

A Criminally Misfit Altruistic Inaugural Social Media Mission Statement of Sorts

by
Jeremy Davies

To all my fans -- yes, both of you [;-)] ...

We meet at last. Well, at least electronically/algorithmically. Thank you for your preternatural patience, my friends.

First, to each of you, I offer my most heart-expanding, soul-restoring cartwheel of a *Hello*. A “Hello Without Borders,” if you will:

Hi. Háu. Hola. Aloha. Nǎn hǎo. Hujambo. Konnichiwa. Shalom. Goddag. Asalaam alaikum. Guten tag. Ciao. Dobriy den. Hej. Bonjour. Namaste. Mitakuye Oyasin. Hello.

For better or worse, this unconventional and nearly illegally long-winded letter of introduction is my first official foray into social media. And before I explain why, I’ve been instructed to rush to clarify that:

This is, in fact, Jeremy Davies.

That is to (surrealistically) say: This is the “real” Jeremy Davies.

Although I suspect -- and I hope, for the world’s sake – that I am not the only Jeremy Davies on the planet, I do happen to be the only Jeremy Davies who has – inexplicably -- been getting away with something resembling a legitimate acting career for a criminally long while now.

The same Jeremy Davies who, over the course of his so-called career, has somehow gotten away with working alongside, for example, God-sized filmmakers like Steven Spielberg, Steven Soderbergh, Werner Herzog and Cory Barlog, as well as flat out brilliant showrunners like Damon Lindelof, Carlton Cuse, Graham Yost and Bryan Fuller, and vividly gifted actors like Tom Hanks, Walt Goggins, Nicole Kidman, Matt Damon, Viola Davis, Vince Vaughn, Liam Neeson, Jodie Foster, Christian Bale, Ben Affleck, George Clooney and Philip Seymour Hoffman -- against their collective better judgment.

(And, after re-reading what I’ve typed so far, my guess is that I’m also the most violently self-deprecating Jeremy Davies in the world, so I hope you’ll forgive me for that and trust that I’m working on overcoming this less than healthy habit).

Anyway, I hope this helps clarify a few things -- and a few “Jeremys” – up front.

All to say/overstate:

Yes, I am the real (*misfit, impossibly lucky actor*) “version” of Jeremy Davies and, yes, as most of my fans are aware, I have never taken part in any kind of social media until now – and, as I said/forewarned, this is indeed my first “official” social media “post.”

(How am I doing so far? Way too many words, right? I’m with you; working on that, too.)

And the good news is, somehow, the world did not stop turning as a result of my decision not to take part in social media until now.

So, why did I choose not to take part in social media for so long, you graciously ask (against your better judgment)? The reasons are manifold:

First, because, like a lot of folks, I value a healthy measure of privacy.

Second, because I believe that every actor runs the risk of revealing so much about their private life in public, it diminishes an audience’s ability to fully invest in the actor’s work on-screen.

Third, because I happen to be woefully ill-equipped in the special skills I believe one must possess to navigate SM even semi-competently. No, I mean it, friends. No faux-modesty here. I am stratospherically lacking in the natural-born savvy for public self-promotion that a mastery of SM calls for.

In other words, I don’t really have a knack for the “ME” in social media.

Case in point, my already painfully self-evident penchant for excessive self-deprecation, which, of course, makes the art of self-promotion a whole lot more challenging.

And, believe me, I wish to heavens this wasn’t the case, because I truly admire people who are able to engage in the kind of necessary self-focus and self-“selling” that SM calls for, in a healthy -- and, indeed, self-loving -- way.

So. Nevertheless. *Here I am on social media. What gives, right?*

Well, the thing is: Over the years, a lot of folks who are far wiser than I am about the Interwebs encouraged me to overcome my reluctance to partake in SM. For example, my kind and thoughtful Hollywood representatives have made compelling arguments as to the potential business-colored values they believe SM could contribute to my so-called career.

However, I ultimately decided to give some form of social media a try for the following six reasons:

1) I wanted to at least use SM to warn (both) my fans that, if any of you have ever “followed” or “friend-ed” any “Jeremy Davies” SM accounts before I post this

introductory letter, then, *I thank you for your unequivocally generous intentions... but I'm afraid you've been duped, my friends.* You and me, both.

Yeah. You see, it's been brought to my attention that – *get this* -- in my absence from SM, there have been more than a few folks who have put an impressive amount of energy into impersonating me on SM. Yeah. Me. *I know.* And I think I'm officially the last actor to wise up about this baffling trend/phenomenon, but let's keep that between us.

For the record, I think there's a terrific argument to be made for the idea that an impressive number of Jeremy Davies "imposters" managed to portray SM versions of "me" who seem, irrefutably, far more interesting, fan-worthy (and handsome, BTW) than the "real life" version of Jeremy Davies.

On the other hand, why anyone would put so much effort into trying to be mistaken for me – on *purpose* -- as opposed to someone like #Oprah, #GretaThunberg, #StevenSpielberg, #TheDalaiLama, #DollyParton (The Dolly Mama), #LeonardPeltier, #ChloeZhao, #CoryBarlog, #BruceLipton, #GretaGerwig, #IraGlass, #MalcolmGladwell, #BillyCollins, #MirandaJuly, #JoeDispenza, #AmyCuddy, #RobertDowneyJr or #BradNeely, for example -- is wildly beyond me.

2) I also decided to take part in SM to at least let (both) my fans know that I am dangerously grateful for all the kindness and encouragement you have honored me with throughout the entire unorthodox course of my incomprehensibly lucky career.

3) I also chose to engage with SM because I've always been pretty militantly private and I'd like to try to strike a new balance, in a way that honors all my fans who have kindly and patiently been asking to know "a bit more about me" over the years. My hope is to share enough personal insights about me in this letter that interest you, or even inspire you, without revealing so much about myself that, as I said, it compromises your ability to allow me to be an effective on-screen story surrogate for you. (*Psst -- y'see how I didn't say "both" my fans right back there? Getting better, right? Baby steps.*)

4) And I also decided to try social media because my hope is that my inaugural social media post might help counteract the understandably reductive nature of social media by offering a more complex, multi-dimensional, realistic, down to Earth, non-celebrity-ized sense of who I am for my fans, right off the bat. Because, of course, as we all know, even the most detailed, in-depth and well-intended profile or representation of a human being on Social Media can't help but be, at best, the finger pointing at the moon, rather than the moon, itself, right?

5) (And I suspect I will delete this next part, but...) For what it's worth, I confess: It also crossed my mind that it might be wise for me to try social media because I believe I heard somewhere that if one chooses to participate in SM, this course of action can, in theory, expand one's social circle. ;-) Which I figure might not be

an altogether terrible thing, when you consider that I also happen to be the version of Jeremy Davies who has never been married and has never had children.

Why have I never? Well, in part because what good woman in her right mind and heart would ever want to, etcetera [Note to self: Copy/paste self-deprecating comment #108 here]. Sorry; I take that back.

No, sincerely, the reason I'm not yet married is because, of course, unfortunately, there is no prerequisite or test one must pass before becoming a parent or a life partner, and I vowed long ago that I would never try to take on the priceless, God/Goddess-sized privilege of Family/Life Partner-ing until I earned my PhD equivalent in parenting and soul-mating first.

Accordingly, for what it's worth, I have been a devoted Significant-Other/Father-In-Training for well over 20 years (Hint: *This is one monumental reason why I've spent most of my adult life religiously studying Marshall Rosenberg's philosophy of Compassionate, Non-Violent Communication [CNVC], and, in fact, virtually every other favorite book and scientist I hope to share with you later on in this document*) and I'd give my Misfit Kingdom for the chance to raise children in a multi-dimensionally evolved and nurturing way. Ideally, at a time in my life when the future Mother Lion of my children and I are blessed to have the means to pretty much do nothing else but cradle, carry, piggy back, dance, sing and speak to and be Present with our kids for the first 3-5 years of their life, in order to nurture them with the most heart-expanding, soul-super-powering source of nourishment – human touch...but I digress; forgive me. (*Final word on the subject -- and here my social media naïveté rears its laughable head again -- sincerely, if any of you guys care to offer any advice with respect to the best/worst dating sites on the Interwebs, I would be surpassingly grateful for your collective guidance.*)

The second key reason why I vowed not to take on the privilege of Family/Life Partnering is because I wanted to wait until I realized a longtime dream to become a reasonably competent writer/director, as well. Because it's important to me to make sure that I don't compromise the wellbeing/absolute magnificence of my future family by trying to do both at once.

And I'm still working on both those goals, my friends.

Anyway, what I meant to say in a much simpler way before digression hijacked my point again, is: The idea that participating in social media might help me expand my uncommonly limited social circle strikes me as a step in a healthy direction, in terms of self-evolution.

6) And finally, I confess: Perhaps the most motivating reason why I decided to finally give social media a try is the fact that I harbor a hopelessly idealistic desire to try to "hijack" social media to shine an altruistic Light on something or someone else who I feel is worlds more deserving of a spotlight than I am.

So, those are the six primary reasons why I chose to participate in SM after all.

And for the record, as I already let my family of CAMEO fans know: I was strongly advised by a lot of people who are far more SM-savvy than I am to make my “official” social media debut by posting this letter/misfit SM mission statement on either Twitter or Facebook.

