

**HANDBOOK**

**FOR**

**SUPERHEROES**



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For more information please visit:  
[handbookforsuperheroes.com](http://handbookforsuperheroes.com)



# CHAPTER

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1









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aster! Faster! Or  
we're gonna catch you!"

"Hurry up now Floppy Ears!  
We're right behind you!"





Lisa was running as fast as she could, but the boys were still gaining on her. If she could only get to the library, she would be safe. So she ran until her chest was burning and her legs were about to give away beneath her.

Just a little bit further.





Then the very thing that must not happen, did happen. Lisa stumbled and fell to the ground. A few seconds later the boys were upon her. Robert, their leader, shook his head.

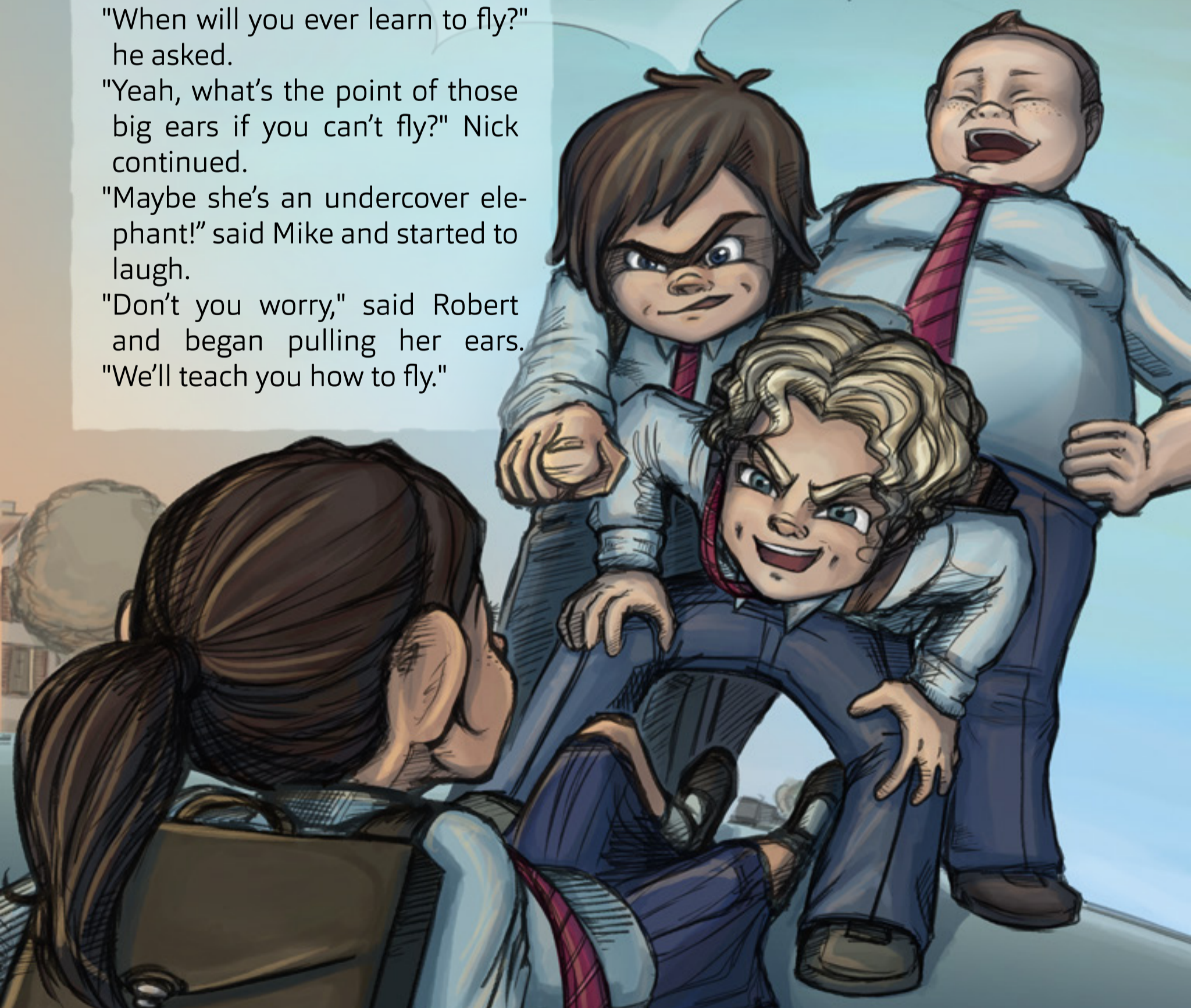


"When will you ever learn to fly?" he asked.


"Yeah, what's the point of those big ears if you can't fly?" Nick continued.

"Maybe she's an undercover elephant!" said Mike and started to laugh.

"Don't you worry," said Robert and began pulling her ears. "We'll teach you how to fly."



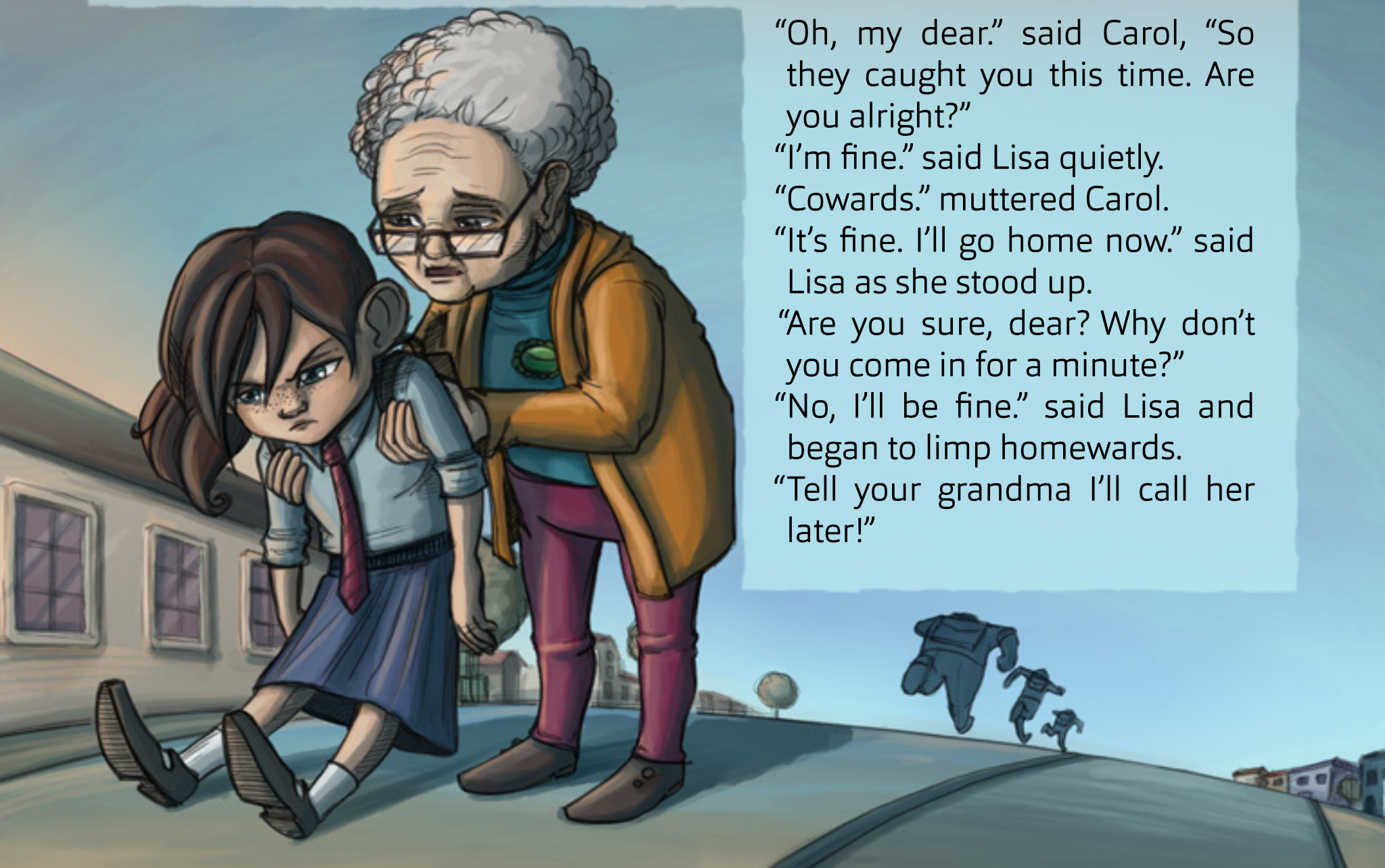




Just then, a welcome voice came from the steps of the library.

“Exactly what is going on out here?”

It was Great-Aunt Carol who had come out from the library. She was Lisa’s grandma’s twin sister and right now she looked very angry. The boys took off at the speed of light before she could get hold of them.



“Oh, my dear.” said Carol, “So they caught you this time. Are you alright?”

“I’m fine.” said Lisa quietly.

“Cowards.” muttered Carol.

“It’s fine. I’ll go home now.” said Lisa as she stood up.

“Are you sure, dear? Why don’t you come in for a minute?”

“No, I’ll be fine.” said Lisa and began to limp homewards.

“Tell your grandma I’ll call her later!”



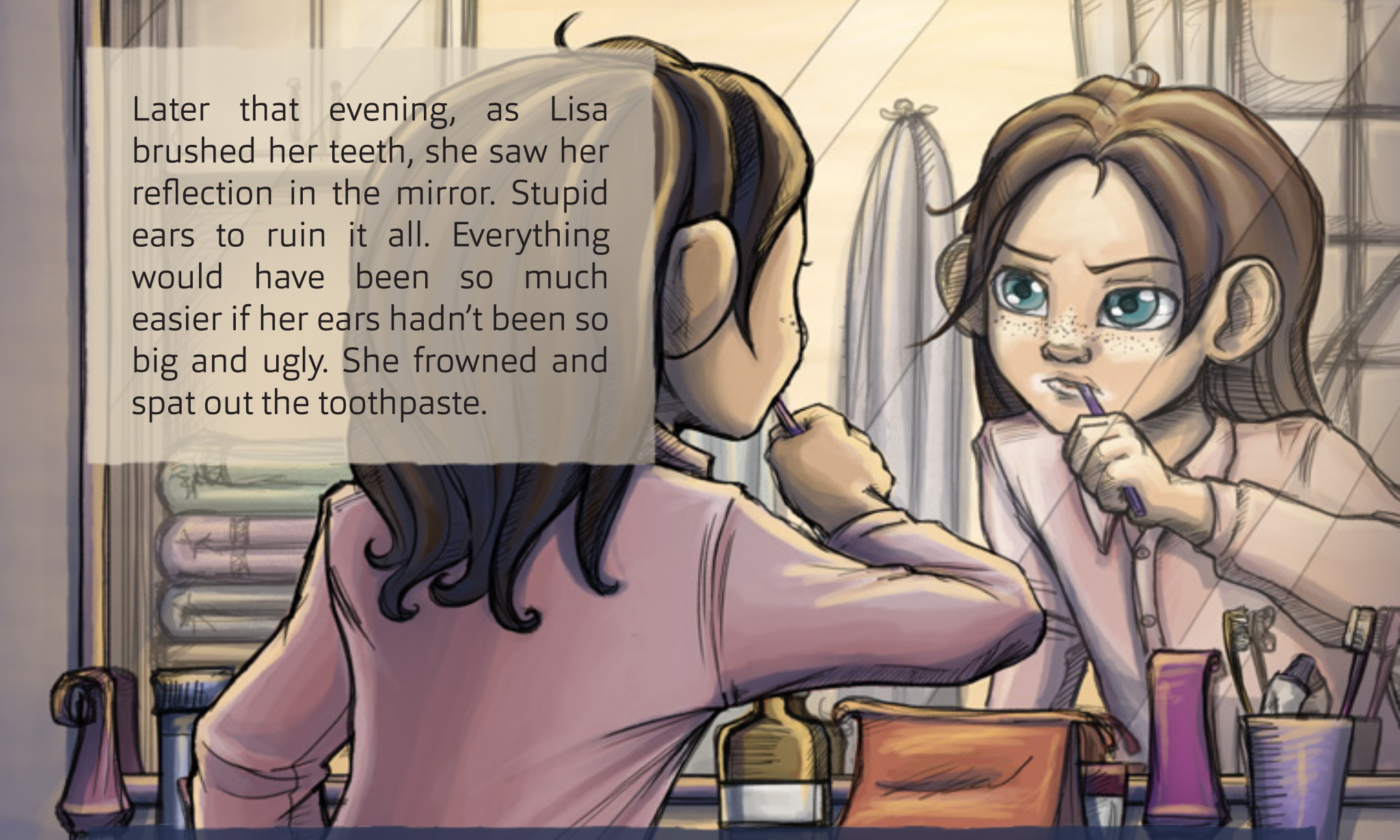
On her way home Lisa tried to figure out what she was doing wrong. In her previous school everyone had liked her and wanted to be with her. But since the first week the boys in this new school had bullied her because of her ears. She knew that she had big ears, but no one had ever been bothered by them before.

Lisa was eleven years old and had only recently moved to this town since her mum had to work abroad for a while. Granddad had just passed away and Lisa's mum thought it would be a good company for Grandma to have Lisa there. Lisa agreed and since it would only be a couple of months it wouldn't be a problem.

