



daily GOOD

If we're not paying attention through our own senses, we have disengaged from the primary mode in which every creature since the origin of life has connected to its environment. --David George Haskell

Listening and the Crisis of Attention

Emmanuel Vaughan-Lee talks with biologist and author David G. Haskell about his latest book, *Sounds Wild and Broken: a journey through deep time that traces the evolution of sound*. Their conversation touches on the legacies of kinship that are present when we listen, and how deep experiences of beauty can serve as a moral guide for the future.

Be The Change:

Consider spending at least a few minutes each day this week practicing deep listening to the world around and within you.