

loredana denicola
love, sex and relationships
the book





the story

love, sex and relationships is first of all a video and photography documentation project, that includes questions to myself, to couples and to individuals, who are or were in love, sex and relationship.

I collected 40 hours of interviews that I used to create a video documentation (16 videos – total duration 6 hours), black and white analog photographs, a nine minutes monologue and a book co-curated with editor-curator Steve Bisson.

I began the project in London, before Brexit and Covid-19, while I was in a nine month 'love romantic' relationship with my ex-boyfriend that then become violent.

The book of love, sex and relationships is written in English, 240 pages, a limited edition of 300 copies.

The book will be produced by *grafiche antiga*, professional italian artisans and it will be supported by a crowdfunding campaign that will soon be launched online.

Love addiction can cause emotional problems like depression, anxiety, violence, jealousy, obsessive thoughts, pain and confusion.

Many of us are trapped in unhealthy sexual and love relationships. I remember my self-esteem was gone, I felt energetically exhausted, my feelings were hurt.

I felt a strange attraction towards him, which I couldn't understand or control. He was often drunk and violent, passionate about pornography. He was ready to accuse me, humiliate me, offend me.

Often we argued violently and sometimes he'd beat me because I was complaining. But I wanted to understand why I continued to stay in such a situation.

My relationship with my ex-boyfriend reminded me of my relationship with my father, when I was teenager - that kind of impotence.

Life was confronting me again with psychological, physical and emotional abuse, but this time I was conscious of it.

And perhaps because I was aware of the abuse, I was able to use the camera, video documentation and writing like a way to get out of a difficult situation and understand why I was 'In love' with this man.

I realised that I felt guilty, angry, frustrated and jealous of someone who didn't respect me (... or perhaps wasn't I respecting myself?).

Too much empathy hurts at some point, until we have the courage to abandon everything if it doesn't make us feel good.

This is where the strength of loving oneself resides.

The book offers a different perspective on photography: photography, video documentation and writing become in the long term therapeutic.

After a year, while the project was still ongoing, I realized that what I lacked was, in fact, self-love, respect for myself.

Why talk about self-respect?

Because if we're not the first to really respect ourselves, the others won't either.

Photography helps to express ourselves, increase self-esteem and give a different perspective of reality.

In the book of love, sex and relationships I also describe my attempt to work through my negativity and my beliefs destructive.

We cannot heal from what we cannot see.

I believe that this social research on love can encourage anyone on his journey to become more aware of his own worth.

Photographs have power. Stories have power.









the video photographic process

I interviewed twenty-five people using a digital camera - a Canon 5D Mark III, fixed on a tripod. Most of them were unknown people. I looked for intimate conversations with couples or individuals who were in a love relationship or had ended a relationship.

Some I met on the street, others were friends of friends, others I have known online.

I went to visit them in their homes or anywhere they want to meet me. I interviewed them individually, asking them the same questions I was asking myself at that moment: what is love? What is a relationship? Do you love yourself?

Then, I took few photographs with a medium format analog camera, a Mamiya II 6x7 using black and white Ilford film inviting the couple or individual to represent themselves and their current relationship in front of the camera.

I took ten photographs of each of them.

I wanted to explore what it meant to others, to be in a relationship. I wanted to understand how much each of them could love themselves.

Traditionally, a photographer looks for images that tell his subject. My approach was rather to discover how the subjects of my project could portray themselves.

PEOPLE INTERVIEWED

Filiz, single mother

Ganga, divorced after 10 years of marriage

Gill and Richard, married for 30 years

Giulia and Edwin, together for 18 years, married for 4

Esperanza, married for 30 years, separated with a daughter

Agnese and Virginia, married for 2 years

James and Joakim, in a loving relationship

Toni King, single, divorced, with a teen that he can't see

Robert and Sarah, married for 30 years, with three children

Chris, single

Wen Wei and Valeria, getting married soon after 6 months of engagement

Giulia and Diana, in a relationship for 2 years

Robin and Paola, married for 4 years

Mum and Dad, married for 45 years with four children

Erica, seven years old

Laszlo, my ex-boyfriend







The aim of the book of love, sex and relationships is to open a dialogue with oneself and understand how emotional and psychological abuse, just like physical and sexual abuse, is incredibly destructive of the sense of self and how self-respect, in first and foremost, is essential for our personal growth.

technical details

love ,sex and relationships video documentation and photography project includes:

- black and white analog photographs

The photographs are taken with a medium format camera, a Mamiya 6X7, using black & white ILFORD 120 mm film and a 80 mm fixed lens, except those of Erica taken with a Mamiya 6x5 and Nikon FM2.