However, I chose to begin on CAMEO, instead, because:

First, IMHO, all the good folks who built and run CAMEO strike me as almost criminally kind and altruistic across the board and--

Second, most importantly, I also recognize that CAMEO has a far greater capacity than most social media platforms to not just entertain, but to empower you and I to Help Others in an uncommonly worthwhile way. And this means Everything to me.

Anyway, I hope that this helps explain how I wound up honored as all get out to be here with you guys in the wild, wooly world (www.) of social media. And, well, here we go, my friends. Buckle up and stuff. (*And here I confess I am doing my best to not say something like “Prepare to be stratospherically underwhelmed” because, well, we talked about that; apologies.*)

Now, before I hustle to wrap up this already exhaustingly Jeremy Davies-centric document, as promised, for what it’s worth, I’d like to offer you guys a few personal insights that I’ve never shared publically. In other words (*that’s right, you catch on fast, friends*), I am vividly relieved to stealthily angle the public spotlight away from me now -- and onto a few of my favorite people, God-sized artists, books, films, ideas and various works of genius.

First, however, a few quick points of order, social-media/Interweb-wise:

1. FYI ~ Future JD Social Media Platforms:

For the record, here are the only official, actual, “real-deal,” verified SM addresses/accounts I have as of today (circa May, 2020).

Cameo

<https://www.cameo.com/jeremydavies>

Twitter

[@TheJeremyDavies](https://twitter.com/TheJeremyDavies)

<https://twitter.com/TheJeremyDavies>

Facebook

[@OfficialJeremyDavies](#)

<https://www.facebook.com/OfficialJeremyDavies/>

Instagram

[@OfficialJeremyDavies](#)

<https://www.instagram.com/officialjeremydavies/>

And, FYI, as I said, the only reason I have these accounts is because, for years now, every six months or so I've hired a kind, tech-genius gent in Hollywood named Jay West to compassionately police/round up/consolidate all the JD SM imposters on the 'Net (who, again, often came up with versions of me that arguably out-did me, IMHO). And Jay set up official SM accounts for me to discourage imposters, but -- as you'll see/laugh -- I have yet to post anything on any of them. And, as it turns out, opening verified SM accounts won't do much to deter "imposters" -- unless you actually, For Heavensake, Post Something On Your Dang Accounts. Ha/Aye-yai-yai.

And, of course, this High Class "Problem" brings us full circle to my curious letter/misfit social media "mission statement." And, FYI, once I post this letter on my CAMEO page and get things up and running there, I plan to post links to this inaugural SM letter on all my other SM addresses, as well, if possible. At which point, as I said, my plan is to learn how to navigate these SM platforms at least well enough to harness/hijack them to blessedly shift the Public Spotlight away from me and onto Others.

2. Official Jeremy Davies WEBSITE

Also FYI, as you can see, I'm working on getting a semi-well-functioning, official Jeremy Davies website up and running again and, as I write this, www.JeremyDavies.com is primarily being used to link my fans to this letter/misfit SM Mission Statement. All apologies and thanks for your patience and understanding with my molasses-velocity website revival progress.

3. Official BIO/RESUME

Sigh. So sorry, friends. Here's the thing: I also need to honor a promise I made to my long-suffering representatives: For those of you who are less than familiar with how my epically lucky trajectory in Hollywood led me to the honor of joining you here on the Interwebs (AKA *The Story of Me "Getting Away With It"*), I've been advised -- again, by well-meaning folks a lot wiser about SM than I am -- to include a modicum of "professional" data here (i.e. my "official" bio/resume).

Thus, with reluctance, exquisite humility and a dash of embarrassment (which no doubt stems from my stated bankruptcy of self-promotional skillz and my confessed penchant for self-deprecation), I will, forthwith, offer said bio/resume with one important caveat: As you peruse all of the logic defying "facts" that you'll find alleged right and left on my "resume," I invite you to either indulge in an unapologetically delicious laugh of incredulity and/or skip the heck ahead.

At the very least, if you would, please: Don't say I didn't warn you.

(Geez, can I get more pathologically self-deprecating? All apologies again, my friends; hang in there; I am aware that, once again, my infant-caliber social media status is showing and then some.)

Anyway, here's that oh-so "official" bio/resume in question:

Jeremy Davies - Bio/Resume (AKA "Matters of Staggeringly Great Importance")

Jeremy Davies made his film debut starring in David O. Russell's acclaimed, iconic Indy film, *Spanking the Monkey*, which won the Audience Award at the Sundance Film Festival and earned Jeremy an Independent Spirit Award nomination.

Davies' portrayal of Tom Hanks' interpreter, CPL Upham, in Steven Spielberg's Academy Award winning film, *Saving Private Ryan* also garnered considerable critical acclaim for Davies, including a co-nomination for a SAG award for "Best Ensemble."

Davies' other film credits include Steven Soderbergh's *Solaris* with George Clooney and Viola Davis, Werner Herzog's *Rescue Dawn* with Christian Bale, *Going All the Way* with Ben Affleck; Wim Wenders' *Million Dollar Hotel*, Lars von Trier's *Dogville* and *Manderlay* with Nicole Kidman and *The House That Jack Built* with Matt Dillon, *The Locusts* with Vince Vaughn, *Nell* with Jodie Foster and Liam Neeson, and *Twister* with Philip Seymour Hoffman.

In television, Davies was invited to join the cast of JJ Abram's groundbreaking series, *Lost*, and his character, Daniel Faraday, quickly became a favorite of critics and fans.

After *Lost*, Davies joined Graham Yost's *Emmy* and *Peabody* award-winning winning FX show, *Justified*, and his ferocious and fragile *Richard the Third*-esque portrayal of Harlan, Kentucky outlaw Dickie Bennett earned him two Emmy nominations and one win.

Davies' television work includes HBO's *The Laramie Project*, Greg Berlanti's DC series, *Arrow*, *Flash* and *Supergirl*, Bryan Fuller's celebrated shows, *Hannibal* and *American Gods*, as well as *Sleepy Hollow*, *Constantine*, *Lucifer*, *The Rookie*, *Texas Rising* with Bill Paxton, and David Lynch's re-boot of *Twin Peaks*.

Davies also won a BAFTA award for Best Performer for his acclaimed portrayal of 'Baldur' in Sony Playstation's award-winning Game of the Year, *God of War*, directed by Cory Barlog.

More recently, Davies guest-starred on Dick Wolf's highly regarded CBS series, *FBI* -- and he will soon be seen co-starring in the indy movie, *The Fence and the Fox*.

Education

- Graduate - American Academy of Dramatic Arts
- Participant - 2013 *Sundance Filmmakers Lab*

Awards (partial list)

- Two time Emmy nominee / One time Emmy winner ~ *Justified*
 - BAFTA award winner – *God of War* ~ Best Actor/Performer
 - Independent Spirit Award nominee ~ Best Debut Artist ~ *Spanking the Monkey*
 - Peabody Award co-winner – Best Ensemble ~ *Justified*
 - SAG Award co-nominee – Best Ensemble ~ *Saving Private Ryan*
 - Vale Film Festival award winner – Achievement in Acting
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Okayokay, geez; enough resume rambling. Thanks for hanging in there (with or without a championship laugh), and I hope my debatable resume data at least helps orient anyone who cares to be brought up to speed with respect to the velocity of my so-called career.

And now that I've dutifully addressed my representatives' "professional" concerns, I'd like to make it up to you for enduring, as I said, such an excessively – and probably illegally -- JD-centric flood of information all at once. So, whataya say we lean into some Spotlight Shifting?

By that I mean, as promised/forewarned, before I bring this curious, first-ever social media post to an end, I will hereby shine an altruistic light on a number of personal insights about me that I've never discussed publically. A few of my all-time favorite people and things that I'm most grateful for, that I would prefer my fans focus on rather than me.

By "favorite," I mean (if you'll forgive a \$5 word) polymorphously inspiring people who I am honored to honor. Heroes and God-sized artists who have enriched my life in some way – as well as various films, books, songs, ideas, websites and various works of genius that I treasure because they've all renegotiated the algorithm of my soul and my Purpose In Life in some vividly significant way and inspired me to relentlessly redefine what it means to be the best, most compassionate and flat out altruistic version of me that I can be.

In fact, I could write a novella about how each of the following "favorites" has influenced my life (and, fair warning, in some cases, I do provide TMI-caliber details in a futile/well-meant attempt to adequately explain just how much certain favorites shaped Who I Am).

And by sharing these favorites, my hope is that they will somehow enrich, inspire -- and even revolutionize – your collective hearts and lives and while helping you get to know me in a more meaningful way, without, as I said, derailing your ability to invest in my on-screen work in the best way.