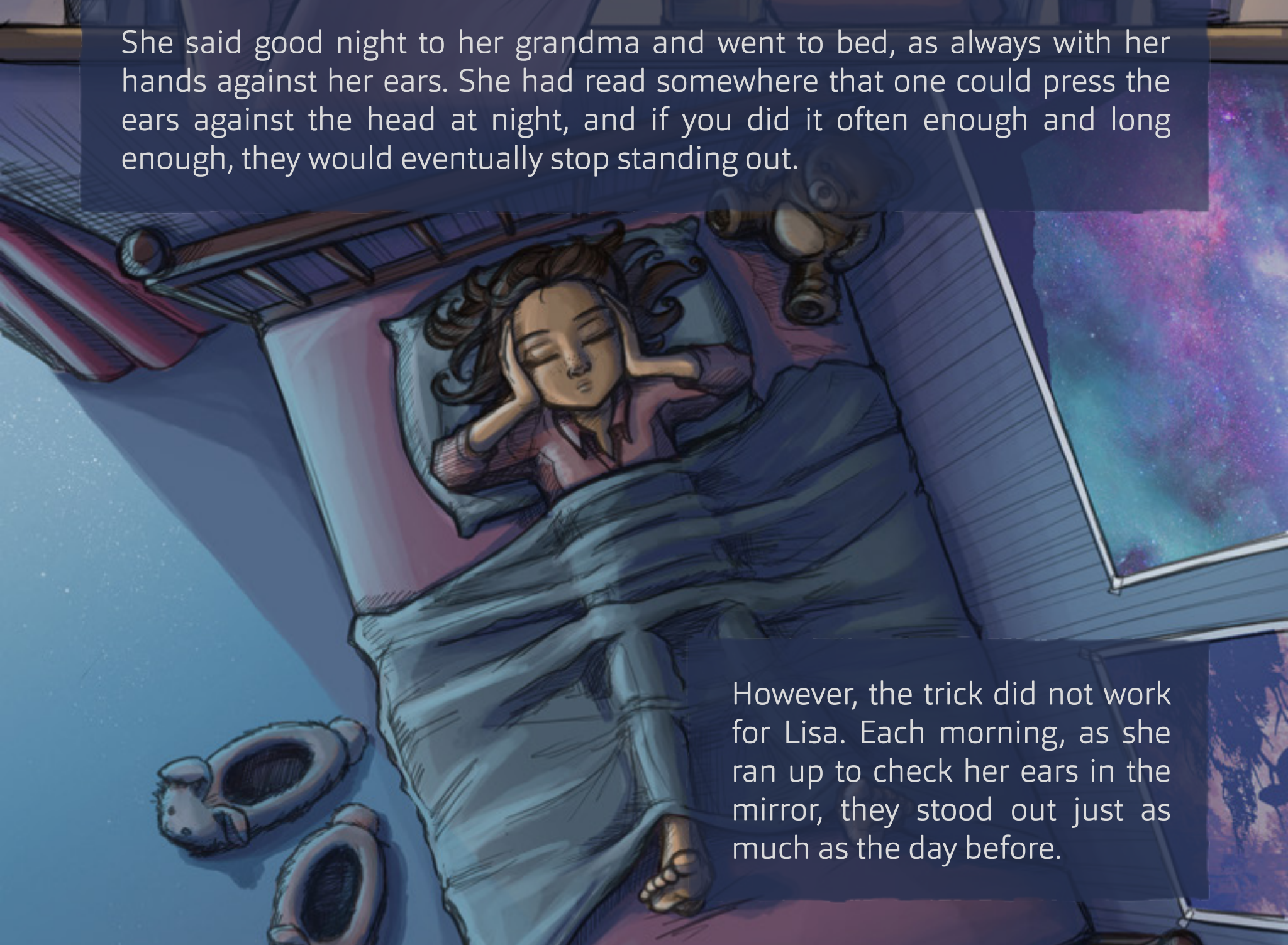


But there had been problems and it was quite a lot tougher than Lisa had imagined.



A young girl with large, prominent ears and freckles is brushing her teeth in a bathroom. She is wearing a pink long-sleeved shirt. In the background, there is a mirror, a window with curtains, and a sink with various toiletries. The scene is lit with warm, indoor lighting.

Later that evening, as Lisa brushed her teeth, she saw her reflection in the mirror. Stupid ears to ruin it all. Everything would have been so much easier if her ears hadn't been so big and ugly. She frowned and spat out the toothpaste.

Lisa is sleeping in a bed, covered with a blue blanket. She is wearing a pink shirt. Her hands are pressed against her ears. The room is dimly lit, and a window in the background shows a view of a starry night sky. A teddy bear is visible on the bed next to her.

She said good night to her grandma and went to bed, as always with her hands against her ears. She had read somewhere that one could press the ears against the head at night, and if you did it often enough and long enough, they would eventually stop standing out.

However, the trick did not work for Lisa. Each morning, as she ran up to check her ears in the mirror, they stood out just as much as the day before.











# CHAPTER

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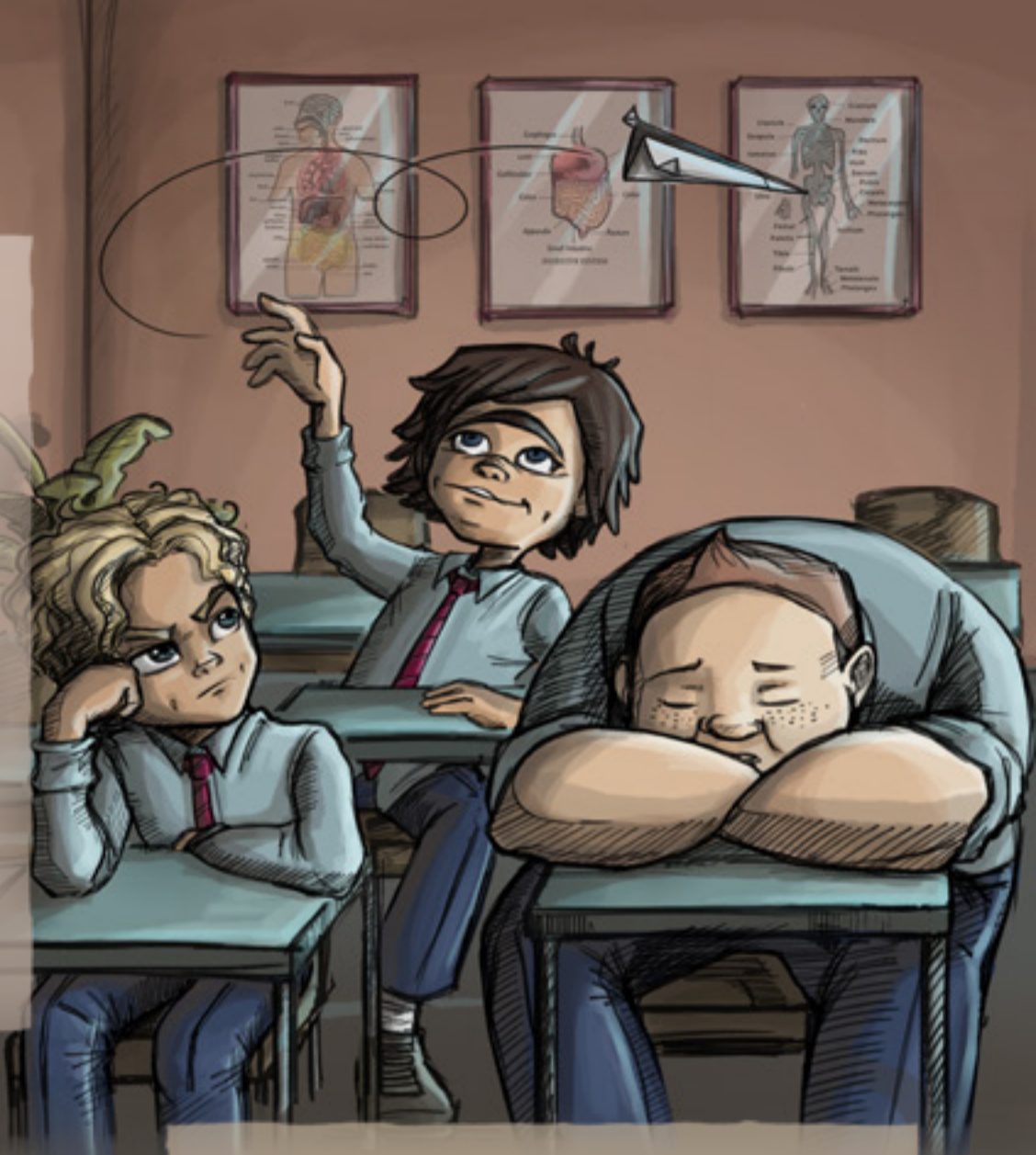
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**L**isa had nothing against school. She liked learning new things and she loved to read and write. Her problems started after school finished. The gang of boys, Robert, Mike, and Nick, were nearly always there to tease and chase her. Some days though, the boys were kept back in detention for up to twenty minutes which gave Lisa a bit of advantage.



But twenty minutes can pass very quickly if you're not being careful and this day Lisa was not far from the school when she heard the familiar voices behind her.

"There she is!" yelled Nick.  
"Get her!" cried Robert.

Lisa immediately began running and luckily her head start was enough. Today, she managed to get inside the library before the boys caught up.

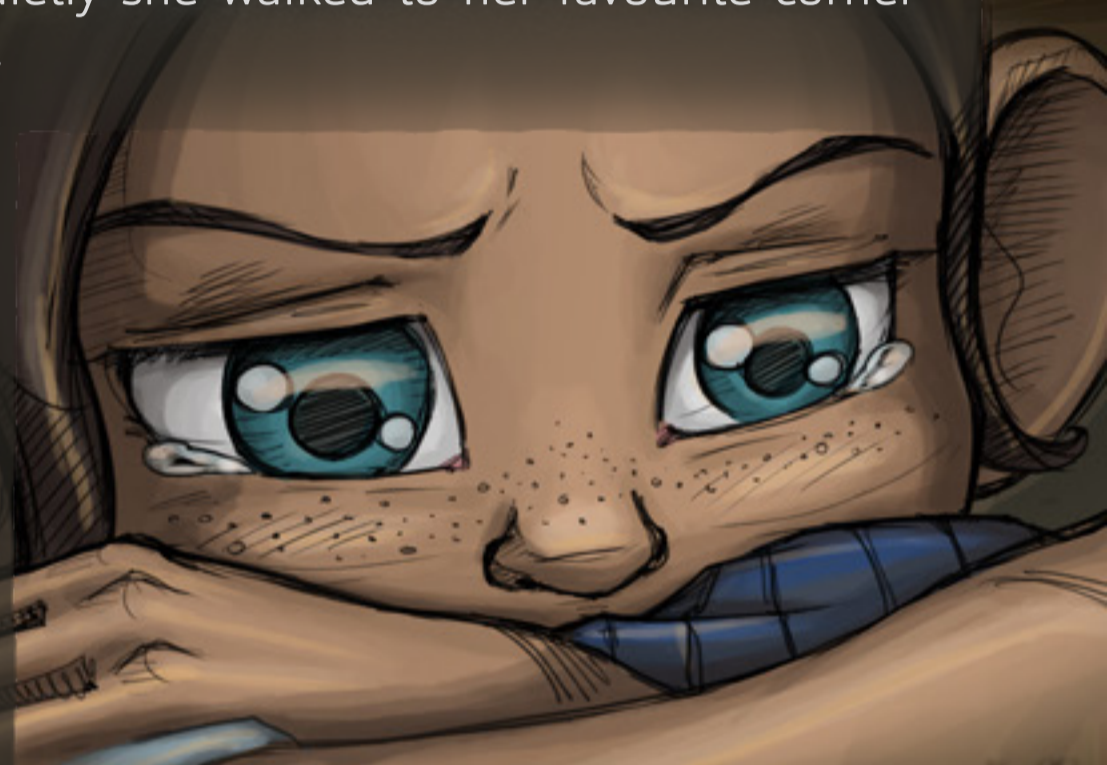






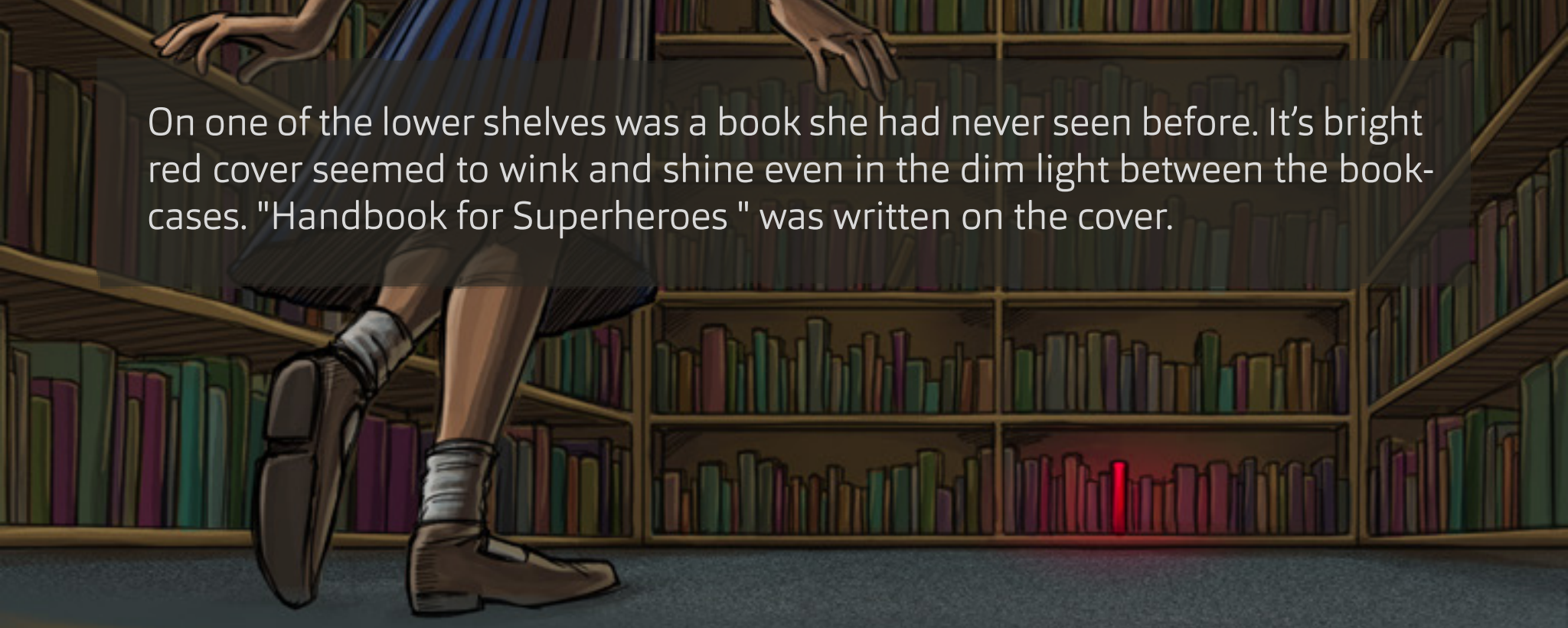
She couldn't see her great-aunt Carol anywhere but she knew that the boys would never chase her there. Quietly she walked to her favourite corner where she sank down on the floor.

Now, Lisa sure was no cry baby but today she just couldn't help herself. She was so sick and tired of being bullied and chased all the time. Was there really no end to this? Why did they have to pick on her of all people? What did she do wrong? There were so many questions and Lisa had no clue how or where to find the answers. The only thing she did know was that it had to stop.




Then something caught her eye.






On one of the lower shelves was a book she had never seen before. It's bright red cover seemed to wink and shine even in the dim light between the book-cases. "Handbook for Superheroes " was written on the cover.



Lisa knew there were no such things as superheroes in real life, still it was as if the book was talking to her, forcing her to pick it up and begin flipping through its pages.