FB Gelatine Silver Fine Art prints - size 16x20 inches/20x24inches

- Video

Each video has a duration ranging from 25 to 50 minutes, for a total of almost 6 hours.

The video documentation is recorded in London.

English language with English subtitles.

English subtitles are transcribed and translated by me with the collaboration of Jonathan Graham, an English teacher.

Video Trailer of [love,sex and relationships](#)

Individual short introduction videos on YouTube:

Filiz, single mother - [video](#)

Ganga, divorced after 10 years of marriage - [video](#)

Gill & Richard, married for 30 years - [video](#)

Edwin & Giulia, together for 18 years, married for 4 - [video](#)

Esperanza, married for 30 years, separated with a daughter - [video](#)

Agnese & Virginia, married since 2012 - [video](#)

James & Joakim in a relationship - [video](#)

Toni King, divorced with a teenager he can't see - [video](#)

Sarah & Robert, married for 13 years with three children - [video](#)

Wen Wei & Valeria, getting married after 6 months of engagement - [video](#)

Giulia & Diana, in a relationship - [video](#)

Chris, single - [video](#)

Robin & Paola, married for 4 years - [video](#)

Mum & Dad married for 42 years - [video](#)

Erica, 7 years - old - [video](#)

Laszlo, my ex-boyfriend - [video](#)

The video installation will conform to the exhibition hall. The final six-hour video, for example, can be projected on a single screen or on the wall with audio diffused into the environment.

Or the 16 videos can be collected in groups of four and projected, in loop mode, on four screens, placed in a circular way in the center of the room, with seats within the circle and the availability of headphones for audio.

love, sex and relationships is an invitation to a total and empathic immersion with the story of the subject. The public is invited to relate to the work with sincerity, courage and freedom.

It has plenty of time to decide whether to listen or not to listen, observe, ask or ask questions without judgment, or he can decide to leave after a few minutes.

- The Book

The book of love, sex and relationships is a collective social work of art. We often think of art as an individual act and of the artist / photographer as a solitary figure working alone, but in reality art is a collective activity that requires a collaboration of a number of people and a large range of activities.

All the people who took part in the project brought into play creativity, self-expression, lived experience, sharing their personal knowledge on topics such as love, sex and relationships.

The collective work is presented to the community-world in the form of dialogue and I hope it can make people reflect or trigger doubts about their own personal situation.

To get updates on the project-campaign-book please go to my website <https://www.loredanadenicola.com/> and sign up the contact form with your details.

Title: love, sex and relationships

Year: 2022

Limited edition (300)

Dimensions 23x25cm

240 pages

Cover Red + photograph on the back.

The book will be printed by [grafiche antiga](#)

Love, sex and relationships project can offer clarity on how negative thoughts can affect our emotional and mental health and surrounding. The choice of materials, the process of creation, layout and design have been carefully chosen making the book an object of art.

Loredana Denicola is a social documentary photographer.

In Italy she took a degree in Economics, spending some time in the corporate world, before moving to London in 2008. Her first camera was found discarded, in Florida Street, Bethnal Green, London in 2009. It was an old Praktica 35mm. In London, at Central St Martin's College of Arts, she graduated with a certificate in Photographic Professional Practice. Then she completed her training in the rough and tumble school of professional freelance press photography, and as a paparazzo, for three years.

Since 2013 she has been working in London on video and photographic projects with people. Photography can be used as a therapeutic medium, to confront oneself first of all. The camera became, paradoxically, a means of capturing and revealing the invisible. She was driven to explore people's depths by an urge for self-discovery - through conversations with strangers, met either online or on the street and look at people's stories, that might raise uneasy truths about sexuality, gender equality, prejudice, love, physical and psychological abuse, negative thinking, illness. Photography can become almost performative : a live process, where art is realised at the instant of encounter with another human being and the photographs produced are merely documentation of that encounter. The observer becomes the observed, and in the mirror the person reflected.

Her art practice is an investigation into the power of trust in human relationships. In 2018 she became a member of Action Hybride, a collective of international artists based in Paris. In 2020, she co-founded with Francesca Sand, Terra Rossa Lab, a nomadic art residence for curators, artists and researchers working on the socio-cultural condition of the human being in the Mediterranean area and various European territories. She has exhibited internationally including London, Paris, Berlin, Bruxelles, Rome.

CONTACTS

Email. loredenicola@gmail.com

English Mobile. +447528656004/*Italian Mobile.* +393204944681

Website. <https://www.loredanadenicola.com/>

Instagram. @loredana_denicola