All that said/forewarned:

Here Are a Few of MY FAVORITE QUOTES:

- *“Mitakuye Oyasin: We are all related. So we hurt ourselves when we hurt another.” ~ Lakota saying/prayer for Oneness*
- *“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth & freedom.”
~ Viktor Frankl, *Man’s Search for Meaning**
- *“Life’s most persistent and urgent question is, ‘What are you doing for others?’”
~ Rev. Dr. Martin Luther King, Jr.*
- *“Epigenetics teaches us that...genes are turned on and off by signals from our environment such as our beliefs. Our thoughts can create stress chemicals which dysregulate genes that create disease, which means we can create disease or reverse disease by thought alone.” ~ Dr. Joe Dispenza –
acclaimed epigeneticist - *You Are the Placebo**
- *“Conventional medicine operates from the archaic view that we’re controlled by genes and we should regard our body like a mechanic regards a car. Epigenetics reveals that...having a ‘cancer program’ in your DNA does not mean this genetic blueprint is destined to be expressed.”.....“We only see what we have perception filters to see. We were given these filters from all the environments we were brought up in (including every doctor we go to)...However, with this knowledge, we have the power over which belief systems will be expressed and which genes will be activated.”
~ Dr. Bruce Lipton / acclaimed epigeneticist / *The Biology of Belief**
- *“After reading 3500+ documented case studies, I now believe...if you suffer from a “terminal” illness and you want to optimize the chance for spontaneous remission, you have to start by cleansing your mind of negative beliefs that sabotage your self-healing. When your doctor tells you that you have (only months left to live), they’re essentially cursing you with a of medical hexing. They don’t mean to harm you. They know not what they do.”
~ Lissa Rankin, MD / *Mind Over Medicine**
- *"The wish for healing has always been half of health." ~ Seneca*
- *“Every human being is the author of their own health and disease.” ~ Buddha*
- *“By grasping the link between biology and belief, you can extend your life by 50 years.” ~ Deepak Chopra*
- *“You don’t become what you want, you become what you believe.” ~ St. Oprah*
- *“I live a little bit on the seat of my pants. I try to be alert and available for life to happen to me. We’re in this life, and if you’re not available, the, sort of, ordinary time goes past and you didn’t live it. But if you’re available, life gets huge. You’re really living it.” ~ Bill Murray*

- *"Spread love everywhere you go. Let no one ever come to you without leaving happier."* ~ Mother Teresa
- *"There is only one question: How to love this world?"* ~ Mary Oliver
- *"If your daily life seems poor, do not blame it; blame yourself. Tell yourself that you are not poet enough to call forth its riches."* ~ Rilke
- *"Music expresses that which cannot be said and on which it is impossible to be silent."* ~ Victor Hugo
- *"And those who were seen dancing were thought to be insane by those who could not hear the music."* ~ Nietzsche
- *"There is a light and it never goes out."* ~ Morrissey (The Smiths)
- *"A-wop-bop-a-loo-bop-a-lop-bam-boom!"* ~ Little Richard, Dorothy La Bostrie
- *"You xylo. You xylo no fi lo. You so."* ~ () ~ Sigur Ros

Here Are a Few of MY FAVORITE AUTHORS, BOOKS, Essays:

- **Bruce Lipton** ~ *The Biology of Belief* (Dr. Lipton is one of a handful of groundbreaking epigeneticists – like Dr. Joe Dispenza -- who overturned the old-school, Watson/Crick-y belief that we are all “fated” to genetic expression we inherited from our parents. His research elegantly proves that it is not nature or nurture that effects our biology and our wellbeing the most – but, environment. Specifically the way that we consciously or unconsciously choose to perceive/define our environment.)
- **Steven Pinker** ~ *The Language Instinct* (A fascinating exploration of our innate instinct for language and how we learn to harness, orchestrate and express language. This book taught me more about acting than all the acting books I’ve ever read, combined. I took a particular shine to Pinker’s thesis that language is merely a societal agreement to avoid chaos and when we speak, we’re trying to translate and convey our incredibly complex perception of the world, and, since we’re often composing in the moment and every word in every sentence can be replaced with numerous other words, language can’t help but be fundamentally reductive. For what it’s worth, ever since I added Pinker’s linguistic insights to the algorithm of my performance/scene preparation, I dare say my work as an actor has transformed for the better.)
- **Viktor Frankl** ~ *Man’s Search for Meaning* (Frankl was a celebrated psychiatrist who survived the horrors of Auschwitz. In his book he eloquently explains that what helped him survive was his conviction that, while we

cannot avoid suffering, we always have the power to choose how we define the meaning of any life experience at any given moment. He said: “*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth & freedom.*” Frankl’s inspiring insights in *Man’s Search for Meaning* helped revolutionize my approach to acting in an unexpectedly powerful way.)

- **Joe Dispenza** ~ *You Are The Placebo* and *Becoming Supernatural* (Joe is also a renowned epigeneticist and placebo expert. He employs a mash-up of neuroscience, epigenetics, quantum physics and the science of the placebo to research our ability to heal ourselves of illness and even terminal diseases and to evolve like all get out. He’s also done extensive research into the super-empowering effects of meditation using epigenetic testing, brain mapping with EEGs and body energy field testing with gas discharge visualization machines.)
- **Marshall Rosenberg** – *Compassionate, Non-Violent Communication (CNVC)* (CNVC is a priceless language of compassion. From experience, I can promise you that, if you integrate CNVC principles into your everyday communication, it will profoundly reduce conflict and accelerates empathy, understanding, love and respect. As I mentioned, few books/communicative philosophies have transformed my personal and my professional life more.)

*FYI, my friends: To see VIDEO of me discussing all of the gentlemen scientists/PhDs above – Lipton, Pinker, Frankl, Dispenza and Rosenberg -- more in depth during a couple Q&As I was honored to do at my favorite ComiCon ever (see details below), link to --->

<https://drive.google.com/drive/folders/1YDnojgR2lzwBxa7X5S2k1U9SLib8Akm3>

- **Greg Braden** ~ *The Divine Matrix / The Spontaneous Healing of Belief*
- **Ta-Nehisi Coates** ~ *The Case for Reparations* (Amen.)
- **Howard Zinn** ~ *A People’s History of the US*
- **Leonard Peltier** ~ *Prison Writings*
- **Peter Matthiessen** ~ *In the Spirit of Crazy Horse*
- **John Trudell** ~ *Lines From a Mined Mind*
- **Malcolm Gladwell** ~ *Outliers / David and Goliath*
- **Ken Wilbur** ~ *Grace and Grit / A Brief History of Everything*
- **Dr. Cornel West** ~ *Race Matters / Hope on a Tightrope*
- **Billy Collins** ~ *The Apple That Astonished Paris / The Trouble With Poetry*
- **Mary Karr** ~ *Viper Rum / Against Decoration* (essay)
- **Stanislov Grof** ~ *The Holotropic Mind: The Three Levels of Human Consciousness and How They Shape Our Lives*
- **Michael Gershon** ~ *The Second Brain*
- **Maggie Nelson** ~ *The Argonauts*
- **Mary Oliver** ~ *Devotions / Dog Songs*
- **Neil deGrasse Tyson** ~ *Astrophysics for People in a Hurry*
- **Miranda July** ~ *No One Belongs Here More Than You*

- **Phoebe Waller-Bridge** ~ *Fleabag / Killing Eve*
- **J.D. Salinger** ~ *Catcher in the Rye / Franny and Zooey*
- **Michael Chabon** ~ *The Mysteries of Pittsburgh*
- **John Hodgman** ~ *Vacationland*
- **Oliver Sacks** ~ *The Man Who Mistook his Wife for a Hat / Musicophilia*
- **Tracy Letts** ~ *August, Osage County*
- **Martin McDonagh** ~ *In Bruges*
- **Aaron Sorkin** ~ (I am an undying fan of pretty much Everything Sorkin Has Ever Written/Has Yet To Write And Ever Utter – but, in particular I love:) *Charlie Wilson’s War / West Wing*
- **William Goldman** ~ *Butch Cassidy and the Sundance Kid / All the President’s Men / The Princess Bride*
- **Ted Griffin** ~ *Ocean’s 11 / Rumor Has It*
- **Chris McQuarrie** ~ *The Usual Suspects / MI: Fallout*
- **Tony Gilroy** ~ *Michael Clayton*
- **Katie Silberman** ~ *Booksmart*
- **Krysty Wilson-Cairnes** ~ *1917* (IMHO, Krysty’s interview about *1917* on the Mighty Jeff Goldsmith’s podcast, *The Q&A*, is rocket ship velocity intelligent, insightful, funny and almost criminally charming.)

Here Are a Few of MY FAVORITE DIRECTORS/FILMMAKERS/Showrunners:

- **Steven Spielberg** (AKA G to the OD, cine-magically speaking. And this particular God-sized, Hollywood History re-writing cine-magician happens to be a treasured friend and mentor who I will always be gloriously/extra-ordinarily indebted to).
- **Chloé Zhao** (I am flat out in awe of her majestically poetic, heart-expanding film, *The Rider*; my kingdom for her permission to turn one skinny cartwheel through one frame of one of her exquisite films one day.)
- **Greta Gerwig** (Both *Lady Bird* and *Little Women* are also easily genius, IMHO. And, like Chloé, I would also pay to be a PA/ditch digger/bell hop and/or telemarketer for Greta, as well -- and I am wildfire inspired/punch drunk proud of both these masterfully gifted women.)
- **Milos Forman** (One of many reasons why Milos was one of The Greats to me is the fact that he described his work with actors as a search to capture as many “Unrepeatable Moments” as possible on camera. Which I took to mean: Unexpected, Jazz-strong, quicksilver-improvisational, In The Moment unforgettable moments that no actor can repeat like a Xerox machine and no writer can adequately describe in a screenplay. A filmmaking strategy which influenced my own philosophies of acting and directing monumentally).
- **John Cassavetes** (Godfather of American Independent film, patron saint of actors born to improvise lightning-strike-like on camera, infamous capturer of

gloriously idiosyncratic, “Unrepeatable Moments,” precursor to countless brilliant filmmakers and films. Cassavetes was one of the first filmmakers to ever make movies independent of the Hollywood studio system. His sui generis films rejected commercial, formulaic philosophies of film architecture and were governed by stunningly nuanced and complex characters that had never been seen on screen before. Cassavetes was an actor before he made films, and his strategy as a director was to collaborate iconoclastically with his actors, guiding them through courageous structured improvisation on camera. He said: “*Stylistic unity drains the humanity out of a text,*” while “*the stories of many different and potentially inarticulate people are more interesting than a contrived narrative that exists only in one articulate man’s imagination.*” If you’ve never seen a Cassavetes film, I promise you, you will never see a character more mind-blowing/heart-breaking/soul-expanding than the incandescently fascinating and gloriously complicated woman Gena Rowlands—Cassavetes’ wife--plays in *A Woman Under the Influence*. PS ~ One of my most cherished memories is staying up late in an 18th century hotel near Gothenburg, Sweden years ago, rhapsodizing passionately about Cassavetes with my friend/filmmaking mentor, Lars von Trier and Ben Gazzara -- a wonderful actor who made many films with Cassavetes and who, like me, was acting in one of Lars’ Cassavetes-caliber films at the time. My friend/brother in artistic arms, Ben, died not too long after that, and before he passed, he signed one of my treasured books about Cassavetes, writing, with typical heart-strong generosity: “*To Jeremy, John would’ve loved you. Love, Ben*”)