She opened the book and soon realized that this might very well be the answer to all her prayers.



She was still sure that there were no superheroes but the detailed information about the different disciplines and how to train them was all too convincing. If she could only learn a fraction of all these secret powers she was sure life would be a whole lot easier.



She took the book, walked up to the circulation desk and gave it to Carol so she could register the loan. This however was not as easy as one might have hoped. No matter how much Carol searched in the registry she could not find the book.

"That's strange!" Great-Aunt Carol mumbled. "I can't seem to find it here. It's like it doesn't exist."

"So what do we do then?" Lisa asked anxiously.

"Well, if it's not in the system, it's difficult to borrow it."



This was exactly what Lisa had been afraid of. That she would find a book that suited her so perfectly was simply too good to be true.



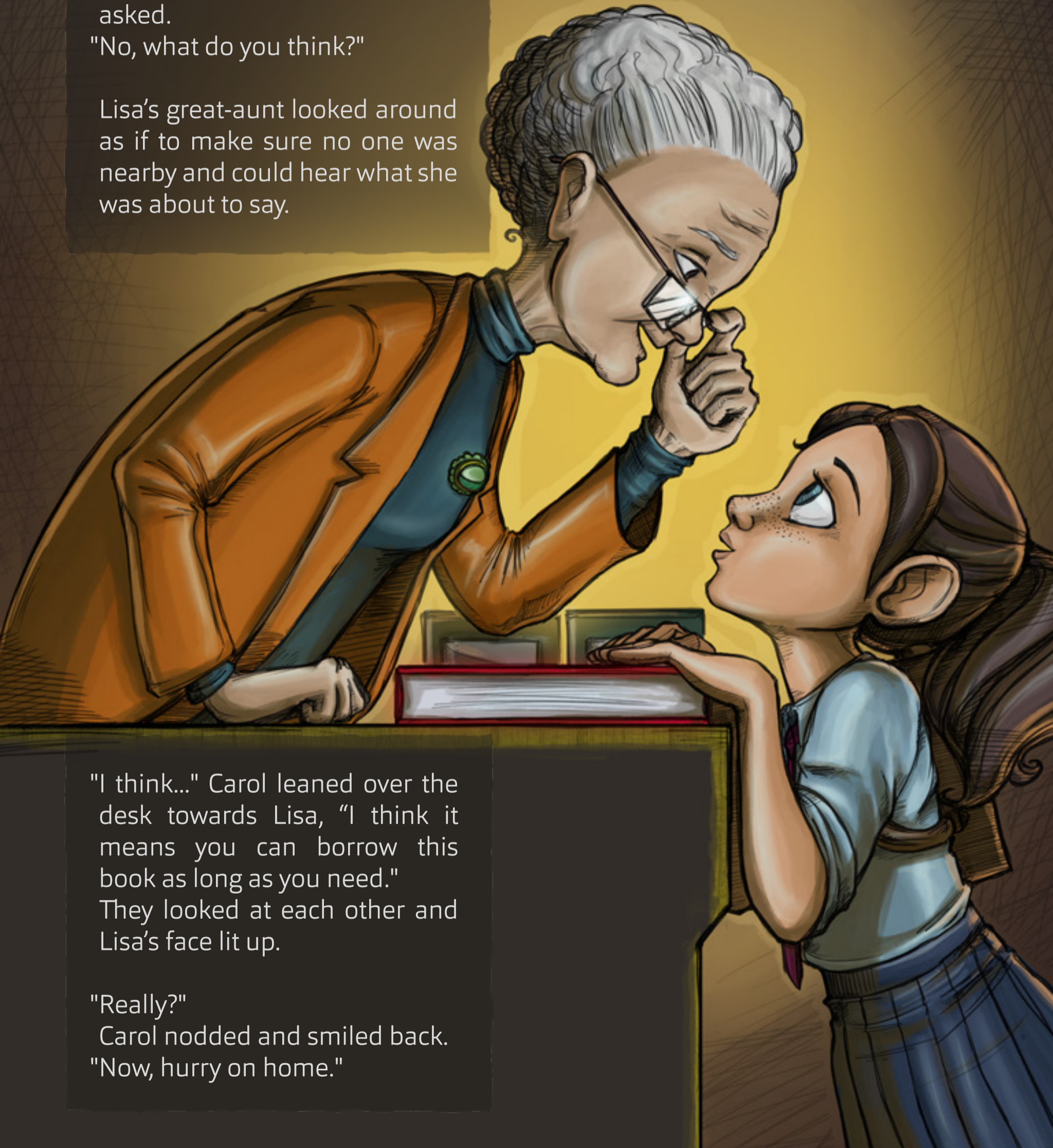
"On the other hand... "Carol began and peered at Lisa, "...it's very strange that there is a book here in the library that you can't borrow."

"Yes, I agree. Very strange" said Lisa quickly.

"You know what I think?" Carol asked.

"No, what do you think?"

Lisa's great-aunt looked around as if to make sure no one was nearby and could hear what she was about to say.



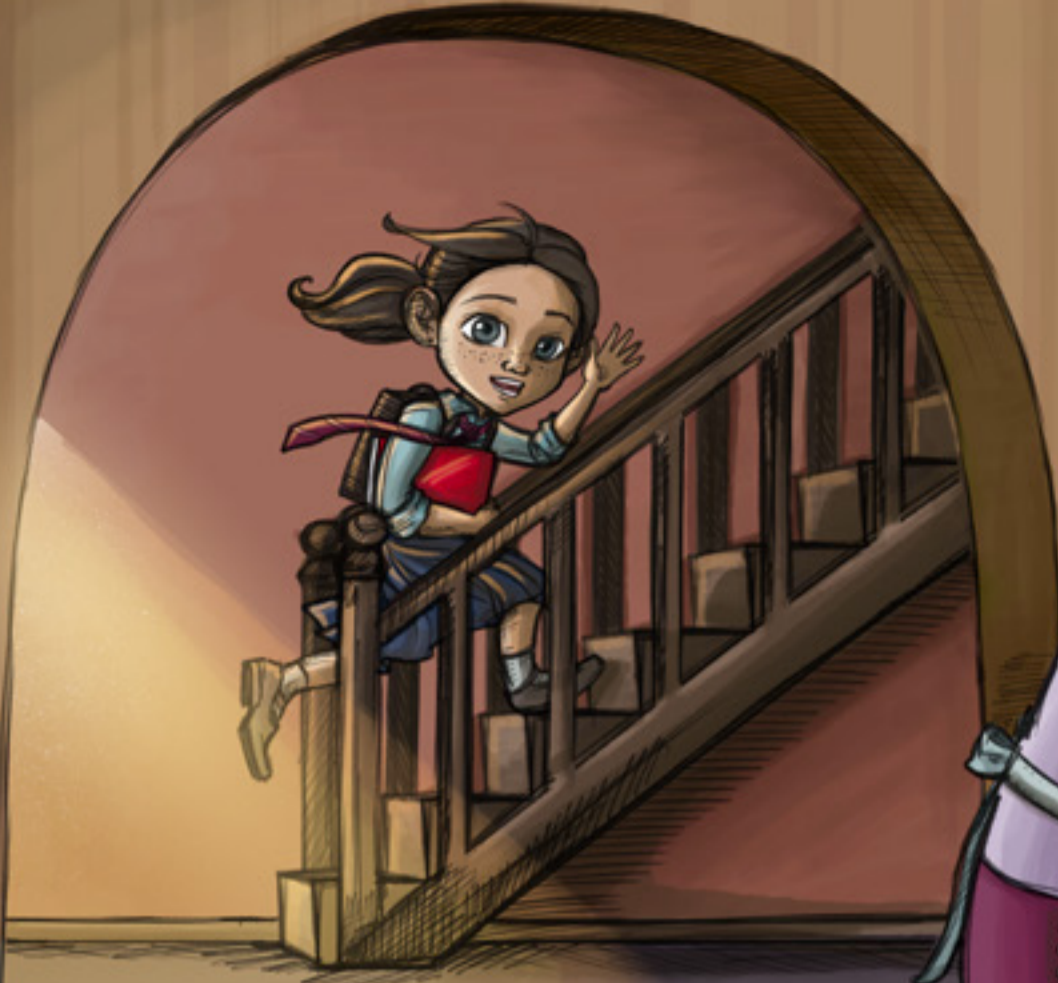
"I think..." Carol leaned over the desk towards Lisa, "I think it means you can borrow this book as long as you need." They looked at each other and Lisa's face lit up.

"Really?"

Carol nodded and smiled back.

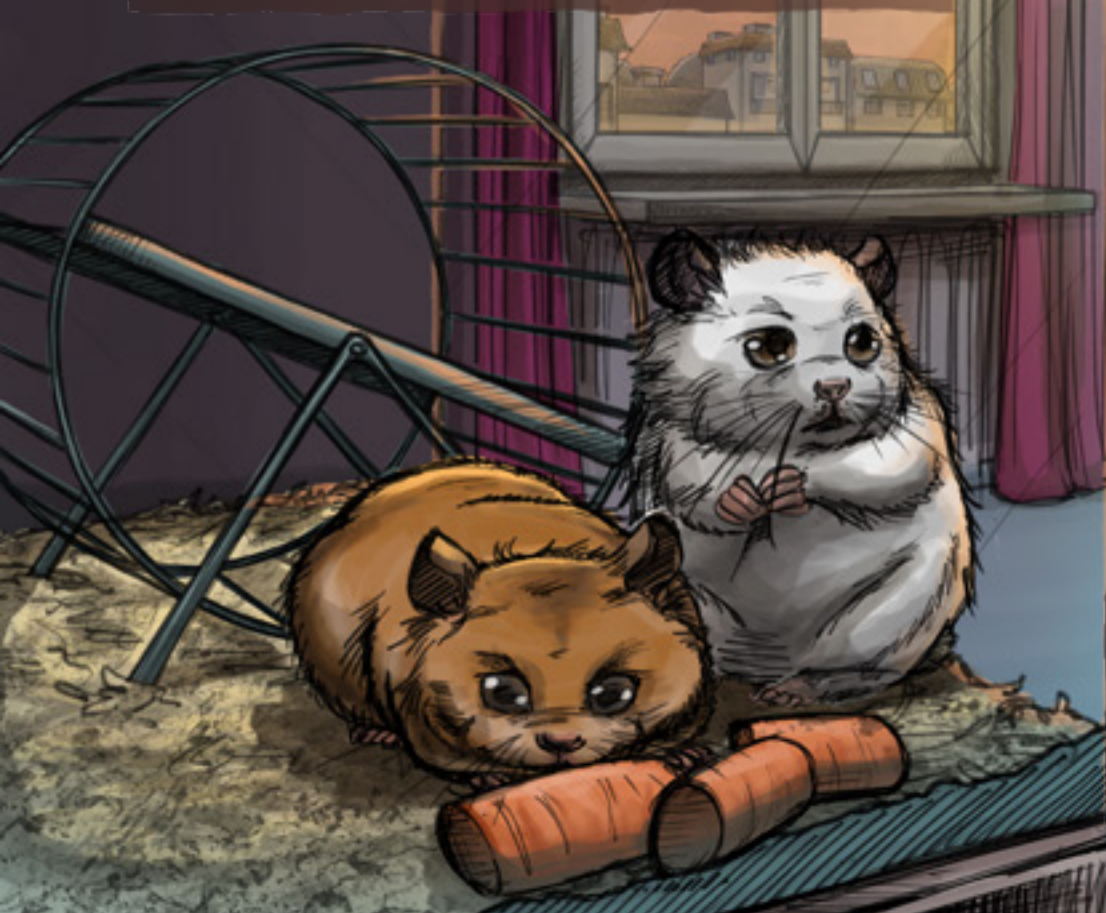
"Now, hurry on home."





Never ever before had Lisa run as fast as she did that afternoon. When she got home she was so excited she didn't even have time to sit and eat the fresh cinnamon buns her grandma had made.

She ran straight up to her room and nearly even forgot to feed her hamsters, Olga and Oskar.



Once that was done she jumped up in her bed and started to read the 'Handbook for Superheroes'.











CHAPTER

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## Chapter 1

### *The First Warning:*

Never use your superpowers for your own benefit or to do evil. Only use them to do good.

### *The Second Warning:*

A superhero must never ever reveal their true identity. The best superheroes in the world are the ones no one knows about.

**T**

he entire first chapter was full of warnings about what one should not and most certainly should not do. Lisa skimmed those boring pages and moved on.

The second chapter was much more interesting.



It listed all the superpowers that existed in order of how hard they were to learn.

There were simple things like how to sneeze silently - useful if you were trying to sneak up on a bad guy when you had a cold. And more difficult things, almost impossible things, like transform into a thunder cloud and shoot lightnings - practical when you have lots of enemies to fight and you need a break from the close combat.



In total there were a hundred and one superpowers to learn but the book said a hero should only train in three of them at a time. Otherwise, it said, there was an 'imminent risk of a short circuit'. Lisa was not sure what either 'imminent' or 'short circuit' meant, but neither of them sounded good.



