resilience with psychological control, with a direct risk of lacerations.

Understanding these distinctions highlights the unique challenges of glass walking.

Historical and Cultural Contexts

Walking on broken glass is not merely a spectacle; it carries cultural and historical significance in various traditions. For instance, some indigenous rituals incorporate walking on shards as a rite of passage or spiritual cleansing. Contemporary performers have also adapted the practice for entertainment and motivational purposes.

This cultural dimension adds depth to the understanding of the practice, showing it as a blend of physical skill and symbolic meaning.

Walking on broken glass remains a fascinating intersection of physics, psychology, and culture. While it carries undeniable risks, those who master it demonstrate remarkable control over their bodies and minds. Whether as a form of entertainment, spiritual practice, or personal challenge, the act demands respect, preparation, and knowledge—qualities that transform a seemingly dangerous feat into a controlled and meaningful experience.

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how to walk on broken glass: Secrets of the Sideshows Joe Nickell, 2005-09-09 Joe Nickell - once a carnival pitchman, then a magician, private detective, and investigative writer - has pursued sideshow secrets for years and has worked the famous carnival midway at the Canadian National Exhibition. For this book, he interviewed showmen and performers, collected carnival memorabilia, researched published accounts of sideshows and their lore, and even performed some classic sideshow feats, such as eating fire and lying on a bed of nails as a cinderblock was broken on his chest. The result of these varied efforts, Secrets of the Sideshows tells the captivating story of the magic, tricks - real or illusory - and performers of the world's midway shows.--BOOK JACKET.

how to walk on broken glass: The Barefoot Book L. Daniel Howell, 2011-01-01 Americans are chronic shoe-wearers. We wear shoes almost constantly, certainly in public spaces, and often within the comfortable walls of our own homes. We need shoes. We need them for warmth and for protection. We wear shoes to be fashionable and because it's expected. And what's wrong with that? The Barefoot Book explores this question and provides a surprising answer. What's wrong is that chronic shoe wearing is negatively affecting our health and especially the health of our feet. According to author L. Daniel Howell, the warm, moist environment of a shoe-clad foot makes a perfect condition for fungus and bacteria to grow. Poorly fitting shoes cause or exacerbate a host of foot issues from hammer-toes, bunions, and ingrown toenails to fallen arches and Hallux valgus. And high heeled shoes are the worst culprits of all with chronic use damaging the knees, spine, and posture. In fact, continuous wearing of shoes--any shoes--is a problem. Howell explains how shoes redistribute weight, alter joints, weaken foot muscles, decrease foot flexibility, and eliminate sensory feedback from the sole and shock absorption of the arch. This leaves feet weak, fragile, and even more dependent on shoes. BR> If shoes are causing such problems, the solution is obvious: take them off. In The Barefoot Book, Howell describes the best and healthiest kinds of shoes to wear for the times we must wear shoes. For the rest of the time, he suggests we go barefoot, and gives tips for getting started on a more barefoot lifestyle. He suggests ways to ease into going barefoot more often, defines the best conditions and situations for going barefoot, identifies the risks, and provides ways to explain to people why you're going barefoot--particularly if you venture into public areas where shoes are expected. Howell would like us to experience healthier feet and fewer trips to the podiatrist's office, to develop feet that are strong, flexible, and comfortable. After learning about the dangers of chronic shoe wearing and the health benefits of going barefoot, readers will likely agree.

how to walk on broken glass: *Myth Buster* Nirmal Chandra Asthana, Anjali Nirmal, 2010-06-29 Become a more rational and knowledgeable person! Develop a more scientific attitude! The book has been divided into eleven parts: Beauty, Fashion And Lifestyle; Health And Exercise; Diet And Nutrition; Sex; Miracles, Supernatural Phenomena and Stunts; General Science; Astrology; Medicine; Sports and Martial Arts; Terrorism; Myths Propagated By Films. Forever! Revealing, to the world, the scientific truth behind myths, misconceptions, traditional beliefs and notions in all walks of life that have been harboured all along without being questioned!

how to walk on broken glass: *Scientific Protocols for Forensic Examination of Clothing* Jane Moira Taupin, Chesterene Cwiklik, 2010-11-24 When a crime or other incident takes place, clothing items are often present or left behind, and can become directly involved in the case itself. Items of clothing are thus one of the most common types of exhibit examined in court. They can provide valuable information in cases of violent crimes, such as homicide or rape, as well as in burglary, ro