- **Steven Soderbergh** (While we’re on the subject of cine-deities and rhapsody... Yeah, I’m pretty sure Steven would be well within the territory of embarrassed if I praised him as much as I’d like to here – he and his magnificent, longtime producer, Greg Jacobs -- so, I’ll save that particular tale of rather stratospheric genius for another day. However, I will say I’m immeasurably grateful to Steven for trusting me with such a phenomenal role in his ingenious sci-fi film, *Solaris*.)
- **Miranda July** ~ (A rarefied poetic writer/director/artist who is a thrillingly lateral thinker with a wondrously sui generis imagination)
- **Cory Barlog** ~ God of War (To understate, Cory is pretty much the Spielberg of the gaming world and a treasured friend/mentor who I had the extraordinary luck to be able to pay homage to quite publically here: <https://www.youtube.com/watch?v=O9Om0Hm8ewg&t=2s>)
- **Graham Yost** ~ (The mild-mannered genius who turned an Elmore Leonard book into a show called *Justified* that happens to be one of the most beloved and celebrated TV series despite the fact that I co-starred in it -- and a gent who I’m grateful to call a friend/mentor.)
- **Bryan Fuller** ~ (Also a multi-dimensionally brilliant and relentlessly celebrated gent. He’s famous for imagineered many acclaimed series that were ahead

of their time – including *Pushing Daisies*, *Dead Like Me* and *Hannibal* – which some of my fans are aware I had the absolute honor to take part in).

- **David “Godsized” Simon** ~ *The Wire* (Mic Drop)
- **JJ Abrams/Damon Lindelof/Carlton Cuse** ~ (*Lost* Founding Fathers; of course. Galaxies of genius routinely break forth as easily as breathing from these three staggeringly talented and, BTW, kind and cool as all get out guys.)
- **Dick Wolf** ~ (*Law & Order*, *FBI* – As resoundingly and deservedly acclaimed as Mr. Wolf has been for eons, I still think he is a criminally underrated genius.)
- **Lars von Trier** ~ (Lars is the most acclaimed and well-known Danish filmmaker. He’s a vastly gifted and often spectacularly misunderstood film-history making/breaking rebel director. I can’t begin to express how much and how powerfully Lars’ staggeringly magnificent films, *Breaking the Waves* and *Dancer in the Dark* influenced me – as an actor and filmmaker in training. Each one is a masterpiece in its own way. Lars spearheaded the influential Dogme 95 cine-revolution. He’s one of the bravest filmmakers in the history of filmmaking, and probably the most Howard-Hughes-caliber phobic and eccentric filmmakers, as well. I wrote him a letter after I saw *Breaking the Waves*, seeking permission to just shadow him on set and steal some brilliance over his shoulder. My agents resisted sending my letter to him because they feared my approach was too unorthodox/outside the box. Turns out, Lars loved my letter and not only invited me to shadow him, he also generously insisted I take a small role in his next film, *Dogville*, and thus began my extraordinarily unusual and rewarding apprenticeship with him [which lasted for years – I even lived in Copenhagen on and off for years, to study Lars and other Great Dane filmmakers, as well as his phenomenal DP, Anthony Dodd Mantle, but I digress]. Lars once told me the only thing he isn’t afraid of is filmmaking, and -- in a way that escapes articulation -- this rarefied phobic “imprisonment” somehow made him one of the most acclaimed directors in the world and, at times, an outright genius filmmaker.)
- **Paul Greengrass**
- **Charlie Chaplin** ~ (*The Great Dictator*)
- **Judd Apatow** ~ (Anyone else spotting a “genius” theme here? Well, I did promise you a short list of favorite people and works of genius, after all. My favorite reason why Judd is an unqualified genius is the fact that he not only understands and respects actors like precious few directors -- he also wisely recognizes that the best actors are also writers, and he’s built a brilliant and comedically iconic career by trusting actors to collaborate with him on the screenplay like few directors in the history of Hollywood.)

- **David O. Russell** ~ (I will always be monumentally grateful and indebted to David for casting me – against his better judgment -- in his first film, *Spanking the Monkey*, which was also my first lead role in a film. David is easily one of the smartest people I've ever known or will know, hands down. The guy is spooky bright. And our experience shooting *Spanking* was a bit of a crucible, because it was a hardcore guerilla/low-budget independent film that David/we made for \$75,000, shooting 17 hour days, six days a week for three weeks -- so it was a lot of pressure for everyone involved. It was also a challenge because David happens to have the most unusual style of directing actors I've ever come across. It's a style that has clearly proven incredibly effective, because David has made more than a few surpassingly brilliant, Oscar-winning films since *Spanking*. Nevertheless, back then, IMHO, his often Force of Nature-overwhelming and even startling style called for his actors to possess an extremely resilient nervous system, which I just did not have at the time. As a consequence, to this day, I worry that I may have let him down on that account. But, it's an honor to overstate: I will always be unassailably grateful to David and proud of him and terrifically indebted to him for taking a chance on me, at huge risk to his career, because, as some of my fans will know, *Spanking the Monkey* ended up winning the Audience Award at the Sundance Film Festival, despite the fact that I starred in it -- which was a huge break for me in my so-called career.)

Here Are a Few of MY FAVORITE FILMS/TV Series:

- ***Jaws / Close Encounters / E.T. / Schindler's List / Lincoln*** ~ Spielberg
- ***A Woman Under the Influence*** ~ John Cassavetes
- ***À Bout de Souffle (Breathless)*** ~ Jean-Luc Godard
- ***Les Quatre Cents Coups (The 400 Blows)*** ~ Francois Truffaut
- ***Sex, Lies and Videotape / The Limey / Che*** ~ Soderbergh
- ***The Big Chill*** ~ Lawrence Kasdan
- ***Lady Bird / Little Women*** ~ Greta Gerwig
- ***La Haine*** ~ Matthieu Kassovitz (One of my all time favorite movie dialogue quotes: "C'est l'histoire d'un homme qui tombe d'un immeuble de 50 étages. Le mec, au fur et à mesure de sa chute, il se répète sans cesse pour se rassurer: '**Jusqu'ici tout va bien... Jusqu'ici tout va bien... Jusqu'ici tout va bien.**' Mais l'important, c'est pas la chute. C'est l'atterrissage.")
- ***Dances With Wolves*** ~ Kevin Costner (IMHO, *Dances* is an American – and Native American – masterpiece, and Kevin is another criminally underrated genius who, to understate, was inexplicably and extraordinarily kind to me when we met at the Emmys and I interrupted his dinner to seek out his filmmaking advice/guidance...)
- ***Bottle Rocket*** ~ Wes Anderson & Owen Wilson
- ***Let the Right One In*** ~ Tomas Alfredson
- ***The Great Dictator*** ~ Charlie Chaplin
- ***Un Conte de Noël*** ~ Arnaud Desplechin
- ***Love, Actually*** ~ Richard Curtis
- ***Amelie*** ~ Jean-Pierre Jeunet

- ***Little Miss Sunshine*** ~ Valerie Farris/Jonathan Dayton
- ***Raging Bull / Mean Streets*** ~ Scorsese (Both ferociously alive and illuminated and magnificent and indelible and, of course, masterful/legendary)
- ***One Flew Over the Cuckoo's Nest*** ~ Milos Forman
- ***Me and You and Everyone We Know*** ~ Miranda July
- ***Reprise*** ~ Joaquin Trier (Extraordinary film; IMHO, *Reprise* should have won an Oscar for Norway.)
- ***Y Tu Mamá También*** ~ Alfonso Cuarón
- ***Sideways*** ~ Alexander Payne / Paul Giamatti
- ***Singing in the Rain*** ~ Gene Kelly / Stanley Donen
- ***Fleabag*** ~ Phoebe Waller-Bridge
- ***Friday Night Lights*** ~ Peter Berg
- ***The Wire*** ~ David Simon
- ***Eternal Sunshine of the Spotless Mind*** ~ Michel Gondry
- ***Incident at Oglala*** ~ Robert Redford
- ***Butch Cassidy & the Sundance Kid*** ~ George Roy Hill /William Goldman
- ***Klute*** ~ Alan Pakula (I sometimes miss seeing The Next/New Pakula Film like I suspect I'd miss my own heartbeat)
- ***Up*** ~ PIXAR (I'm thrilled/enthralled with virtually every movie Pixar makes)
- ***Kiss, Kiss, Bang, Bang*** ~ (Shane Black and Robert Downey, Jr. both at the top of their respective acrobatically verbal and rat-a-tat brilliant games.)
- ***Ocean's 11*** ~ Soderbergh / Ted Griffin
- ***Heat*** ~ Michael Mann
- ***Breaking the Waves / Dancer in the Dark*** ~ Lars von Trier (Two astonishing and legendarily great films, to understate, IMHO.)
- ***Silver Linings Playbook / American Hustle*** ~ David O. Russell
- ***20th Century Women*** ~ Mike Mills
- ***Die Hard*** ~ John McTiernan (a near perfect film on so many levels)
- ***Un prophète*** ~ Jacques Audiard (masterful raw and powerful)
- ***Groundhog Day*** ~ Harold Ramis (I've watched this near-perfect, Zen Gift of a film about 10,008 times, give or take, and I find it oddly/wonderfully meditative, soothing and uplifting... Long live Bill Murray.)