She read the list through a few times and thought very hard before she picked up a pencil and some paper and wrote down her three choices,

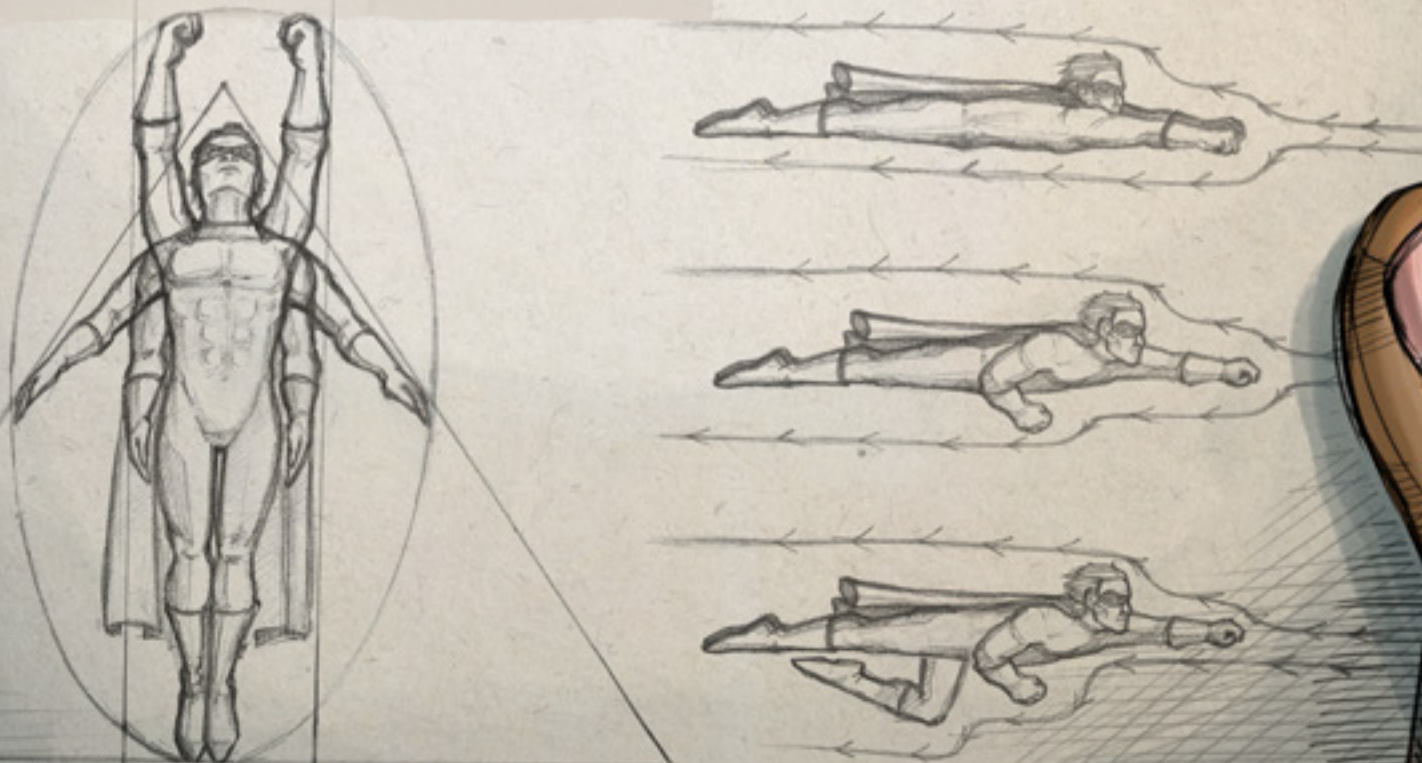
1. Super Fight Technique - how to win almost any fight, no matter how big or small your opponent.



2. Animalese - how to speak to any animal on Earth.



3. Flying - how to levitate and fly everywhere.





The handbook said flying was one of the most difficult skills to learn and might take years to master, which made sense to Lisa. It didn't matter how hard it was to her, it had to be better than running everywhere.



On the other side of the paper she began to write out a plan for how long and when she would train in each skill. *Today is Friday*, she thought. *That gives me the whole weekend to train.*







Just as Lisa was finished with her schedule, Grandma knocked on the door.

"Aren't you going to have any supper today?" Grandma wondered.  
"Oh sorry, I was just about to come down and eat." Lisa replied.  
"What are you writing?"

"Oh, nothing special." said Lisa as innocently as she possibly could.







If only Grandma had known that Lisa was studying to become a superhero. She would probably have fainted from fright!











# CHAPTER

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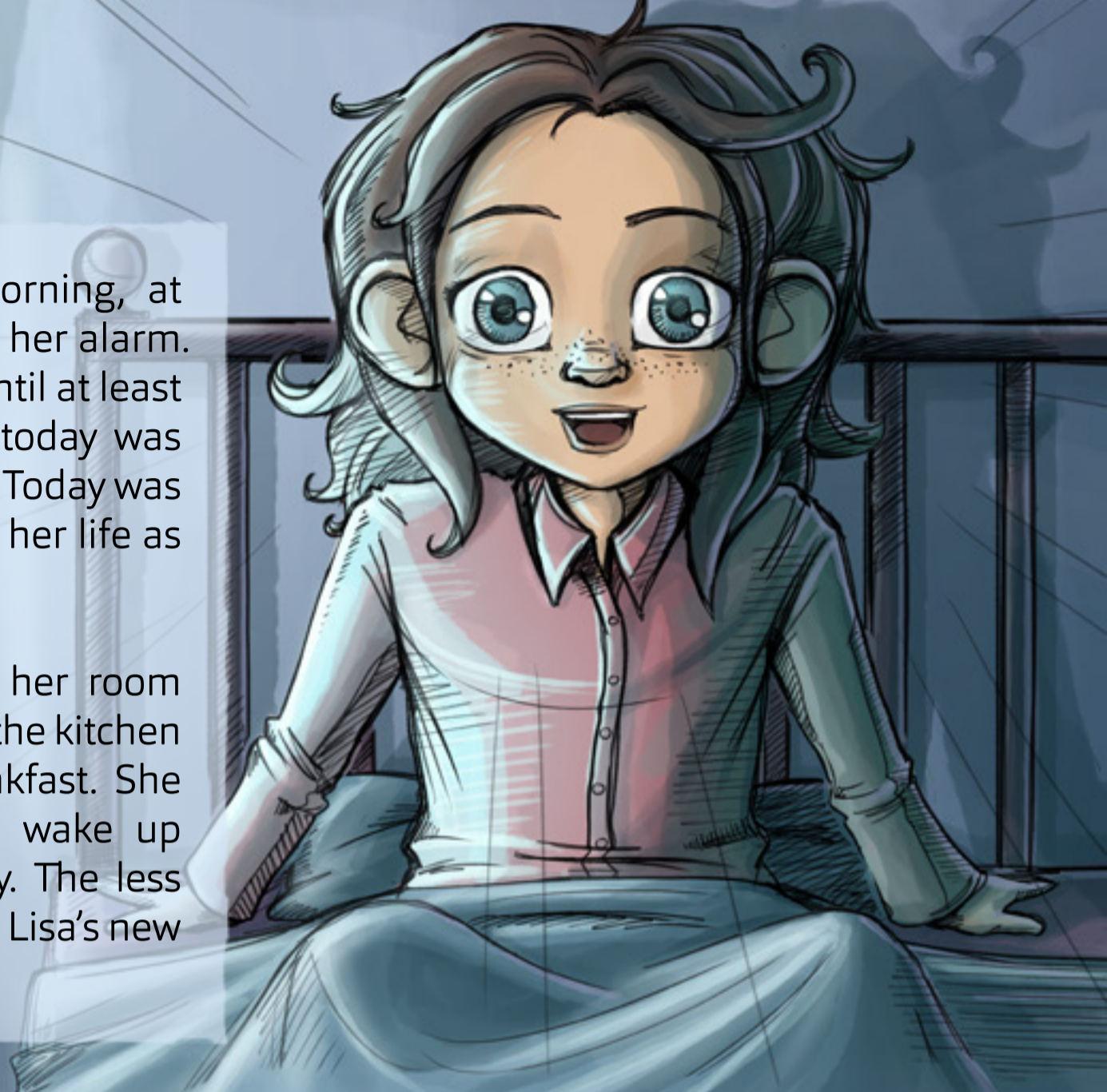


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he next morning, at 7am, Lisa woke up to her alarm. Usually she slept in until at least 9 on weekends, but today was no ordinary Saturday. Today was in fact the first day of her life as a superhero.

Lisa sneaked out of her room and tip-toed down to the kitchen to make herself breakfast. She really didn't want to wake up her grandma so early. The less Grandma knew about Lisa's new life the better.

Back in her room, Lisa read the schedule for the day. First on the list was Animalese. According to the handbook, students were advised to get an animal of their own to train with and the larger the animal, the easier the communication would be. Lisa looked at her hamsters. Olga and Oskar were definitely not the largest animals in the world but they would have to do.







She continued to read and soon learned some simple phrases like 'Hello' and 'How do you do?'. She put the book down and turned back to the cage.

"Hello! How are you today?"

Olga and Oskar looked up at her drowsily. They were not used to being woken up so early at the weekend. They were even less used to being spoken to in Animalese by a human!

"I said, 'How do you do?' " Lisa repeated in Animalese. The two hamsters looked at each other and then back at Lisa again.

"Er OK, my name is Lisa and I'm a human." Lisa said. At least that's what she hoped she was saying.

She tried again, but speaking more loudly this time to see if that might help. Perhaps hamsters didn't have very good hearing.

"Your NAMES are 'OLGA' and 'OSKAR' in my language. You ARE HAMSTERS."



The hamsters looked blankly at each other and then at Lisa again. Oskar slowly chewed a piece of carrot.

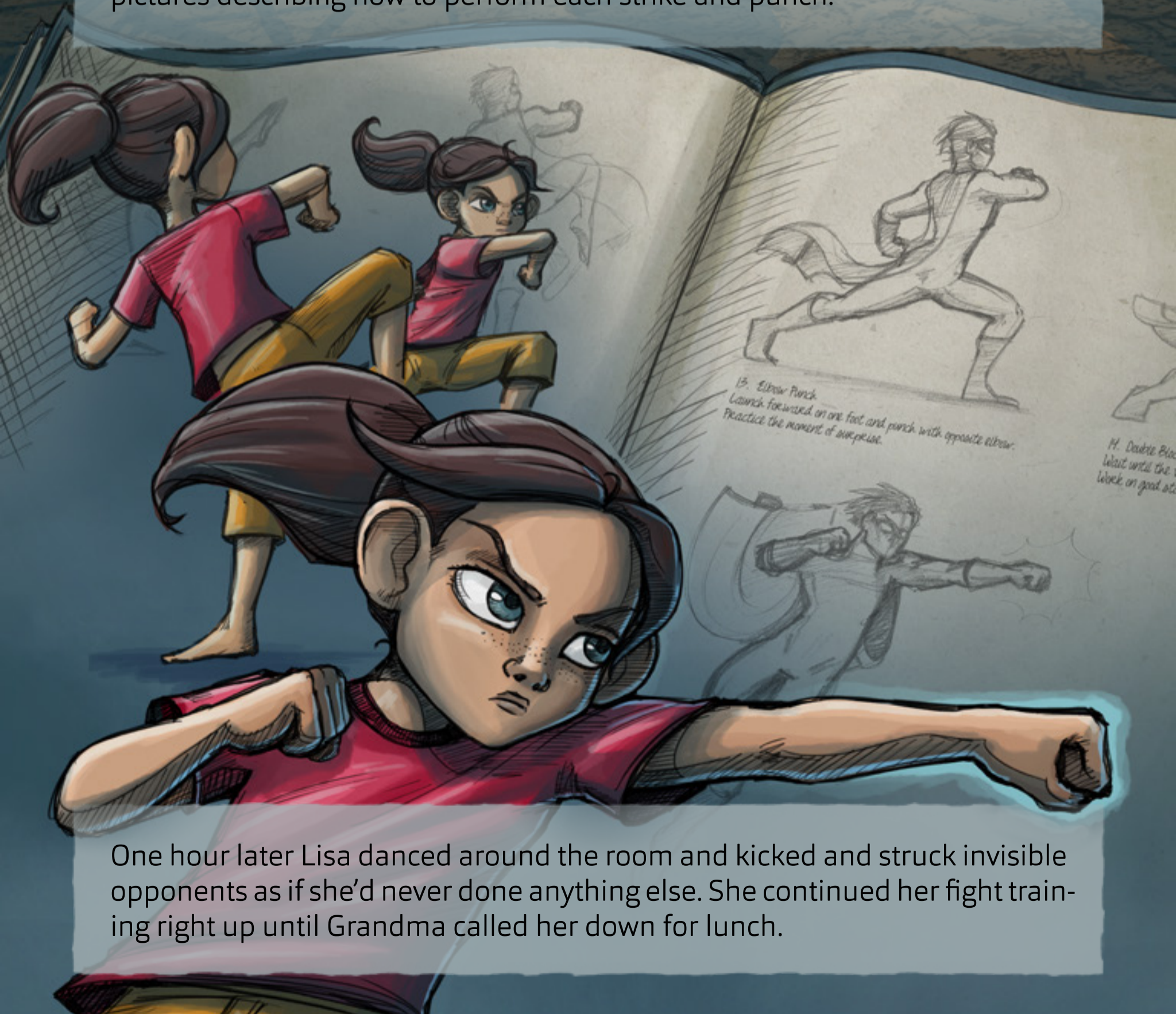
"This is going to be a long day." Lisa sighed.



She kept trying for another hour before deciding to take a break. She had tried all sorts of things, asking the hamsters about the weather, if they liked their cage, whether they had any brothers or sisters, and so on. But the hamsters just kept on doing hamster things like eating straw and running in their wheel.



After the break Lisa began reading the introduction to Super Fight Technique. This has to be easier than Animalese, thought Lisa. The chapter was filled with pictures describing how to perform each strike and punch.



One hour later Lisa danced around the room and kicked and struck invisible opponents as if she'd never done anything else. She continued her fight training right up until Grandma called her down for lunch.

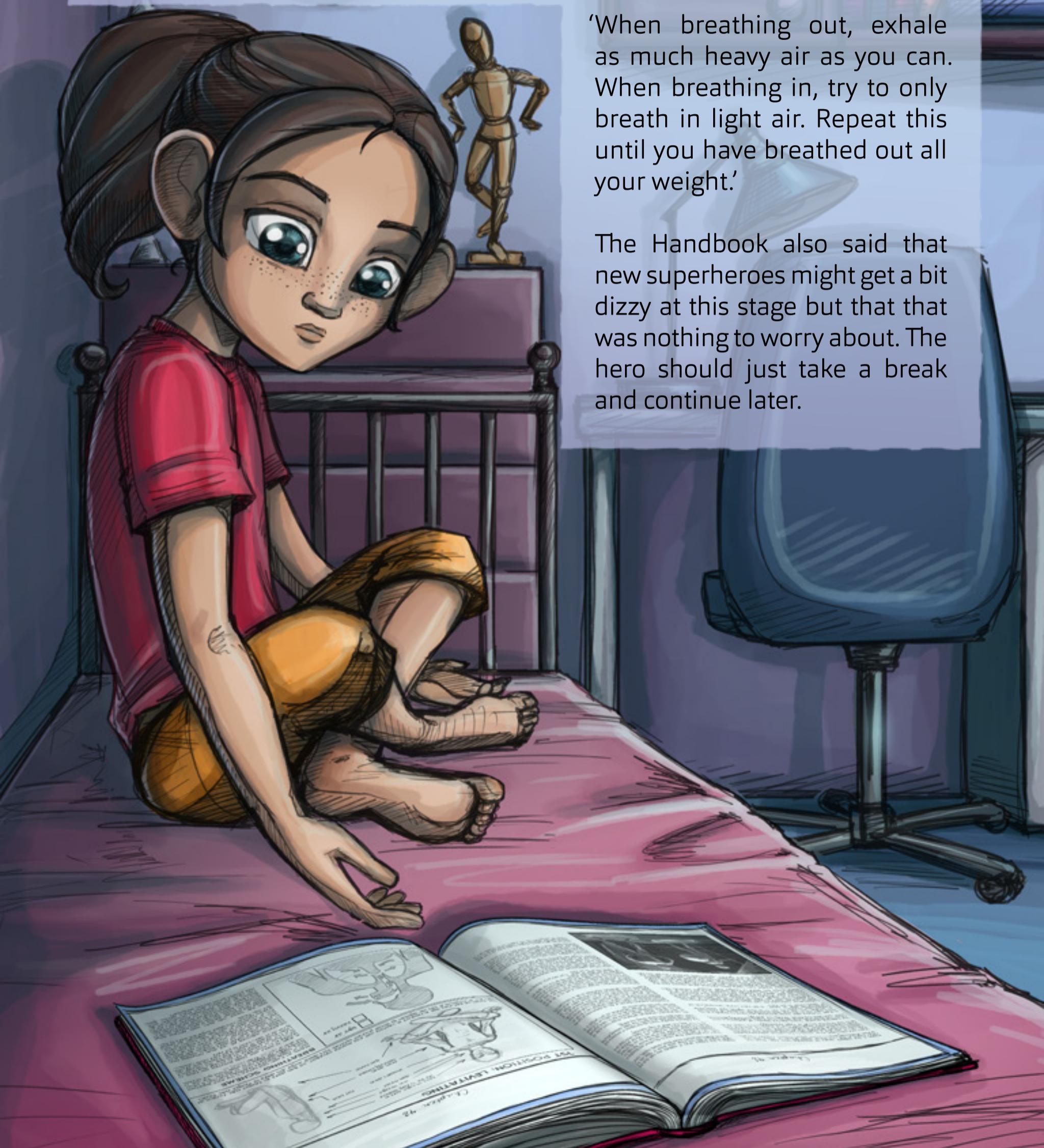


After a record-breaking fast lunch, Lisa ran straight back to her room for her first flying lesson.