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how to walk on broken glass: The Myth Buster Dr N C Asthana, Dr Anjali Nirmal, Become a

more rational and knowledgeable person! Develop a more scientific attitude! The Myth Buster: 150 Great Misconceptions Clarified has been divided into eleven parts ● Beauty, Fashion And Lifestyle ● Health And Exercise ● Diet And Nutrition ● Sex ● Miracles, Supernatural Phenomena And Stunts ● General Science ● Astrology ● Medicine ● Sports And Martial Arts ● Terrorism ● Myths Propagated By Films. FIND THEM BUSTED HERE!!! Forever!!! Revealing, to the world, the scientific truth behind myths, misconceptions, traditional beliefs and notions in all walks of life that have been harboured all along without being questioned!

how to walk on broken glass: The Book of Barkley L. B. Johnson, 2014-07-24 L.B. Johnson knew how to get things done. She had been immersed in a world of complex puzzles, and tangled story lines of physical and governmental laws. She was quite sure she was up to the task of raising a black Labrador retriever puppy. His name was Barkley, and in being himself, he led his owner down a path of joyful discovery, loving frustration, and self-sacrifice. Their journey together will speak volumes to anyone who has ever had a beloved animal as a heart's companion...from the gentle nuzzles that healed in moments of crisis, to the saintly patience needed to deal with a small pink ball with feet, named "Mr. Squeaky," who interrupted many hours of sleep. It is the story of rambunctious trespasses such as "the bacon incident," and the loving trust that bound a woman and her dog together in unspoken understanding. The Book of Barkley is a tribute and memoir that will resonate with everyone who has reached out unthinking to pet a beloved animal...only to remember that a beloved friend is no longer present. Honest, transcendent, and beautifully written, The Book of Barkley is a love story that will enrich every animal lover's library.

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how to walk on broken glass: Typical Advanced English Phrases Salim Khan Anmol, 2020-12-28 Typical Advanced English Phrases is a recently launched book of Sakha Global Books, Inc publication to hold good command over English language. This is an excellent resource for all students who wish to learn, write and speak English language from zero level. Perfect for self-study, the series follows a guided-learning approach that gives students access to a full answer key with model answers. Developed by experienced IELTS tutors, the series takes into account the specific language needs of learners at this level. A lower-level exam practice book designed to improve the level of students who plan to take the IELTS test in the future. This book has been designed to help you learn English in an easy and proper way. This is a clearly structured introductory English learning book intended to offer readers an advanced fluency in both spoken and written English. English pronunciations are given in easy way helping the readers to understand the complexities of English pronunciation. English is not an easy language to learn. But if you are using proper methods to learn and speak, you'll find that your next level of learning is just a click away. Learn and adopt these techniques, tips, and many more secrets revealed in this book, and your English fluency will be on a whole different level in 60 days ! Remember: Practice doesn't make perfect. Perfect practice makes perfect. Download Now and Start Speaking Fluent English! is the ideal resource for everyone who wants to produce writing that is clear, concise, and grammatically excellent. Whether you're creating perfect professional documents, spectacular school papers, or effective personal letters,

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how to walk on broken glass: Carny Sideshows: Tony Gangi, 2012-03-01 Step right up, Ladies and Germs, and feast your eyes on the incomparable wonders of a hidden world! Be astonished! amazed! disgusted! by brazen acts of self-destruction that no natural human body should be able to withstand! Tony Gangi, professional magician, lifelong sideshow devotee, and card-carrying graduate of Coney Island's famed Sideshow School, guides you through the stupendous techniques and proud traditions of this shocking and fascinating realm of entertainment.

- Learn the secrets behind Breathing Fire! Sword Swallowing! The Bed of Nails! Pounding Spikes into the Head!
- Enter the mysterious worlds of the Snake Lady, the Human Blockhead, and more!
- Meet sideshow greats like Melvin Burkhart and Ward Hall.
- Discover today's dedicated entertainers, like Todd Robbins, Harley Newman, Tyler Fyre, Thrill Kill Jill, Donny Vomit, The Black Scorpion, and more!
- See what it takes to enter this underground yet welcoming world as a performer. Features interviews with Penn Jillette and Todd Robbins and Penn Jillette's ode to the sideshow, the 10 in 1 monologue as performed by Penn & Teller

Editors's Note: Not for the faint of heart, weak of stomach or easily grossed out. So go ahead, how can you resist?! Tony Gangi, a Philadelphia native, never actually intended to make his living by shoving nails up his nose. He left the corporate world to become a professional magician and proprietor of one of the few flea circuses remaining in the world (Live fleas do, in fact, perform circus tricks, he says. They just need to be

trained the right way and treated with kindness.) He's now mastered straightjacket escapes, fire-eating, and napping on a bed of nails. He is currently working on his presentation for walking barefoot on broken glass. This is his first book. He hopes it is not his last.