Here Are a Few of MY FAVORITE ACTORS:

- **Phil Hoffman** (My beloved, almost illegally genius and dearly departed friend/mentor. Back in the day, I used to stay with my fiercely missed friend, Phil, in his tiny apt in the west Village when I had auditions in NYC. And one of my most treasured memories is all the times I pretended to take a nap just so I could eavesdrop on Phil while he worked on his auditions – a rarefied experience which was always a master class in acting, a subject we talked about a lot. And the one thing about acting that Phil and I always used to remind one another of, like a mantra, was: *It's one thing to be believable. It's entirely another thing to be believable AND scene-stealing-ly intriguing/exciting/unexpected, etc.* – hopefully in a way that generates an idiosyncratic, Jazz-like, anti-Xerox copy performance full of –again -- what

Milos Foreman called, Unrepeatable Moments... Of course, Phil never failed to honor this philosophy. And he pushed himself to get there exponentially more than any other actor/artist I've ever known. And, as a Hollywood-History-making consequence, he never failed to levitate/honor his delighted/awestruck audience with a life-saving-ly great, ensemble-strengthening, scene-stealing/killing character.

For the formidably humble/grateful record – although I would never compare anyone's work to Phil's, let alone my own, given that, to understate, Phil was, of course, in a league/universe of his own -- the first time I felt our shared philosophy of acting really began to pay off for me was in *Justified*. And, well, this happened --> <https://www.youtube.com/watch?v=i-F4-mKgZgU> <-- and I hold my profoundly gifted, immeasurably missed and mourned friend altogether responsible for me getting away with this...RIP PSH

- **Robin Williams** (Speaking of beloved and dearly departed genius. Of course, Robin was joy and joy-making personified. A one-of-a-kind, soul-expanding-ly funny freight train of verbal dexterity and laugh-riot acrobatics. Like everyone else in the world, I miss Robin multi-dimensionally. And, for the record, he will always hold a special place in my heart chambers in no small part because my dearly departed father looked like a cross between Robin Williams and Steven Spielberg.)
- **Merritt Wever** (IMHO, as rightfully/resoundingly celebrated as she has been, Merritt is both the most underrated and greatest living actor atm. Inexplicably and criminally, she's still not quite a household name yet. But not for long, I suspect. Try as she might, she won't be able to hide her exquisite velocity of on-screen genius and I see a bouquet of Emmys/Oscars in her illuminated future.)
- **Gena Rowlands** (IMHO her towering performance in *Woman Under the Influence* is unequivocally one of the most legendary performances Of All Time.)

(The following three actors I treasure for their unparalleled ability to express their dialogue in pricelessly unpredictable, idiosyncratic, Jazz-badass ways):

- **Mark Rylance**
- **Christopher Walken**
- **Jeff Goldblum**

- **Forest Whitaker**
- **Walton Goggins** (What an honor to call this phenomenally gifted, ferociously electric and passionate actor/filmmaker/sublimely southern gent a fast friend and mentor.)
- **Michael K. Williams**
- **Idris Elba**
- **Meryl Streep**

- **Mamie Gummer**
- **Grace Gummer**
- **Denzel**
- **Diane Keaton**
- **William Hurt**
- **Glenn Close**
- **Evangeline Lilly** (Another almost absurdly gifted, vividly intelligent and intuitive soul I'm lucky to call a friend.)
- **Robert Downey, Jr.** (Genius full stop. The polymorphous velocity of his mind. His untouchable quicksilver improvisation. I'd bet anything that RDJ has generated the greatest number of the kind of priceless lightning-strike-like on screen moments Milos Forman called Unrepeatable Moments. And there may or may not be a story here about me finding the nerve/audacity circa 1999 to send a handwritten letter of encouragement and gratitude to RDJ with the help of our mutual friend, Dennis, a top LAPD detective at the time, when RDJ seemed to have landed in the neighborhood of his nadir in his personal life. And if anyone were ever to believe this seemingly apocryphal anecdote, I might even go so far as to suggest that the most compelling part of the story is how uncommonly gracious RDJ was in his response to the probably egregiously overwritten letter of homage I allegedly wrote and sent to him, to presumptuously attempt to encourage revolutionary self-evolution and rebirth in one of my on-screen heroes. CUT TO: 2020 and behold, The Glory of RDJ's richly deserved cine-magic resurrection, and I'm redefining grateful and Happily-Ever-After-caliber proud of RDJ.)
- **Paul Giamatti**
- **Helen Mirren**
- **Brando**
- **Amy Adams**
- **James Dean**
- **Kristen Wiig**
- **Daniel Day-Lewis**
- **Peter Dinklage**
- **Joseph Gordon-Levitt**
- **Zoey Deutch**

- **Sean Penn** (Another unassailably genius gent/legend in the making with a bouquet fulla Oscars. And my apocryphal sounding Sean Penn anecdote is the alleged story of how shockingly supportive Sean was after he saw the first film I starred in – David O. Russell's *Spanking the Monkey* (which, again, managed to win the Audience Award at the Sundance Film Festival despite the fact that I starred in it). Sean befriended and mentored me at a critical time, when I was struggling to deal with the nervous-breakdown-territory anxiety that comes even when you experience a jolt of celebrity for the first time – even one as modest as mine. Few people know just how incredibly selfless and generous Sean has been to younger fellow actors behind the scenes.)

- **Samantha Morton**
- **Toby Huss** (Immensely gifted, underrated and shockingly little known. He and I were in a film together, but I still haven't had the honor to meet him. First time I saw his stellar work was when I helped my mentor, Werner Herzog and his terrific editor, my friend, Joe Bini, edit *Rescue Dawn*. I predict something Emmy/Oscar-esque in Toby's future.)
- **Bill Murray** (Legend. I am in awe of his sui generis genius comedic work on screen – especially *Groundhog Day*. But I am even more in awe of his wonderfully eccentric, counterintuitive use of his celebrity. Wherein -- as he describes in the quote I shared above -- he approaches life in as one would approach improvisation – showing up in the lives of everyday people and interacting with them in the most delightfully imaginative, uplifting, altruistic and urban-legend-making ways.)

Here Are a Few of My FAVORITE WEBSITES:

- www.earthclinic.com ~ (Earth Clinic is an award-winning website that provides priceless insights into preventative medicine, longevity and powerful natural remedies for every illness imaginable, voted on by people who've used these remedies. To understate, I've benefited from Earth Clinic remedies profoundly for almost two decades now and I've recommended EC to countless sick friends/Loved Ones with consistently exceptional and sometimes shocking success. EC has helped millions recover from every velocity of illness and dis-ease using powerful natural remedies that you won't find in the best US hospitals. And BTW, the founder of EC, Deirdre Layne, seems not only uncommonly brilliant and compassionate, you'd swear she redefines what it means to Glow with Good Health – which is a good sign that EC is packed full of Legit life-saving natural remedies.)
- Speaking of enlightening, health-accelerating websites:
<http://www.doctoryourself.com/>
- Ditto: <https://www.heartmath.com/>
- Groundbreaking epigeneticist/biologist **Dr. Bruce Lipton:**
<https://www.youtube.com/watch?v=82ShSNuru6c> ,
<https://www.bruce-lipton.com/>
- Groundbreaking epigeneticist/neurologist, **Dr. Joe Dispenza:**
<https://drjoedispenza.com/> ,
<https://www.facebook.com/DrJoeDispenzaOfficialNewsFanPage/videos/when-your-pineal-gland-or-the-third-eye-is-awakened-because-it-is-picking-up-hiq/473759823449204/> , <https://www.youtube.com/watch?v=zfHMBNVW9w8> ,
<https://www.youtube.com/watch?v=biW9PL3svSU>

- World's most unlikely Climate Change Warrior Queen ~ **Greta Thunberg**:
<https://www.facebook.com/gretathunbergsweden/> ,
<https://www.fridaysforfuture.org/about> ,
https://twitter.com/GretaThunberg?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

Here Are a Few of My FAVORITE PODCASTS:

- **The Q&A with Jeff Goldsmith**: <http://www.theqandapodcast.com/> (Jeff interviews screenwriters and filmmakers about their creative process. World class cinephile and natural-born brilliant, wonderfully in-depth interviewer. Jeff is vividly intelligent and thoughtful, unfailingly sweet, humble and disarmingly charming. I've been saying/singing for years that someone should give Jeff his own TV show to interview folks on in his patently ingeniously way.)
- **This American Life ~ Hosted by Ira Glass** <https://www.thisamericanlife.org/> (I happen to believe that Ira Glass is rather stratospherically brilliant and Federal funding should be set aside to make sure he never stops This-American-Life-ing/Creating Pretty Much Anything He Cares To Create.)
- **Fresh Air ~ Hosted by Terry Gross** <https://www.npr.org/programs/fresh-air/>
- **Revisionist History ~ hosted by Malcolm Gladwell** (Ditto on the idea of the entirety of North American society setting aside Federal/National emergency funding to make sure Malcolm never ceases to share his particular rarefied insightful, playful and delightful velocity of genius):
<http://revisionisthistory.com/seasons?selected=season-1>
- **Where Should We Begin? ~ Hosted by Esther Perel**:
<https://whereshouldwebegin.estherperel.com/>
- **Radiolab ~ NPR**: <https://www.wnycstudios.org/podcasts/radiolab>
- **Invisibilia ~ NPR** <https://www.npr.org/podcasts/510307/invisibilia>
- **Hidden Brain ~ NPR**: <https://www.npr.org/podcasts/510308/hidden-brain>
- **Judge John Hodgman ~** <https://maximumfun.org/podcasts/judge-john-hodgman/>
- **Pop Culture Happy Hour ~ NPR**: <https://www.npr.org/podcasts/510282/pop-culture-happy-hour>

Here Are a Few of My FAVORITE TED TALKS

- **Jill Bolte Taylor ~ *My Stroke of Insight***
https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight
- **Amy Cuddy ~ *Your Body Language May Shape Who You Are:***
https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are
- **Ken Robinson ~ *Do Schools Kill Creativity?:***
https://www.ted.com/talks/sir_ken_robinson_do_schools_kill_creativity?referrer=playlist-the_most_popular_talks_of_all
- **Brene Brown ~ *The Power of Vulnerability:***
<https://www.youtube.com/watch?v=iCvmsMzIF7o&list=PL70DEC2B0568B5469&index=11&t=0s>
- **Susan Cain ~ *The Power of Introverts:***
<https://www.youtube.com/watch?v=c0KYU2j0TM4>
- **Rick Doblin (apprentice of Stanislov Grof) ~ *The Future of Psychedelic Assisted Psychotherapy***
https://www.ted.com/talks/rick_doblin_the_future_of psychedel ic_ assisted_ psychotherapy
- **Lisa Feldman Barrett ~ *You Aren't at the Mercy of Your Emotions – Your Brain Creates Them:***
https://www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them

Here Are a Few of MY FAVORITE MUSICIANS/ COMPOSERS/Bands/Songs:

- **Miles Davis ~ *Kind of Blue*** (This album is so good/God, I sometimes wish I'd been named Miles Davies. I think one of the most inexpressibly transcendent 108 seconds in jazz history is the first 1:48 on Miles Davis' extraordinary song, *Blue and Green*.)
- **The National ~ *Daughters of the SoHo Riots / About Today*** (Grateful to call these vividly gifted gents Friends. How we met is a cool epic story I'll save for another marathon SM post. IMHO, The National was founded by rather exponentially brilliant twin brothers, Bryce and Aaron Dessner, who wrote songs competitively in their youth and later apprenticed with legends like Phillip Glass and Steve Reich – and, in fact, each band member seems to possess a flat out preternatural gift for music. And, in fact, I treasure their music so much, I actually thanked them in my Emmy acceptance speech [<https://www.youtube.com/watch?v=i-F4-mKgzgU>] and I'm praying that they remember that they actually agreed to consider composing the soundtrack to

the first film I plan to direct – a longtime dream which isn't far from taking flight, I'm epically blessed to say, but I digress.)

- **The Smiths / Morrissey** ~ *There is a Light and it Never Goes Out / How soon is now? / Asleep* (Soundtrack of my youth. IMHO Morrissey and Johnny Marr redefined sui generis musical genius as transcendently and legendarily as Oliver Sacks redefined musical genius in Musicophilia)
- **Nick Drake** ~ (One of a handful of soul-renegotiating-ly great musicians I've listened to the most in my life. Nick was a kind of James Dean of the UK music scene in the early '70s, in that he burned bright and died tragically young and left a staggeringly magnificent body of work that shockingly few people are aware of to this day.)
- **Beyoncé**
- **Jay-Z**
- **Pink Floyd**
- **Leonard Cohen**
- **Björk**
- **Keith Jarrett** ~ *The Köln Concert -- Parts 1-3* (An infamous and invaluable album. One of the most wildly unlikely and accidentally brilliant jazz performances of All Time. In particular, I treasure Part One, 7:16 – 8:43. And, equal to the love I feel for Jarrett's phenomenal piano improvisation, I also happen to cherish the strangely moving, involuntary and unselfconscious vocal sounds he spontaneously makes when he plays piano in concert. One of my favorite podcasts, Hidden Brain, captivatingly documented the deliciously difficult to believe true story of how this now legendary concert almost didn't come together <https://www.npr.org/2017/08/07/542091224/you-2-0-why-disorder-may-be-good-for-us> (And FYI, the inspiring revelations outlined in this podcast story about Jarrett's ultimate, terrifically eccentric approach to the Köln concert has shaped my approach to acting and the arc of an artist's life rather significantly.)
- **Sigur Ros** ~ "Ágætis Byrjun" et al (As I suspect many of my fans will know, Sigur Ros is a life-resurrecting-ly great rock band from Iceland that makes the most indescribably beautiful, spirit-transporting, soul-reinventing-ly moving music. They often sing in a made up language they call Vonlenska or Hopelandic – hence, the aforementioned quote: "You xylo. You xylo no fi lo. You so." -- and often play electric guitars with cello bows and bass guitars with drum sticks. Every time I listen to Sigur Ros I want to drop everything, move to the Iceland countryside and run in slow motion, in my pajamas and bare feet, through a stark, majestic field of wild grass and post-volcanic sands.)
- **Billie Holiday** ~ (That Voice. What a Goddess-esque Gift to music. Untouchable.)

- **Bruce Springsteen** ~ (Iconic, dark-blue collar, American street poet. The musical second coming of all the names humankind has ever given to every God/Deity combined. Soundtrack to my youth and adult life. Long may he rise and sing.)
- **Morphine** ~ *In Spite of You* (A heart-stopping-ly sorrowful and unexpectedly uplifting song that plays over the end credits of the first movie I starred in. I challenge anyone to listen to this song and not feel a sweet urge to weep with cathartic abandon. I miss Mark Sandman – a phenomenal musician who, not long before he died as tragically young as Nick Drake, showed me an uncommon kindness – he and his gracious bandmates -- when I went to see Morphine play in a gloriously dark and scarred SoHo dive bar, post *Spanking*, circa 1994.)
- **Dolly Parton**
- **Steely Dan**
- **Norah Jones**
- **Esperanza Spalding**
- **Tegan and Sarah**
- **Vince Guaraldi Trio** ~ *A Charlie Brown Christmas*
- **Ani DiFranco** ~ *Your Next Bold Move / Both Hands* (I had already been a fierce fan of Ani for years when I saw her perform in a tiny dive bar in Huston, Texas, circa July 1996, while I was shooting a tiny independent film called *The Locusts* [which about 13.5 people saw; fortunately one of them was Lord Spielberg, thanks to my phenomenally gifted friends, Cate and Jessica Capshaw, but I digress.] That night, I witnessed Ani transform that bar into the Church of DiFranco as she systematically levitated, converted and resurrected everyone within ear-shot. To this day, she remains one of the most soulfully rebellious, joyous and socio-politically illuminated rock stars out there.)
- **Bon Iver/Justin Vernon** ~ *For Emma, Forever Ago / Bon Iver, Bon Iver* (Absolute, unqualified musical brilliance.)
- **Erik Satie** ~ *Gymnopédie No. 1* (Pascal Rogé's performance of G. No. 1 wrecks me in the best sense)
- **Samuel Barber** ~ *Adagio for Strings*
- **Michael Nyman** ~ *The Piano* soundtrack
- **John Williams** ~ *E.T., Star Wars* soundtracks
- **Michael Giacchino** ~ *UP* soundtrack
- **Alexandre Desplat** ~ *Little Women* and *Un prophète* soundtracks
- **Gordon Lightfoot**
- **Paul Simon** ~ *Graceland*
- **Radiohead** ~ *OK Computer*
- **The Beach Boys**

- **Ray La Montagne**
- **Sufjan Stevens**
- **Nirvana/Kurt Cobain** ~ *Something In the Way / Teen Spirit*
- **R.E.M./Michael Stipe** ~ *Country Feedback / Wolves, Lower / So. Central Rain*
(Music history would be hard-pressed to engineer a more categorical well-balanced, all-too-easily-genius once-in-a-lifetime band in a lab. Long live/long sing, Reverend Stipe -- and thank you.)
- **Bruce Cockburn** ~ *Nothing But a Burning Light / Great Big Love*
- **Nahko Bear** ~ *Black as Night*

Here IS MY FAVORITE COMIC-CON

- RED DRAGON 5 ~ Hannibal Con ~ London, Feb 2019.