The Handbook explained the best beginner's position was sitting cross-legged in a comfortable place. Lisa jumped onto her bed and crossed her legs. Next there were breathing exercises to do.

'When breathing out, exhale as much heavy air as you can. When breathing in, try to only breath in light air. Repeat this until you have breathed out all your weight.'

The Handbook also said that new superheroes might get a bit dizzy at this stage but that that was nothing to worry about. The hero should just take a break and continue later.





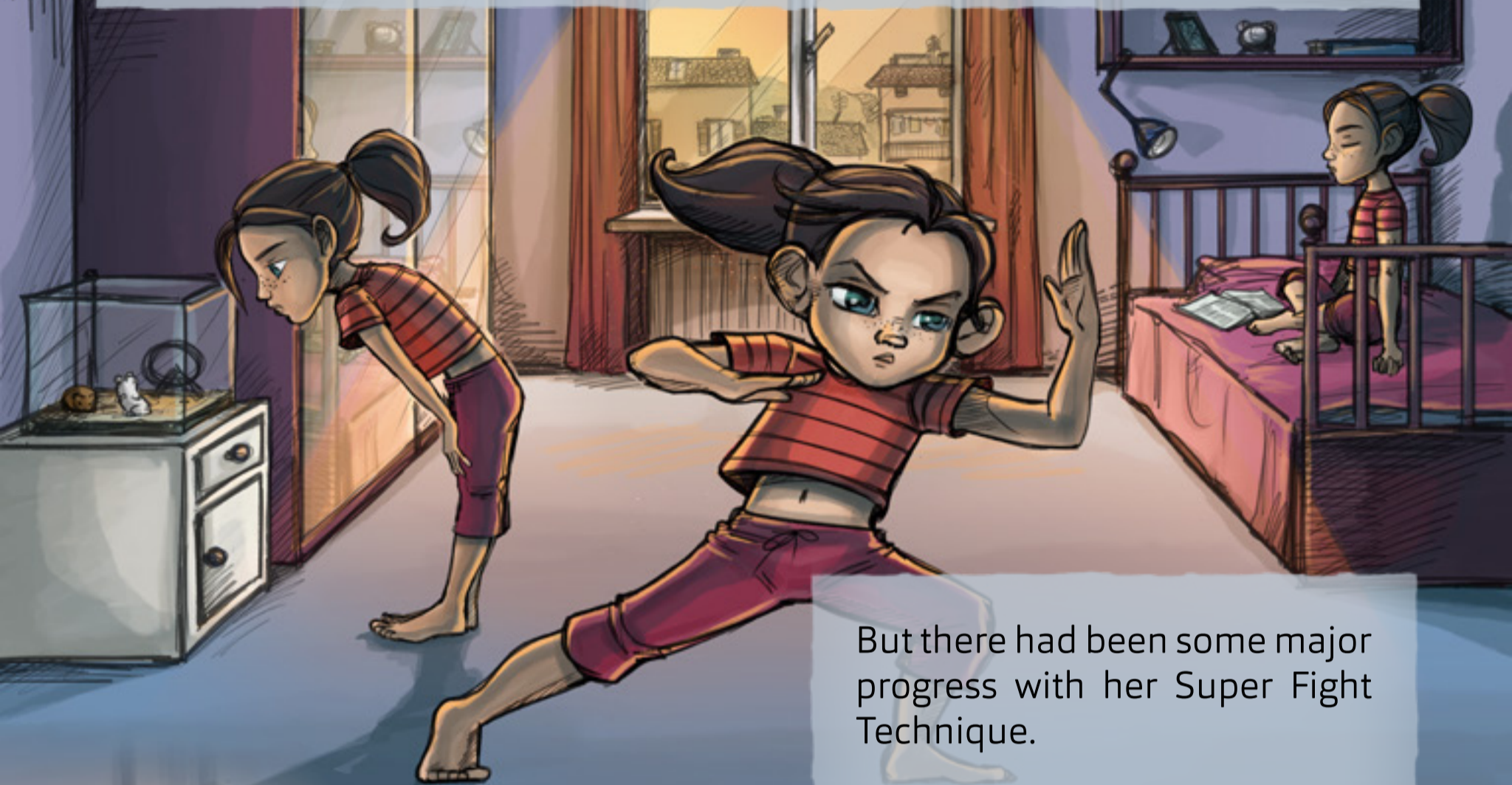
Lisa practised Flying all afternoon. The book was right and she did get dizzy a few times but she took breaks and carried on trying. She was determined to master the skill.



After a quick evening snack Lisa ran back up to her room and continued with the breathing exercises. An hour later she fell asleep in the middle of an exhalation and slept like a log until the next morning.



Lisa spent the whole Sunday practising her superhero powers and at times she got terribly frustrated. She still couldn't fly, not even a little, and Olga and Oskar still showed no signs of understanding her.



But there had been some major progress with her Super Fight Technique.

As she prepared herself for bed that night she knew that she had learned at least one thing this weekend.



She now knew how to fight like a real superhero.











CHAPTER

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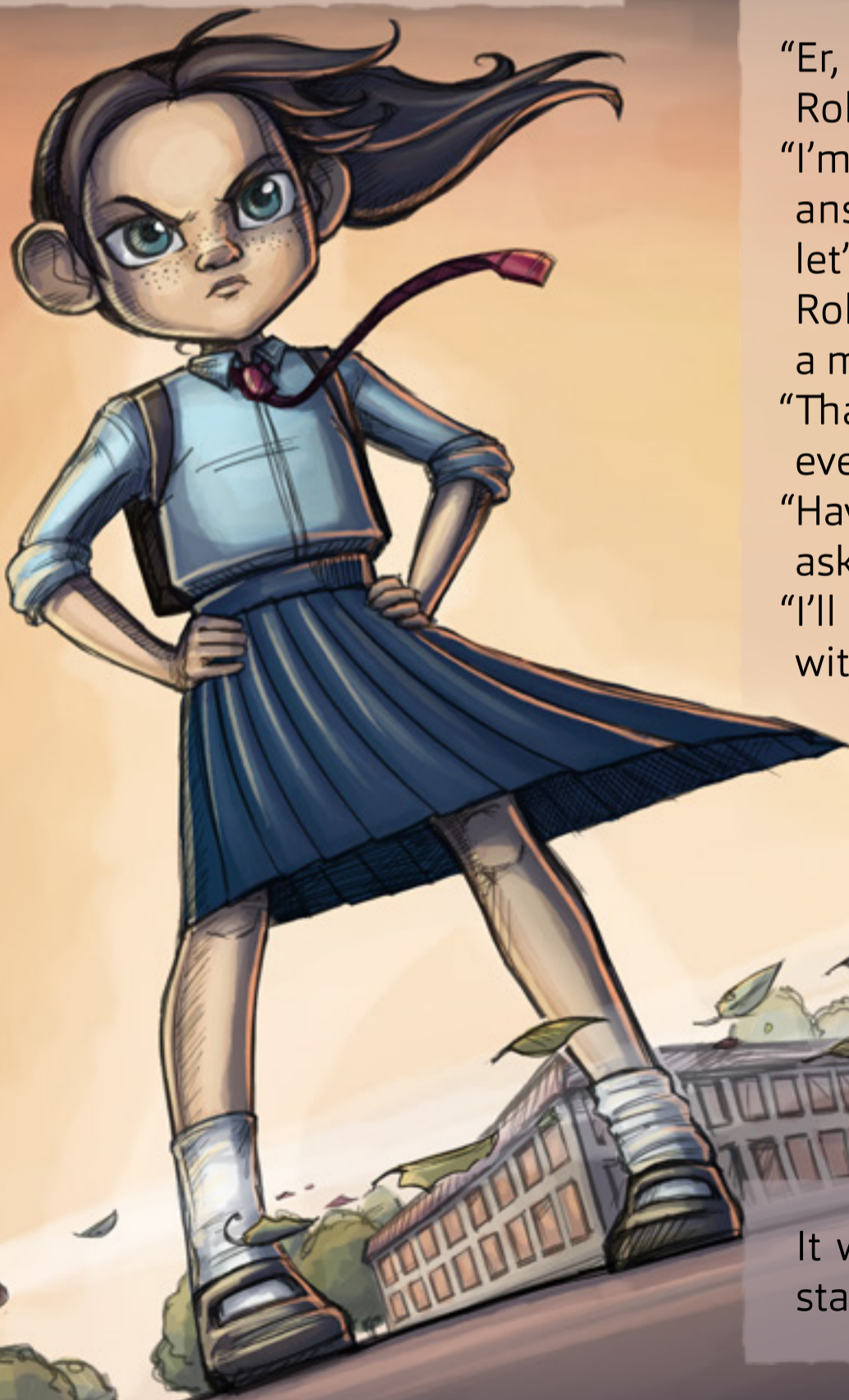
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**N**ext day after school Robert, Nick and Mike were as always waiting for Lisa but this time she refused to run. She hadn't been training the whole weekend for nothing. She was prepared and she was ready to fight. With a bitter grin on her face she stood firmly with legs wide apart.



"Er, what are you doing?" asked Robert.

"I'm not running any more," Lisa answered, "If you want to fight, let's fight."

Robert stared at her for a moment and then laughed.

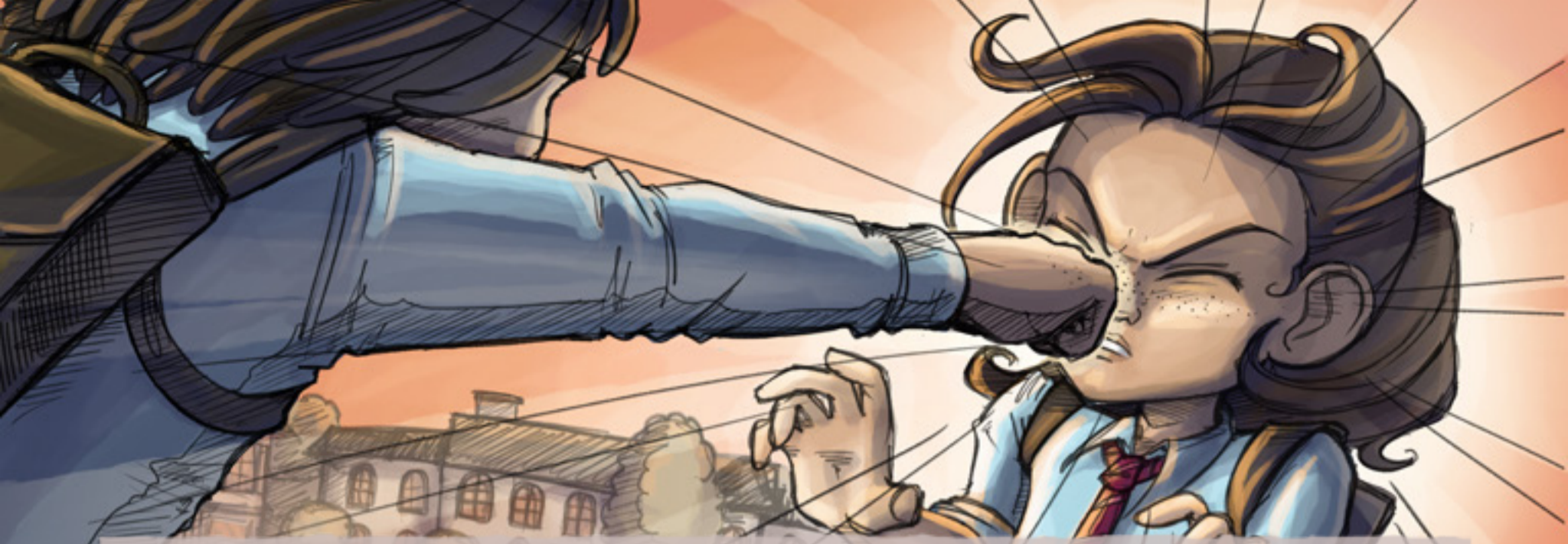
"That's the stupidest thing I've ever heard!"

"Have you forgotten who we are?" asked Mike.

"I'll take care of this." said Nick with a smile.

It was over before it had even started.





Nick leaped forward and punched Lisa straight in the face before she could even blink. When her vision cleared a few seconds later, Robert was standing over her.



“Listen, let’s get one thing very clear. You don’t fight with us. We fight with you. OK?”  
Lisa nodded.  
“Good”, said Robert. “You’ll be fine tomorrow.”



“What a stupid girl!” laughed Nick as they left.  
“Yeah, really stupid!” said Mike. “But she looked pretty cool right before you punched her.”



Lisa brushed herself off and started to walk home.

"What happened to you?" her grandma asked when Lisa walked through the door.

"Nothing special, I just tripped over on my way home." Lisa replied.

Back in her room Lisa pondered over what had went wrong. It was obvious that the enemies in real life were way faster than those she had been fighting against in her room. She simply had not had the time to react.

