

Monthly music choice

This music and film project explores our 'collective insanity', looking at why many people today are ego-driven, addicted to status, needy in relationships and carrying mental scars from childhood. But the central, positive message is about how creativity is still able to shine through despite our flaws. It consists of 12 short films, featuring words of wisdom and audio treats from various genres, including Faithless, REM, KD Lang, Bedouin musicians, Chinese rappers and Tuvan throat singers. Through conversation with this diverse group of people, the film makers reveal how we are all connected through our creativity, our beliefs but most of all through our insecurities.

What About Me? by Jamie Catto (Faithless)
and Duncan Bridgeman (Channel 4 DVD set; £19.99)

