



daily GOOD

Life can survive in the constant shadow of illness, and even rise to moments of rampant joy, but the shadow remains, and one has to make space for it. --Diane Ackerman

Diane Ackerman: 100 Names for Love

Diane Ackerman, best selling author of *A Natural History of the Senses*, *An Alchemy of Mind*, and *The Zookeeper's Wife*, has built a reputation on her poetic sensibility and uncanny knack for scouting out connections between the heavens, Earth, and everything in between. In her latest memoir, *One Hundred Names for Love: a Stroke, a Marriage, and the Language of Healing*, Ackerman navigates between the science of aphasia, the culture of illness, and her marriage to author Paul West with graceful and surefooted verve.

Be The Change:

Ackerman says, "I've always transcended best by pretending that I'm Margaret Mead viewing a scene for the first time or an alien from another planet regarding the spectacle of life on Earth and discovering how spectacular, unexpected, and beautiful it is." Why not try this for yourself. Each morning this week, when you get up, imagine that you are on another planet seeing this world for the first time. What is it like to be in a new world?