If Lisa were to become a superhero she had to work a lot harder on her reflexes. So she trained, harder and more focused than ever before.

A few hours later she finally relaxed and began feeling better. The training turned out to be a great way to forget everything else.

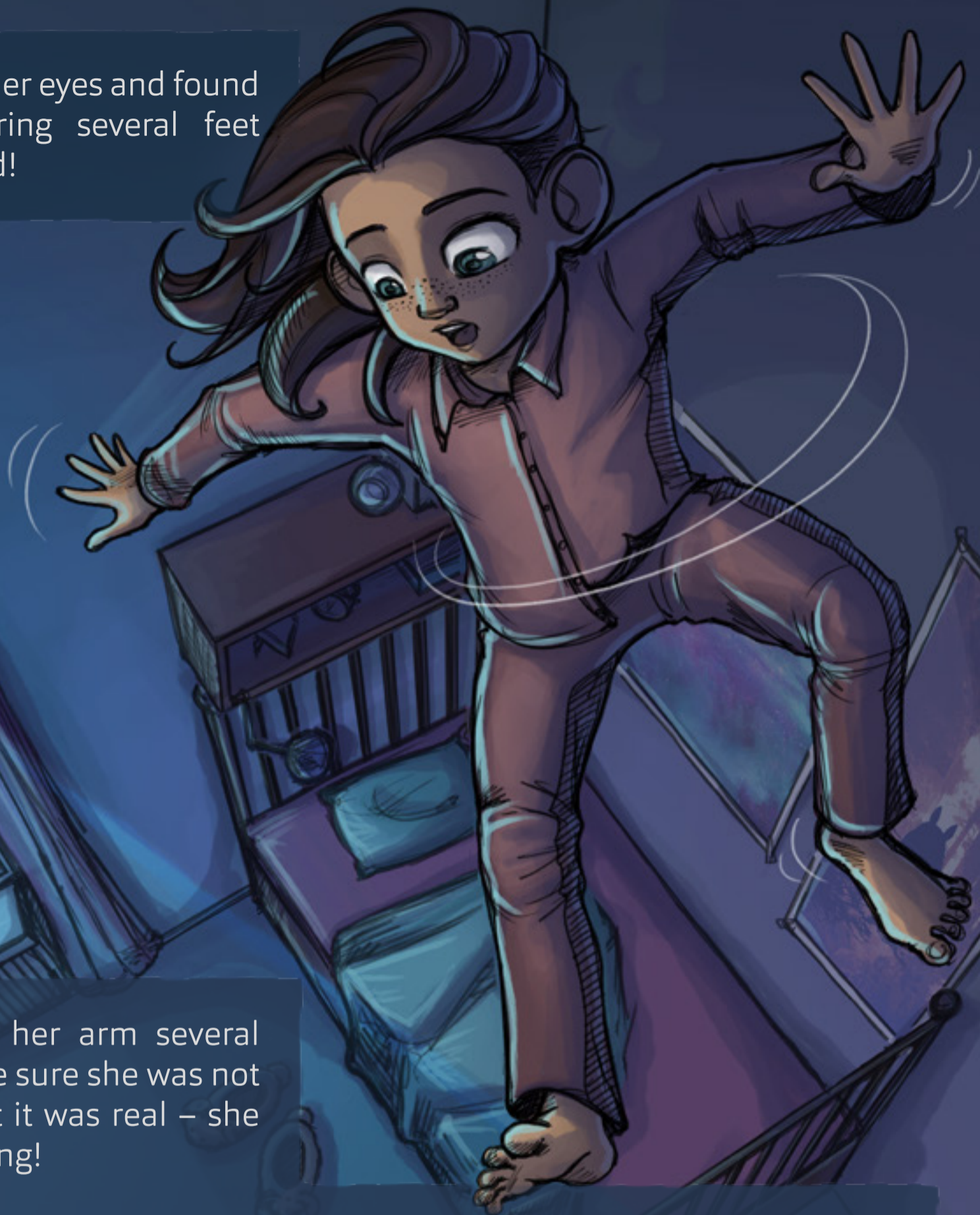
She made herself ready for the night and jumped into her bed for some final breathing exercises. Half an hour later she fell asleep.



In the middle of the night she suddenly woke up feeling very strange.

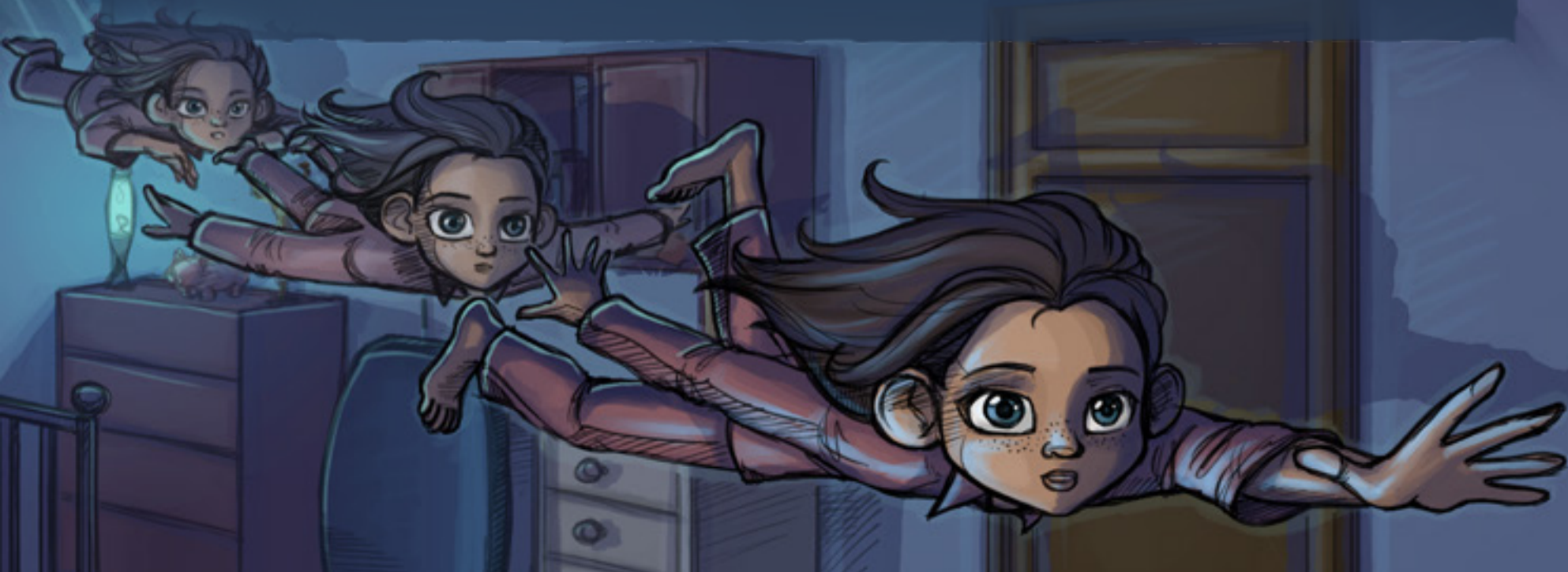


Lisa opened her eyes and found herself hovering several feet above her bed!



She pinched her arm several times to make sure she was not dreaming but it was real – she really was flying!

It felt a lot like floating in water and she tried doing a few swimming strokes in the air. She was soon on the other side of the room.







*I wonder what happens if I push off with my legs,* Lisa thought and got herself ready to try. She bent her legs, counted down from three to one, and pushed away from the wall.

The speed was breath-taking! She flew like a cannonball across the room and crashed into the wall on the other side before she slid slowly down to the floor.

"I really hope Grandma didn't hear that." Lisa said to herself and began listening for Grandma's footsteps.



No sounds came from Grandma's room but she could hear something else from somewhere outside.

"Help! Help! Can someone please come and help me?"

It sounded like an old woman and it seemed to be quite far away. *Does this mean I have super hearing too?* Lisa wondered. Maybe it wasn't such a bad thing to have big ears after all.



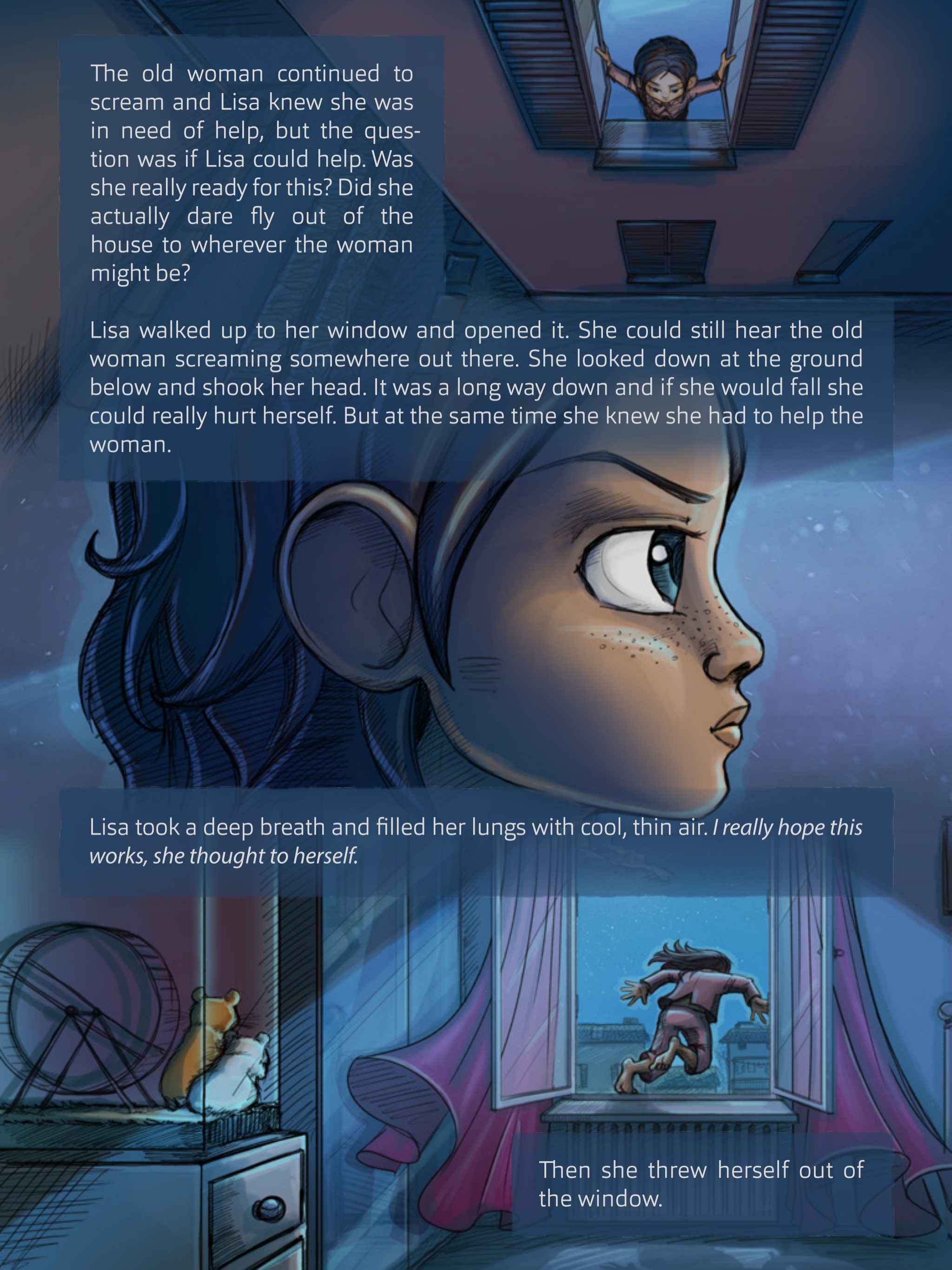


The old woman continued to scream and Lisa knew she was in need of help, but the question was if Lisa could help. Was she really ready for this? Did she actually dare fly out of the house to wherever the woman might be?

Lisa walked up to her window and opened it. She could still hear the old woman screaming somewhere out there. She looked down at the ground below and shook her head. It was a long way down and if she would fall she could really hurt herself. But at the same time she knew she had to help the woman.

Lisa took a deep breath and filled her lungs with cool, thin air. *I really hope this works, she thought to herself.*

Then she threw herself out of the window.













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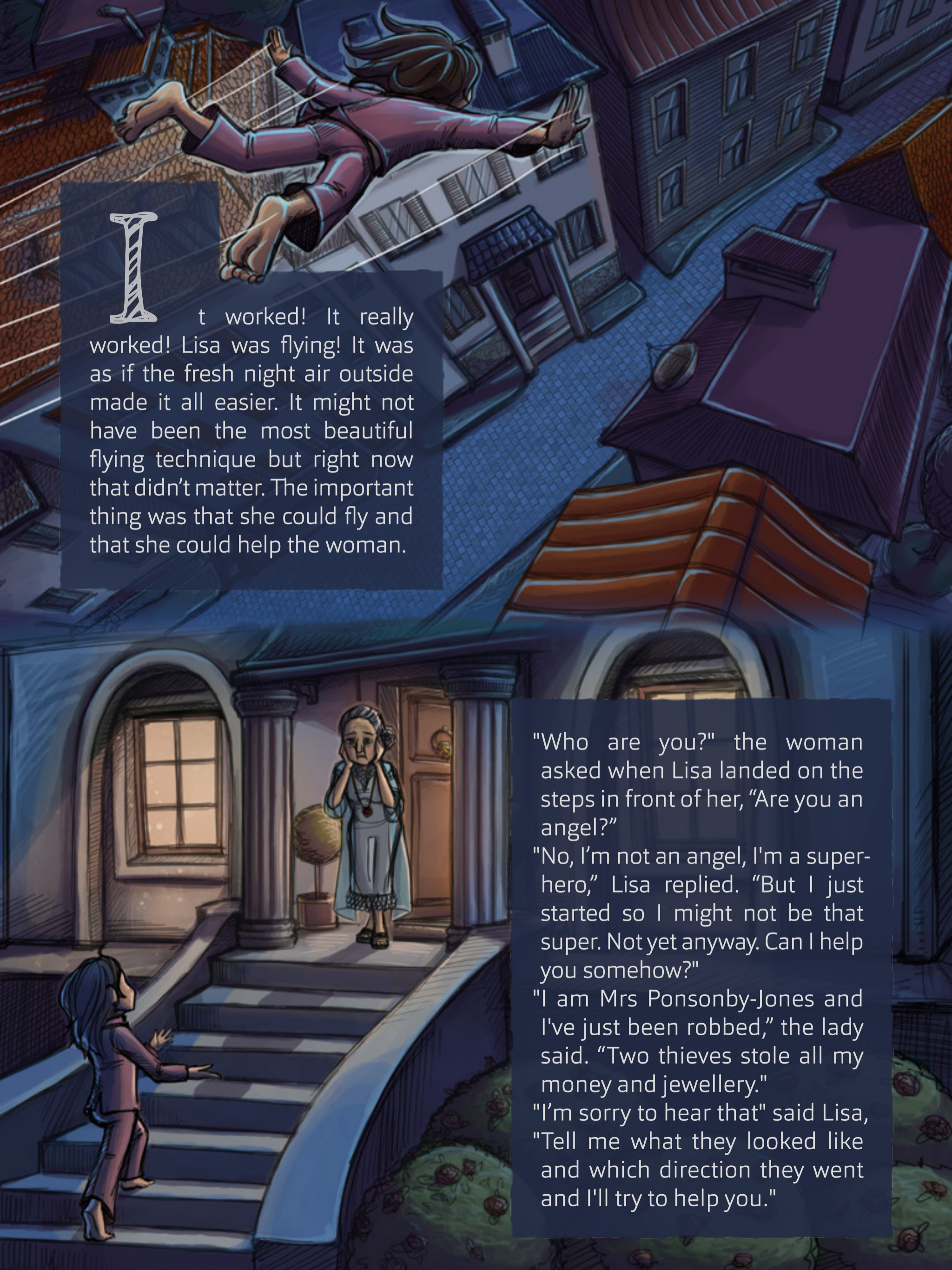
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t worked! It really worked! Lisa was flying! It was as if the fresh night air outside made it all easier. It might not have been the most beautiful flying technique but right now that didn't matter. The important thing was that she could fly and that she could help the woman.

