

# DOCTOR *WHO?*

OR: HOW TO BE A BETTER HUMAN  
(LESSONS FROM A TIME LORD)

**THIS IS IT. THE DARKEST DAY. THE  
BLACKEST HOUR. CHIN UP,  
SHOULDERS BACK.**

**LET'S SEE WHAT  
WE'RE MADE  
OF, YOU AND I.**

**THE TWELFTH DOCTOR**

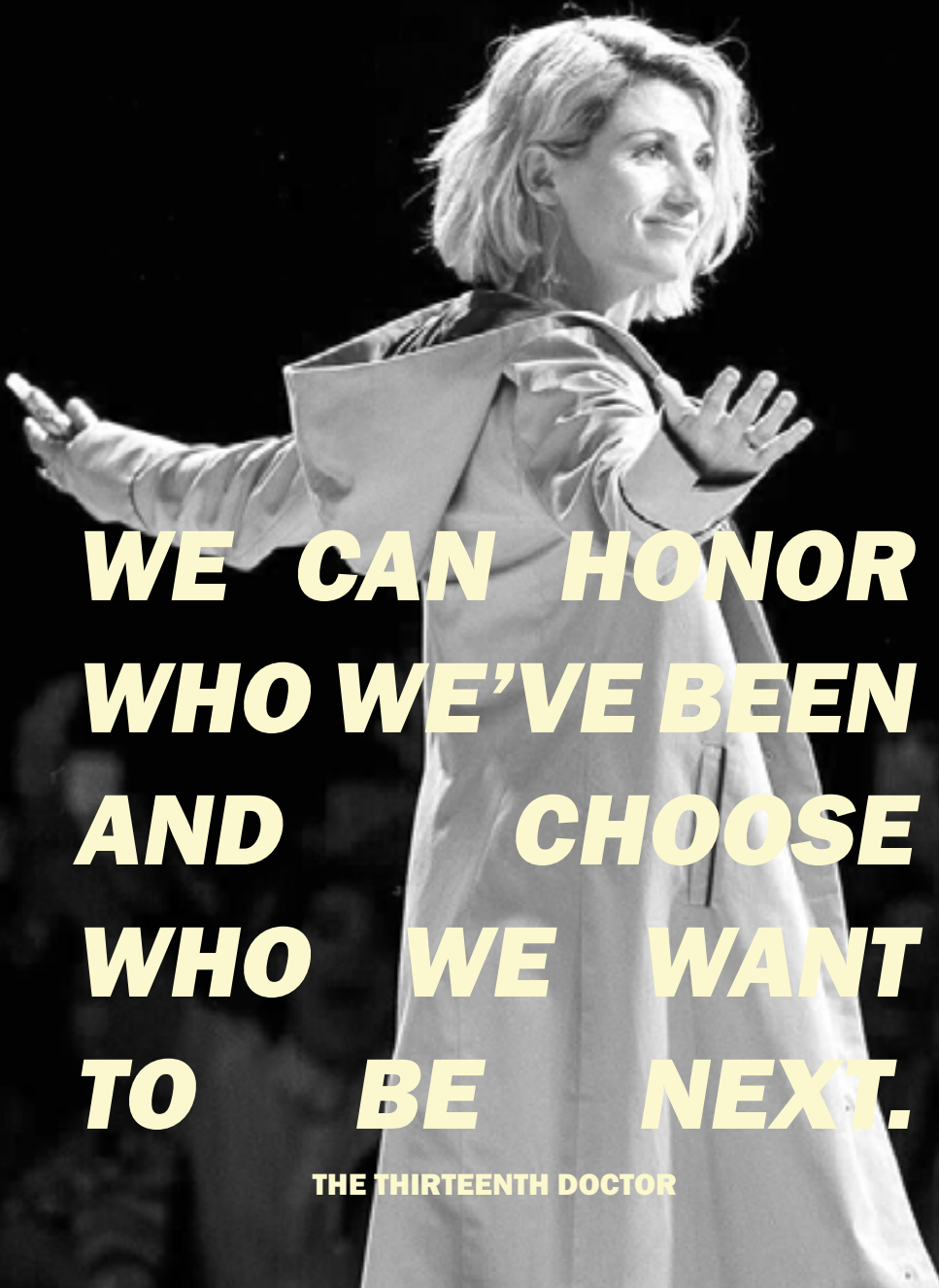




CAUSE WE'RE ALL CAPABLE OF  
THE MOST INCREDIBLE CHANGE.  
WE CAN EVOLVE WHILE STILL STAY-  
ING TRUE TO WHO WE ARE.

**WE CAN HONOR  
WHO WE'VE BEEN  
AND CHOOSE  
WHO WE WANT  
TO BE NEXT.**

THE THIRTEENTH DOCTOR





**WE'RE ALL  
STORIES  
IN THE END.**

**JUST MAKE IT  
A GOOD ONE.**

THE ELEVENTH DOCTOR





**ALLONS-Y.**

THE TENTH DOCTOR