RED DRAGON is an annual convention in homage to my brilliant friend, Bryan Fuller's masterpiece of a series, *Hannibal*, created by an extraordinary online family of Hannibal fans who call themselves Fannibals ---> (https://fannibalfamily.fandom.com/wiki/Red_Dragon_Con) <--- and organized by my friend Sean's company, Star Fury.

Now, I've been fortunate to participate in many fantastic Cons. But nothing has come close to the surrealistically wonderful three-day experience I had at RED DRAGON 5. And here's the thing: I was only lucky enough to shoot two episodes of *Hannibal*. But, for some reason, my character, Peter Bernardone, struck a chord with the Fannibals -- who turned out to be the most extraordinarily sui generis, exceptional, loving and passionate group of fans I've ever had the honor of spending so much time/Timelessness with.

And, for what it's worth, one of the highlights of my Fannibal experience was doing two solo Q&As which both went so well, and were so full of wonderfully whip-smart, delightful Fannibals who all asked such vividly intelligent questions, afterwards, I was told that both of these Q&As had "trended" on Twitter. At which point someone had to explain to this amateur SM misfit what the heck "trending" means. No, I'm serious.

And, as it happens, during those Q&As, I actually discussed many of the personal favorites I've listed here. So -- no obligation whatsoever -- but, if any of you would care to steal a quick look at a VIDEO of me talking more in depth about almost everything I've listed here, you can LINK to my apparently Trend-worthy Q&A's here (1. Red Dragon 5 - Fannibal Con - Q&A #1 (2.03.19) + Q&A #2 (2.04.19): ---> <https://drive.google.com/drive/folders/1YDnojgR2IzwbXa7X5S2k1U9SLib8Ak m3> <---

(And, BTW, against their collective better judgment, my Fannibal friends invited me to come to Red Dragon 6 this year. So I'm punch drunk happy and grateful to confirm that I will be honored to attend, whenever the safest, most anti-viral timing gets worked out, of course).

(**Please NOTE:** *Here, I will compassionately remind all my CAMEO FANS that I included the above Q&A link primarily for you – because, as I said, watching it should give you a good sense of more specific and, hopefully, more compelling things you might want to ask me to talk about on my CAMEO video message/gift.)

Here Are a Few of MY FAVORITE APOLITICAL POLITICAL NOTIONS, CULTURAL HEROS and LEGENDS

- For the political record: I am not a fan of partisanship and I don't consider myself a member of any political party, and I cannot imagine this status will ever change -- even if I one day choose to use SM to show support for individuals of unequivocal political persuasions (*such as, oh, I don't know, a certain future POTUS-worthy soul who may or may not go by the initials COA -- though not necessarily in that particular, less-than-linear order. Just sayin'*).
- That said, I confess: I am wildly weary of the world being run since roughly the dawn of humankind by an inexplicably long line of sickeningly lucky, old, wealthy, white men. And I ache for a time when the world will be heretofore run (and run and RUN) by an unapologetically glorious, out-and-out diverse, all-powerful Matriarchy in full badass bloom. Again: Just sayin'.
- I also happen to believe that America should have a national holiday honoring and glorifying whistleblowers at least as much as America glorifies celebrity.
- I confess I've also daydreamed more than once about commissioning kids to write and perform school plays lionizing folk heroes like Deep Throat, Dan Ellsberg and Edward Snowden.
- And I also dream of inspiring Congress to create legislation that requires the most fortunately wealthy Americans to compete in Moral/Ethical "Olympics" to earn the right to be insanely rich.

All that said, here's a bit more politically-colored/non-party-affiliated food for thought:

- ***Greta Thunberg for World President.***
- ***Free Leonard Peltier*** ~ (Legendary leader of AIM, the American Indian Movement, who was wrongly imprisoned after trying to defend his people from President Nixon's gangsterized FBI on the Pine Ridge Reservation in 1975. Nixon was determined to destroy AIM right after the FBI "*successfully neutralized*" Dr. King and the Black Panthers by way of FBI sanctioned beatings, blackmail and assassination. After one of the most corrupt trials in US history, Peltier was sentenced to two life terms by an all-white jury controlled by an openly anti-Native American judge and dirty Federal

prosecutors who threatened witnesses, falsified evidence and worse. As I write this now, Peltier has been unjustly imprisoned for 16,127 days, 20 hours, 23 minutes and 33 seconds -- 44 years. Which makes him the longest held political prisoner in the history of America. Thanks in no small part to Peltier and the heartbreaking bombshell of a book, *In the Spirit of Crazy Horse*, I am especially empathic and passionate about the history of **the Black Hills**: Land in S. Dakota that has long been sacred to the Lakota and many other Indigenous tribes. And land which the murderously greedy, exclusively white-male US government stole from the Lakota when the US military violated the 1868 treaty of Ft. Laramie. In this final treaty – just one of over 500 broken treaties – the US government explicitly agreed to never try to steal the Black Hills from Native Americans. Then, not long after the 1868 treaty of Fort Laramie was signed, white miners found gold in the Black Hills and the military abruptly took illegally possession of the Black Hills and massacred all the Native Americans on this sacred land -- which the US government still unjustly possesses to this day. (For more insight, go to --> <https://www.smithsonianmag.com/blogs/national-museum-american-indian/2018/10/31/treaty-fort-laramie/>) As a Karmic consequence, I believe that the faces of, for example, Hiawatha, Sitting Bull, Sacajawea and/or Wilma Mankiller belong on Mt. Rushmore – which is part of the sacred Black Hills -- a lot more than those four particular, great-in-many-ways, yet nevertheless Indian-hoodwinking white men (yes, even Lincoln, who I/we rightfully revere for so many other reasons) -- who were carved into the Black Hills without permission or apology to the Native American community.

- <https://www.whoisleonardpeltier.info/>
 - https://www.democracynow.org/2012/12/13/exclusive_native_american_activist_leonard_peltiers
 - <https://www.amnestyusa.org/leonard-peltier-38-years-a-detainee-how-did-we-get-here/>
 - <https://www.theguardian.com/us-news/2017/jan/04/free-leonard-peltier-obama-open-letter-james-reynolds>
 - <https://www.whoisleonardpeltier.info/>
- **Dr. Cornel West** ~ <http://www.cornelwest.com/>
 - **Ta-Nehisi Coates** ~ <https://ta-nehisicoates.com/>
 - **Howard Zinn** ~ <https://www.howardzinn.org/>
 - **President Barack and Michelle Obama** ~ <https://barackobama.com/>
 - **Bernie Sanders** ~ <https://berniesanders.com/> (*Feel the Bern. Bernie for HBCUs. Viva Vermont.*)
 - **Oprah** ~ <http://www.oprah.com/index.html> [*mic drop*]

A few Final Promises, Disclaimers and Social Media Ground Rules I set for myself, in honor of all my fans:

1. I promise to do my noble best to engage with fans via social media without veering toward violent self-deprecation. Tall order, but I'm All In.
2. I also reserve the right to use social media with spectacular infrequency (for your sake more than mine, trust me).
3. For the record, I have zero interest in harnessing social media to contribute any velocity of conflict or judgment to any caliber of public discourse. This maxim is particularly important to me in no small part because, as part of my relentless pursuit of that "PhD equivalent in parenting/life-parenting" I told you I've been working on, I've spent the better part of two decades studying Marshall Rosenberg's philosophy of conflict resolution -- Compassionate, Non-Violent Communication (CNVC; as mentioned, above) -- and learning how to consistently express myself via CNVC in both my personal and professional life.

A few SELECT "Jeremy Davies" VIDEOS -- FYI

And here again, my well-meaning Hollywood reps also asked me to include a few Hollywood biz-ness related "Jeremy Davies VIDEOS". So, thanks again for bearing with me as I hereby do my best to comply -- with all apologies and requisite self-deprecation, of course:

First, here are two YouTube links that arguably constitute "proof" that, contrary to every color and definition of logic, the following events did, in fact, happen in front of a shocking number of witnesses. Sincerely, I hope you guys enjoy watching these links, despite how much suspension of disbelief will be required of you:

Jeremy Davies (recklessly and criminally at large) in Emmy Land:

<https://www.youtube.com/watch?v=i-F4-mKgZgU>

Jeremy Davies (on another scandalous "crime-spree") in BAFTA Land:

<https://www.youtube.com/watch?v=O9Om0Hm8ewg&t=2s>

(Sigh. And here again, my gracious reps asked me to include another link to my Q&As from the Red Dragon 5 Con -- as if there's some chance you could've completely missed it when I rhapsodized about the Fannibals with such roaring enthusiasm above. Anyway, thanks again for understanding and enjoy, my friends: --->

<https://drive.google.com/drive/folders/1YDnoJgR2lzwbXa7X5S2k1U9SLib8Akm3>)

And finally:

Here Are a Few of MY FAVORITE THINGS / FAVORITE RANDOM PHENOMENA / FAVORITE ASPECTS OF LIFE EVER:

- I also happen to collect images of magnificently defiant trees – stunning, noble trees growing right up though park benches, cars, paved streets.
- I have a soft spot for three-legged dogs and cats – and I’m a sucker for all animals who are robbed of their dignity (albeit adorably) by post-op lamp-shade-esque collars.
- I love asking great musicians to create song melodies using notes that correspond with random positions of birds on telephone wires.
- I admire futurists like the late Jacque Fresco and the honorable Roxanne Meadows [<https://www.thevenusproject.com/>] who, through The Venus Project, designs cities that harness technology to serve people and replace money with resource based economies. In fact, I dream of one day being able to help Native Americans build similarly advanced, compassionate, intelligent villages on their reservations.
- In fact, in light of the tragically little known/little taught fact that America was founded on Native American Genocide and African American slavery, I have an even more ambitious pro-Indigenous dream to imagineer a non-profit organization/App called **D.I.A.N.A.** – **D**escendants of **I**mmigrant **A**mericans for **N**ative **A**mericans – which would essentially be a means to more easily transfer (á la ActBlue) large numbers of small donor REPARATIONS from all Americans directly to Native Americans.
- I prefer dangerously intelligent, feminist AF, pro-LGBTQ comedians of all velocities and colors -- like Eddie Izzard, Hannah Gadsby, Kumail Nanjiani, Amy Schumer, Alonzo Bodden, Kristen Wiig, Helen Hong, Robin Williams and Eddie Murphy.
- Some of my favorite jokes -- told to me by whip-smart, charming children are:
 - Q: *Why are pirates called pirates?* A: *Cuz they Arrr.*
 - Q: *What does a nosey pepper do?* A: *Get jalapeño business.*
 - Q: *What kind of bees make milk?* A: *Boobies.*
- Some of my favorite “dirty” jokes -- told to me by certain rebelliously hilarious senior citizens in my life -- are:
 - Q: *How do you find an old man in the dark?* A: *It's not hard.*
 - Q: *What's the best part of gardening?* A: *Gettin down & dirty with your hoes.*
 - Q: *Why do mice have tiny balls?* A: *Cuz they like to dance.*
- Sometimes, when a homeless person asks me for money, I have the audacity to feed them a four-course meal instead – and I hereby humbly and highly recommend/encourage all of you to respond in kind...

- On Thanksgiving, I confess I have a habit of inspiring kids to carve epic mashed potato sculptures honoring Native American icons.
- Sometimes, when I pass through airports, I love hanging out at the airport arrival exit doors to witness and sometimes videotape my favorite unrepeatably unique and unapologetically open-hearted hugs as travelers reunite with loved ones. However, my all-time favorite classification of exquisite and transformative hugs are the ones we witness outside prison release gates when we see predominantly non-white, DNA-exonerated prisoners reunite with family and friends and embrace in uniquely moving ways.
- I love the unnameable feeling I get when I watch elephants painting.
- For many soulful and science-loving reasons, I have also been known to travel epic distances just to witness and video breathtaking murmurations – vast flocks of starlings flying as one in awe-striking synchronization. In no small part because murmurations help me remember to stay “available” to the idea of similarly magical phenomena taking flight at any given moment in my life. And here it bears repeating (and repeating): As Reverend Bill Murray said perhaps better than anyone ever:
“I try to be alert and available for life to happen to me. We’re in this life, and if you’re not available, the sort of ordinary time goes past and you didn’t live it. But if you’re available, life gets huge. You’re really living it.”

CONCLUSION

Well, as this document closes in on an outrageous number of pages, I hope that’s a Good place to start/rein it in, my friends.

And, for the record: I do not, by any molecule of the imagination, expect more than a handful of my most unbelievably devoted fans to read this entire inaugural social media post. As I said, I wrote this accidental manifesto to honor all my fans who have, for many years, kindly asked me to be more forthcoming about the kind of insights I’ve shared in this curious document. And I figure, any fan of mine who has waited so many years and still finds the wherewithal to read a “social media mission statement” as audacious/exhaustively in-depth/overwritten/uncalled for as this has Earned It and Then Some. At any rate, careful what you wish for, my friends. And good luck navigating this unruly/less-than-ruthlessly-edited misfit sociological experiment of sorts.

(*And here I will gently remind my CAMEO fans again: Once you’ve read this letter, please be sure to let me know if anything on my lists of favorites resonates with you or whomever you’re requesting a video for. Because, as I said, if nothing else, this letter should help you identify a few favorites/interests of mine that strike a chord with you, which will help me personalize my CAMEO video message in a more meaningful, tailor-made way for you.)

And, listen, one more thing: As aggressively self-deprecating as I've been in this letter, I promise: I am aware that there are, indeed, quite a few more than two Jeremy Davies fans out there. Nevertheless, this curious fact still renders me flat out incredulous. And, for that, I am truly – and even acrobatically -- redefining the meaning grateful to all of you. That is to say, all three of you (*Sorrysorry; I take that back*).

Sincerely, thanks again, in a way that transcends language, to all my record-breaking-ly magnificent fans for all the goodness, graciousness and patience you've honored me with over the years, leading up to this letter -- my painstakingly tentative foray into SM. Thank you like gangbusters for being such phenomenally supportive, compassionate, family-like fans. And thank you for taking the time/Timelessness to read this criminally long-winded social media mission statement of sorts. Again, I am redefining the meaning of grateful.

For the record, your support means Everything to me in no small part because it is my conviction, as well as my empirical experience, that all my fans, to a person, seem to be that rarefied caliber of wildfire whip-smart, God/Goddess-velocity movers/shakers/game-changers who are vividly gifted at What They Do - - who also happen to be uncommonly compassionate souls thriving in a world that is all too often governed by cutthroat competitive spirit animals... Just sayin'.

And, having clarified that with a shameless symphony of ingratiating/Complimentary Other-Enhancement:

Please have the best day ever, followed directly thereafter by a nearly illegally fulfilling and even legendary life.

Namaste well, wise, kind and cool and hasta la victoria siempre.

Unconditional love, intra-Pineal Light and life-saving laughter to all.

And, as our Native American family would say: *Mitakuye Oyasin* – “We are all related.” It's a prayer of Oneness with all forms of life. It's meant to remind us that, when we hurt another, we hurt ourselves. So, take care of each other, my friends.

Jeremy Davies

(AKA: The “real” JD. AKA: The only Jeremy Davies who could write such a record-breaking-ly self-deprecating, laughably Social Media ignorant SM post like this one. ;-)

P.S.

A brief, acrobatically compassionate and honorably DISCLAIMED medicinal ADDENDUM for all my fans:

As I post this, to understate, you're all in my immuno-igniting/empowering thoughts and non-denominational prayers these Corona-colored days.

So, it's an honor to offer you a completely unsolicited link to the aforementioned/recommended Earth Clinic's Coronavirus page:

---> <https://earthclinic.com/ailments/coronavirus/> <---

I'd be grateful if you'd all be so kind as to give this remedy-minded link a heart-expanded read and consider sharing it with your friends and Loved Ones.

FIRST, HOWEVER, PLEASE NOTE:

I am not a doctor. Nope. I haven't even played one on TV yet. *

(*That said, I confess, I am hoping I can sweet-talk/shamelessly coerce my terrifically gifted, gentle friend, Daniel Dae Kim, into abandoning his better judgment long enough to give me permission to act up a misfit doctoral storm on his wonderful hit show, *The Good Doctor* for about 17 seasons or so...Sorry to digress; couldn't resist the Shout Out; so proud of Daniel.) **Thus – sincerely, my friends -- as you consider these natural remedies that I am recommending with utmost humility and compassion: PLEASE consult with professionals.** Ideally, IMHO, doctors, physicians, medicine women and men who embody the best balance of Western and Eastern approaches to medical care. **Thank you.**

Having clarified that (again; not a doctor, on TV or off), as you'll see, EarthClinic.com's top recommendations for Coronavirus -- many suggested by people who recovered from severe COVID infection -- are the following:

- 1) Liposomal melatonin dosaging
- 2) Lugol's Iodine solution in a nebulizer (a formidable anti-viral, as Lord Google will attest).
- 3) Colloidal Silver (also a powerful anti-viral)
- 4) Ultra-high dose Vitamin C (IV vitamin C is best; next best is liposomal)

To protect your lungs from COVID, EC recommends using a nebulizer to breathe in Lugol's Solution iodine and colloidal silver drops in water.

And, for the record, I've been blessed to have access to COVID insight/guidance from an esteemed Tibetan doctor/gentle-man in CA who is an associate of the Dalai Lama, and also from a renowned/cutting edge western/eastern doctor/physician (who I know well and who saved my life) and he and she both said:

- A) Other countries/states have had significant/little reported success treating patients with many of the same remedies on EC.
- B) COVID often begins on the roof of the mouth, then moves to the lungs. So focus anti-virals there: Roof of mouth/sinus/lungs.

You can get Liposomal melatonin, Lugol's Iodine Solution, Sovereign colloidal silver and a reasonably affordable mini-nebulizer on Amazon fairly quickly.

And it bears repeating, please keep well mind mind/heart: I've been lucky to play a lot of wildly intelligent, science-loving, academically inclined characters. But, nevertheless, in case I wasn't exhaustingly clear: I'm not a doctor. Not even in the neighborhood.

Having clarified that like All Get Out: I dearly hope that the EC insight I've shared here helps you guys navigate your individual experience with COVID-19 in some small way.

And, for what it's worth, I have not one molecule of doubt that you/we will pull through this as a nation and as global citizens and, in the end, we will redefine the meaning of Stronger For It.

Meantime, I wish you all well beyond Well and I look fast forward to meeting you all one fine COVID-vaccinated, national-dance-party-mandated day down the line. For now, I send all my fans an electronic bouquet of love, laughter and cine-magic, right alongside my finest, Pulitzer-prize-winningly social-distanced cartwheel to you all.

XO

Jeremy/Jeremighty

THE END