"Who are you?" the woman asked when Lisa landed on the steps in front of her, "Are you an angel?"

"No, I'm not an angel, I'm a superhero," Lisa replied. "But I just started so I might not be that super. Not yet anyway. Can I help you somehow?"

"I am Mrs Ponsonby-Jones and I've just been robbed," the lady said. "Two thieves stole all my money and jewellery."

"I'm sorry to hear that" said Lisa, "Tell me what they looked like and which direction they went and I'll try to help you."



When she had the information she needed Lisa thanked Mrs Ponsonby-Jones and flew away. In a small house not far away, the two thieves were going over the loot from their latest job.







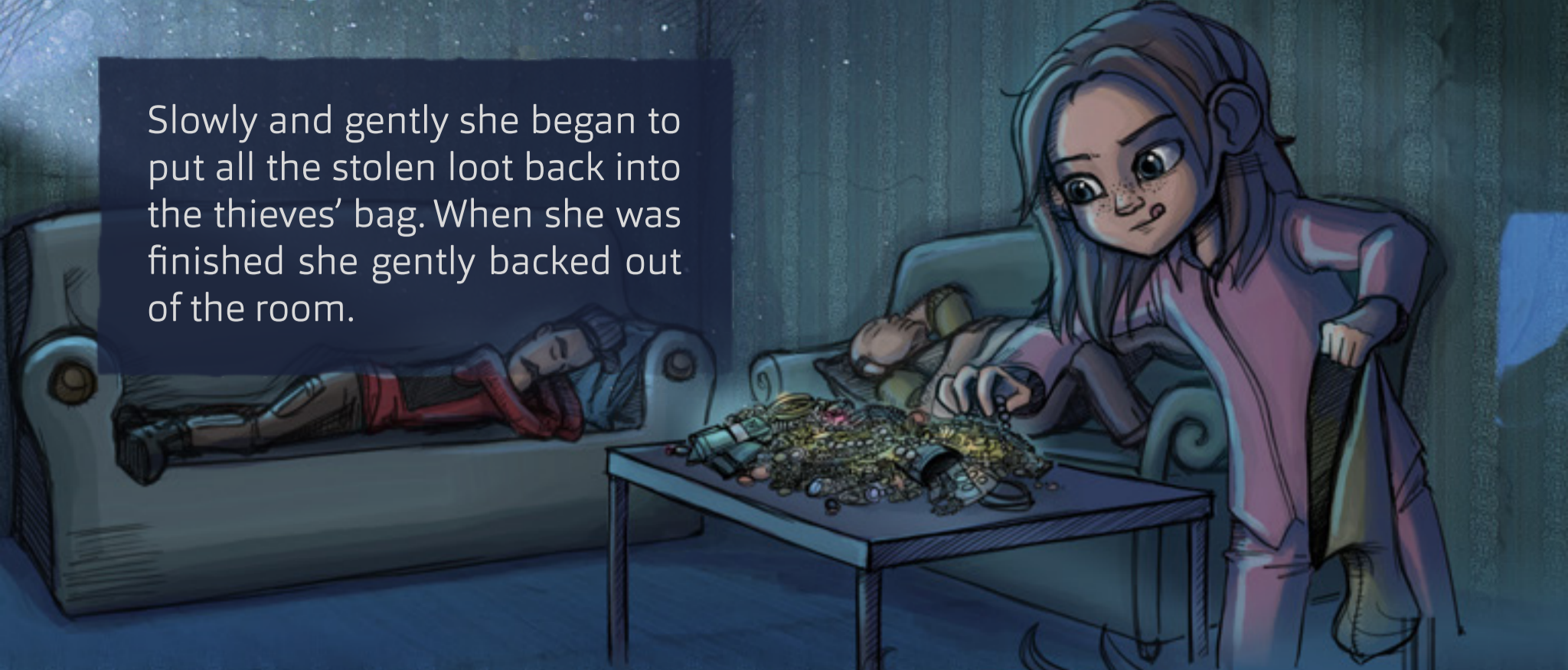
"This must be the best haul we've made in weeks." said the first thief.  
"Yeah, the boss is gonna love this lot." said the second.  
The first thief began to yawn.  
"Right, time to turn in for the night."  
"Yep, nothing like a good job done right for a solid night's sleep."

Five minutes later, both the thieves were asleep and snoring loudly. Lisa waited a few extra minutes more before she decided to sneak inside. As quietly as a mouse, she tiptoed into the house and over to the table with all the jewellery.





Slowly and gently she began to put all the stolen loot back into the thieves' bag. When she was finished she gently backed out of the room.

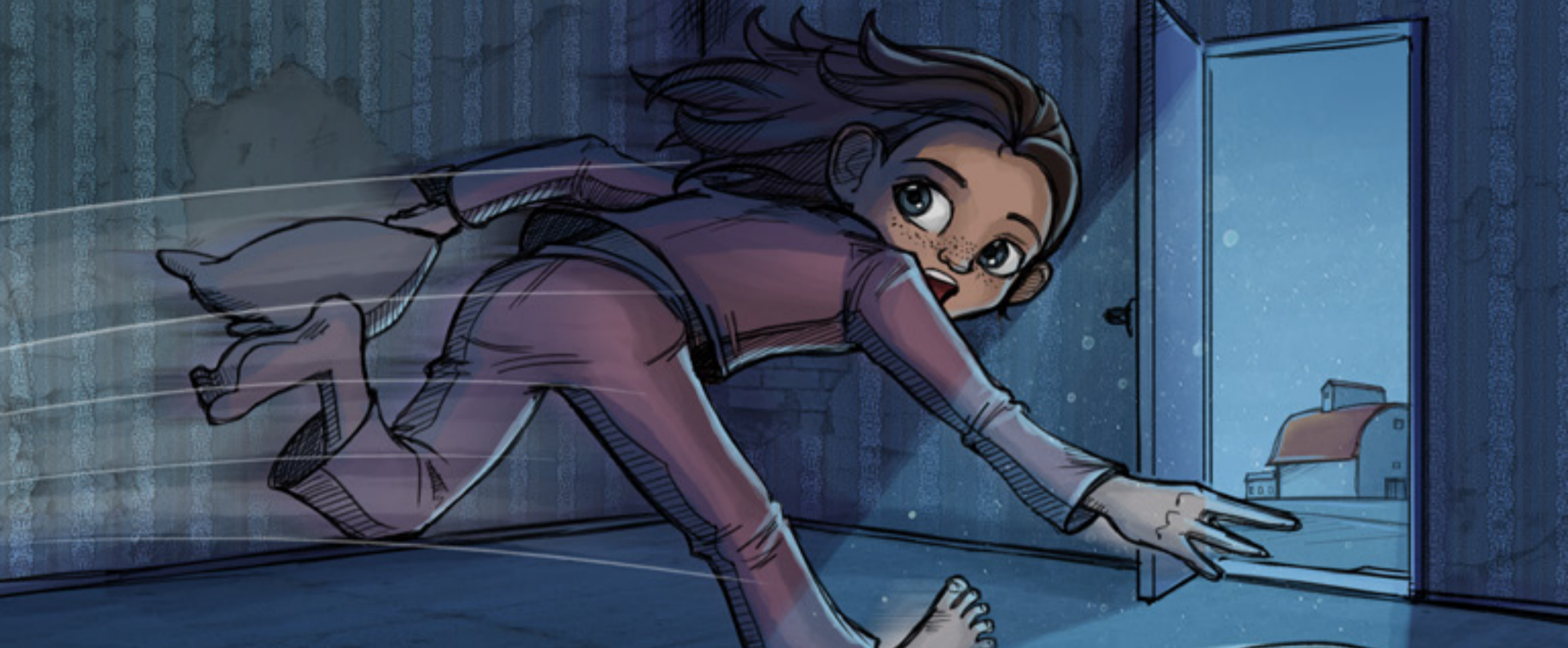


Just as she thought she had made it she stumbled on something small, black, and furry! The thieves' cat hissed loudly at Lisa as she fell backwards and onto the hall floor. The thieves woke straight up.



"Help! Help! We're being robbed!" they cried out.





Lisa jumped back up to her feet and grabbed the bag with all the money and jewellery.



She rushed out of the house with the thieves running after her as fast as they could. But before they could grab her, she jumped and flew away.



A few minutes later Lisa landed back at Mrs Ponsonby-Jones house.

"Here you go," she said, "I hope this is all of it."

The old woman looked at her with wide eyes.

"You really did it," she said. "How can I ever thank you?"

"Oh, it was nothing. I'm just happy I could help." Lisa replied, "But there is one thing you could do."

"Anything!" said the woman.

"Please, don't tell anyone who I am or what I look like. I'm pretty new to this and haven't had the time to get a costume yet."

Mrs Ponsonby-Jones agreed and waved goodbye as Lisa flew back home to her bed. The thieves had been right about one thing; doing good jobs really was very tiring.













CHAPTER

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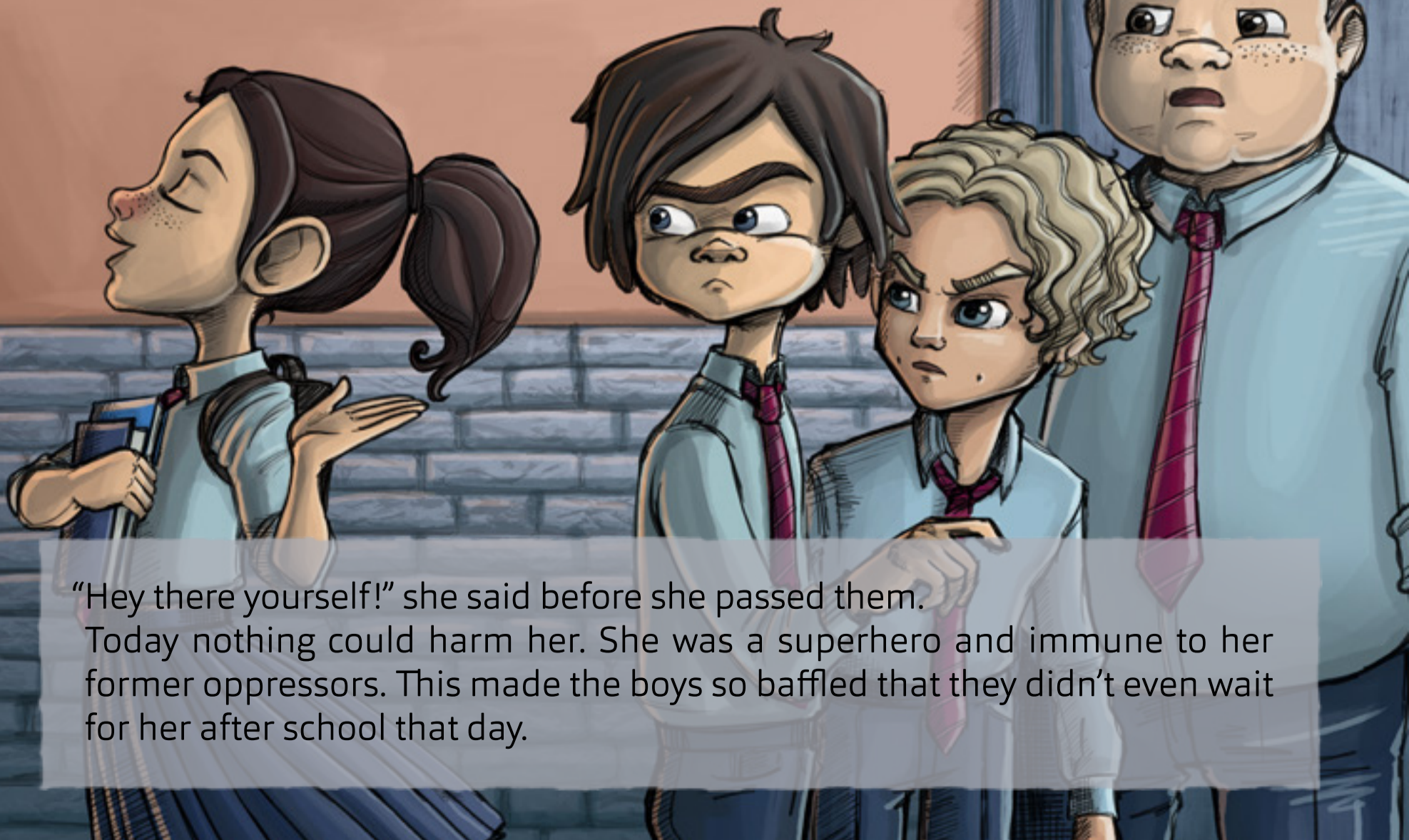


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Robert, Nick and Mike laughed when they saw Lisa in school the next morning. Her nose had swollen and turned red after the blow previous day.

“Hey there Clown!” Nick said spitefully.

If Nick thought this would hurt or embarrass Lisa he was in for a surprise. Instead of avoiding him she looked him straight in the eyes and smiled.



“Hey there yourself!” she said before she passed them.

Today nothing could harm her. She was a superhero and immune to her former oppressors. This made the boys so baffled that they didn't even wait for her after school that day.



