8	Preface by Dieter Buchhart
10	Invitation by Helmut Essl
16	action painting
25	20 <sup>th</sup> painting action / part one
52	Painting Actionism. An Interview with Hermann Nitsch, by Otmar Rychlik
63	20 <sup>th</sup> painting action / part two
90	the painting shirt
95	the development of my painting
96	synaesthesia
99	Appendix