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how to walk on broken glass: Walking A Christian Path Graham Pockett, 2025-05-09 Walking the Christian Path is a free ebook featuring a number of thought-provoking articles on various aspects of Christianity. Written by a journalist and dedicated researcher of the Bible, its translations, and Christian doctrine, this collection is designed to engage both new believers and those further along in their spiritual journey. The book is divided into two main sections: Milk: This section is geared toward new or newer Christians. It offers insights into what it means to live a Christian life and what to expect as you begin your faith journey. Topics include reflections on prayer – why some prayers are answered and others aren't – the Theory of Evolution, and even a look at what Jesus may have looked like. It also features three analogies to help explain foundational concepts: The Key to Heaven, The Three Crosses, and The Cavern of Life. Additionally, three personal testimonies – Do You Believe in Miracles?, Testing the Lord, and The Leather-bound Family Bible – bring faith to life through real-world experiences. Meat: Aimed at the more mature Christian, this section delves into deeper and sometimes more challenging theological topics. It explores questions like: Is "Once Saved, Always Saved" biblical? What is true forgiveness? Does God ever change His mind? Whether you're just starting your walk with Christ or seeking deeper understanding, Walking the Christian Path offers accessible, thoughtful content for every stage of faith.

how to walk on broken glass: The Daredevil's Manual Ben Ikenson, 2004 How to do things that professional daredevils do.

how to walk on broken glass: *Trophy Wife* M. K. Hale, 2025-06-22 He wants the girl. She wants the gold. Two rivals. One road trip. A jealous wound too deep to ever heal. Mute, prideful, and constantly underestimated, Nikkos Dior has only ever been interested in winning and proving herself. Then, she meets the talented, cocky, and a little too gorgeous Arden Varick, who learns sign language just to understand her. But when Nikk's gold medalist father, famous for coaching athletes to stardom, chooses to train Varick as a professional triathlete instead of his own daughter, any future the two best friends had together gets benched. Nikk holds onto grudges like she holds onto her hard-earned trophies—with pride and a tight grip. Now, seven years later, Nikk is stuck on a thirty-two-hour road trip to Las Vegas with Varick, her father's favorite prodigy. On her way to her biggest competition yet, nothing will distract her from proving everyone—who has ever underestimated her—wrong. Even if the distraction has washboard abs, a gold medal in radiating sexual charisma, and smells like blue Gatorade, grass stains, and human sunshine. She's the woman

he's always wanted to win, and he's the man she never wanted to lose to. Both of them are ready to play dirty and work up a sweat to get what they want. But Varick needs to remember one thing. Nikkos Dior does not lose.

how to walk on broken glass: Psalms of the Pharaoh Christopher Alexander Berg, 2010-05 A collection of madness, bleeding... through the end of an empty pen. Psalms of the Pharaoh could be considered as THE poetry book from hell. Each page is like a scream and within that scream a message... a cry, a scar. This book isn't for everyone, however, it touches all the things we as a people face everyday. Rather it be inner battles, spiritual warfare, political lies and every sense of feeling in between. No stone remains uncovered. Guaranteed to turn heads, widen eyes and make jaws drop... Psalms of the Pharaoh gives a whole new meaning to controversy and puts poetry right back into the spotlight! About the Author: Christopher Alexander Berg began writing in his early teens, mainly as a form of self therapy. Through time, his writing became much more than a psychiatric reflection of one's self, and more of a life support system whenever he felt suicidal. Trading blood for ink, his war began... a personal war that targeted the world and everybody in it. It has been said that Berg bleeds through his pen, but let's not forget how much he writes from his heart. Sometimes prophetic, sometimes sadistic... Berg indeed proves there's a fine line between genius and insanity... but where Berg is on this line, no one really knows.

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