It felt a bit strange to leave the school without the boys breathing down her neck but don't for a second think that she strolled back home. No, Lisa ran probably faster than ever before, eager to get home and continue her training.

Since Lisa now knew how to fly she could start practicing one more super power. She thought about it for a while before it dawned on her. She would learn how to become Invisible! She quickly looked up the chapter about invisibility.

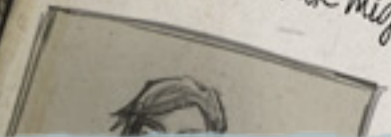


## Chapter 4

### Invisible

- The ability to stay completely invisible for shorter or longer periods.

Turning invisible requires a lot of exercise but is by no means impossible to learn. In the beginning you may find that you are only semi-transparent but don't give up. Continue your training and you'll gradually become more and more transparent until you totally disappear. Working in front of a mirror might help you a lot.



Lisa had just started to train when Grandma called her down for dinner.



After dinner Grandma told Lisa she had a surprise for her. It was a big blue package with ribbons wrapped around it.

"For me?" Lisa asked. "But why?"  
"Well, I do not know. Maybe because it's your birthday or Christmas or maybe it's just because I like you so much." Grandma replied.

Lisa knew she'd already celebrated her birthday and Christmas was far away. She also knew that her grandma liked her a lot.

"Go on now! Open it!" Grandma urged her.



Lisa took out one of the kitchen chairs, sat herself down and opened the package. Inside was a beautiful red pajama.

"Oh, thank you so much Grandma! It's amazing!" said Lisa.  
"I know. I made it. Now, go on and see if it fits."

Lisa quickly ran up to her room and got changed.



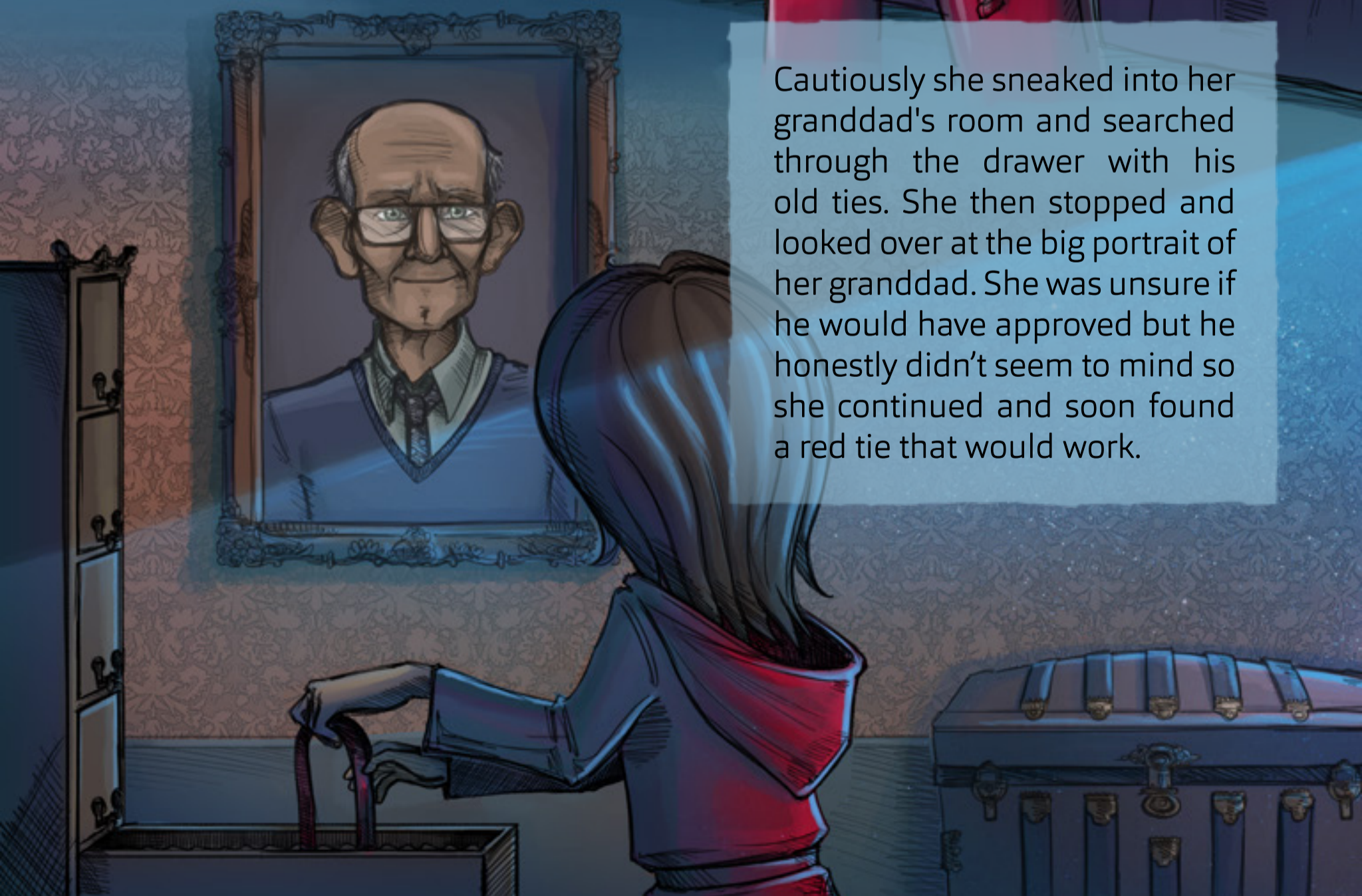


When the pajama was on Lisa saw that it also had a large hood she could pull up over her head. *This is actually a really perfect superhero outfit*, Lisa thought. Now there was no chance that people would recognize her face. It was as if Grandma had known that Lisa needed something exactly like this.

Lisa tried some fast kicks and punches. The costume had a perfect fit for fighting but it was hard to fly with the hood on. Lisa had to come up with something better to cover her eyes. She sat down and thought about for a while before she got it!

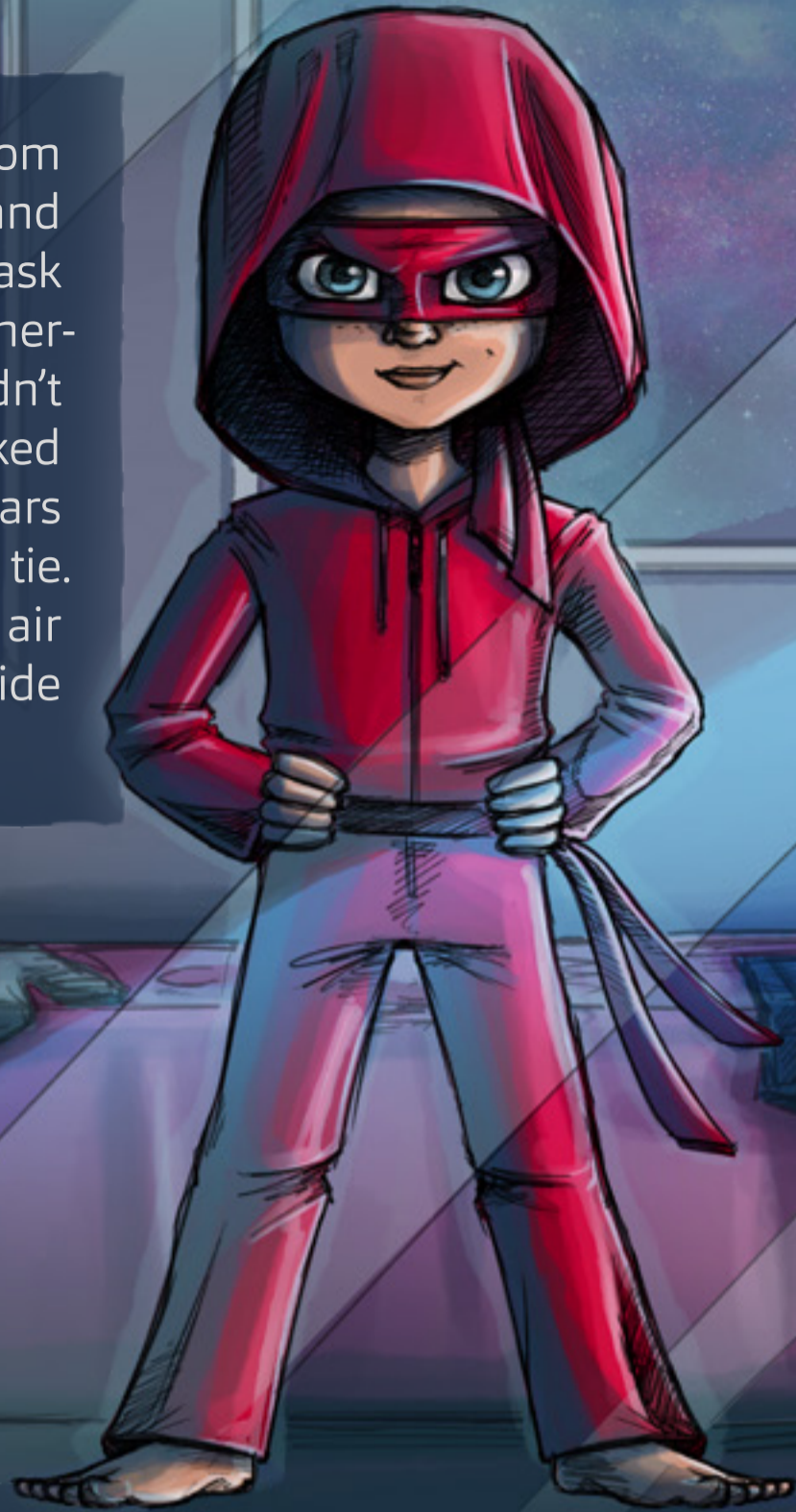


Cautiously she sneaked into her granddad's room and searched through the drawer with his old ties. She then stopped and looked over at the big portrait of her granddad. She was unsure if he would have approved but he honestly didn't seem to mind so she continued and soon found a red tie that would work.





When Lisa got back to her room she cut holes for her eyes and tied the newly made mask around her head. She saw herself in the mirror and couldn't help but smile. She really looked awesome! As a bonus her ears were tucked in under the tie. This would both reduce the air resistance during flying and hide her true identity.

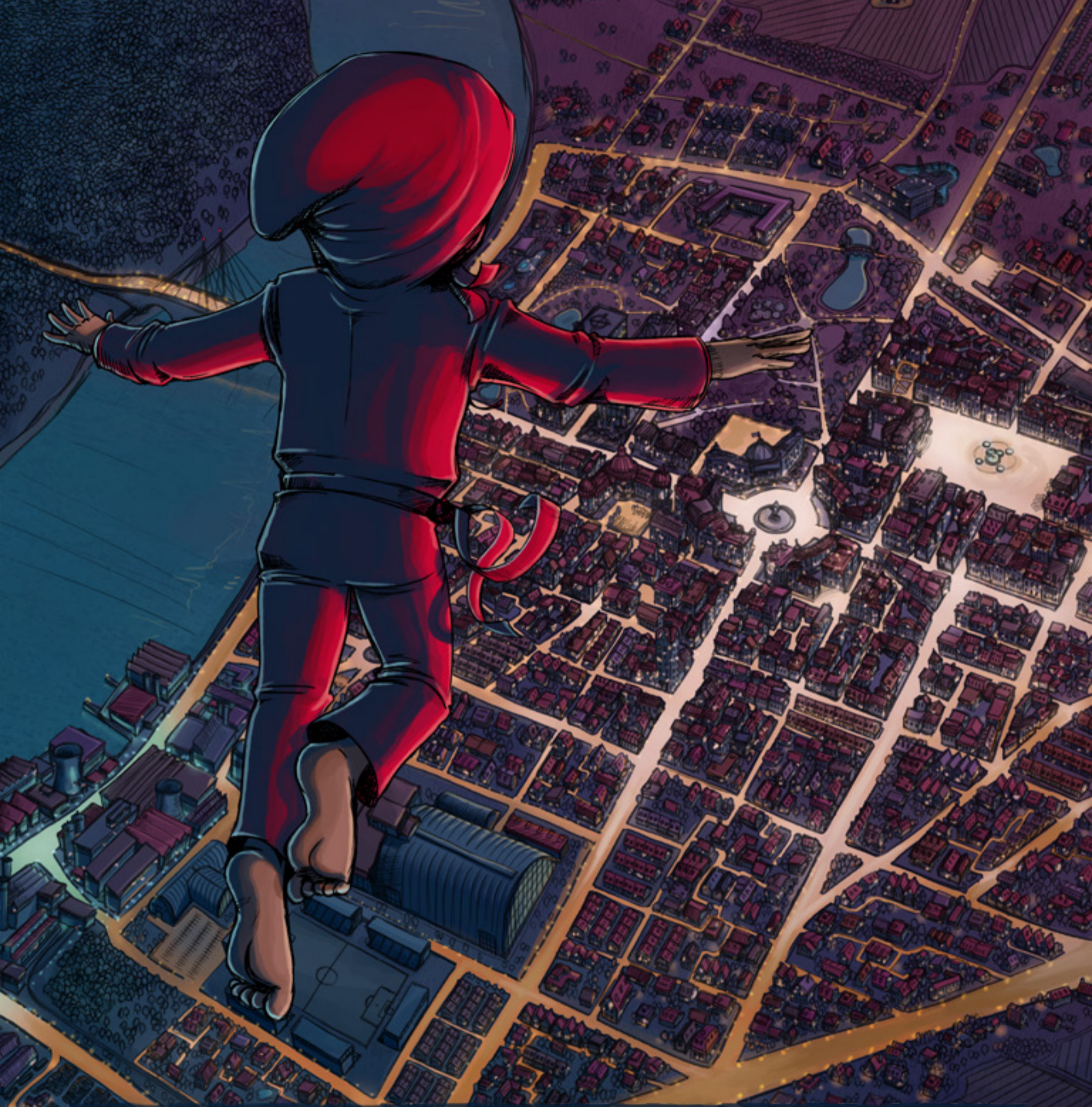


*I have to try this outside,* Lisa thought to herself and flew out of the window and over the town. She flew by Mrs Ponsonby-Jones house and waived when she saw her.

*Wonder how high I can fly?* Lisa thought and decided to find out. She took a deep breath of the thinnest air she could find before she shot up in the sky.







After little more than a minute Lisa stopped and turned around to have a look. The air up here was cold and she could feel her fingers and toes getting numb but the view was breath-taking. She looked down at the town far below her. It was all so beautiful and quiet. "This must be heaven on earth" Lisa said to herself.

Little did she know that this was just the calm before the storm.







