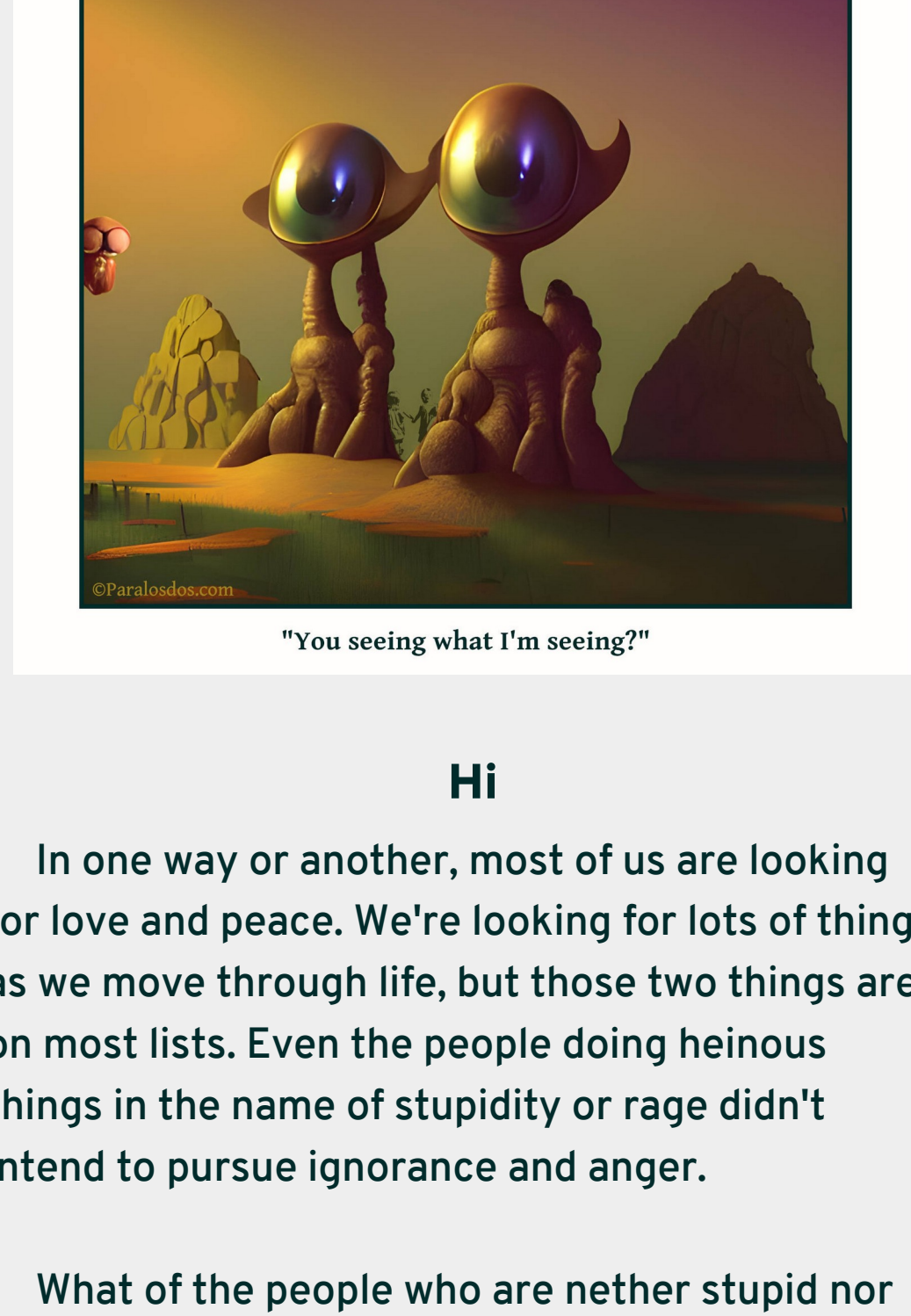


# Change Happens

Have a great day,  
find your way



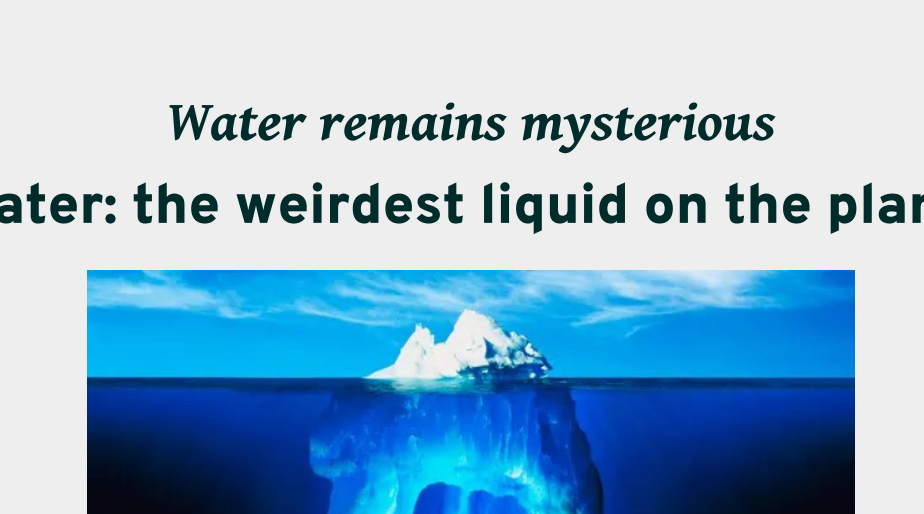
"You seeing what I'm seeing?"

**Hi**

In one way or another, most of us are looking for love and peace. We're looking for lots of things as we move through life, but those two things are on most lists. Even the people doing heinous things in the name of stupidity or rage didn't intend to pursue ignorance and anger.

What of the people who are neither stupid nor angry and yet can't find any love or peace? The ones who life has conspired to turn the child they once were from hope. If we don't understand how we get to anger and ignorance, we will never understand how we get to love and peace.

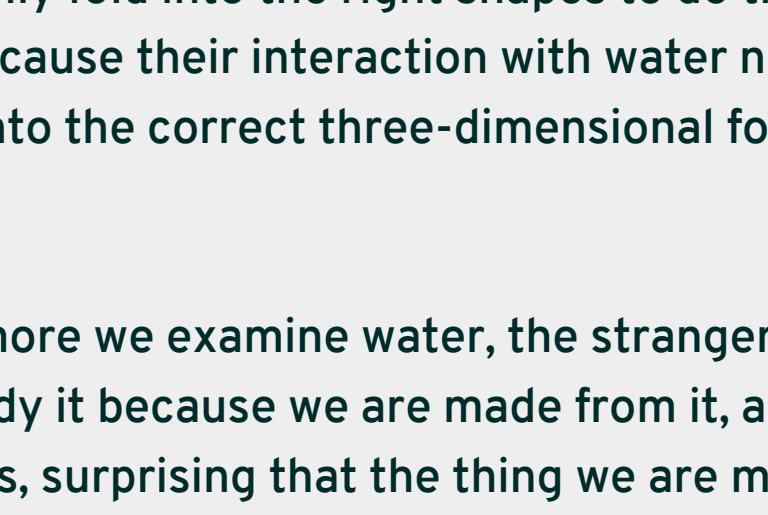
*A really sweet story about love and travel*  
**Writer Roxane Gay Takes the Trip of a Lifetime**



"That evening, back in our bedroom, we felt the ship rock violently as it cut through massive waves. In the next room, I could hear coffee mugs and wineglasses clattering. I held onto the walls as I moved about the cabin. Later, as we were trying to fall asleep while the ship lurched about the ocean, I turned to Debbie and asked, in all seriousness, if we should lash ourselves to the bed, ... There was no land in sight that morning or the next. It was overwhelming and terrifying. The world is small, but the planet is vast and unknowable. "

*Water remains mysterious*

**Water: the weirdest liquid on the planet**



"Water breaks all the rules. Since the 19th century, chemists have developed a robust framework to describe what liquids are and what they can do. Those ideas are almost useless at explaining the weird behaviour of water. Its strangeness underlies what happens every time you drop an ice cube into a drink. Think about it for a moment: in front of you is a solid, floating on its liquid. "

"The billions of protein molecules inside your body only fold into the right shapes to do their jobs because their interaction with water nudges them into the correct three-dimensional formats. "

"The more we examine water, the stranger it gets. We study it because we are made from it, and it is, perhaps, surprising that the thing we are made from is still such a mystery. "

*The sound of masticating*

**Misophonia: how 'sound rage' destroys relationships**

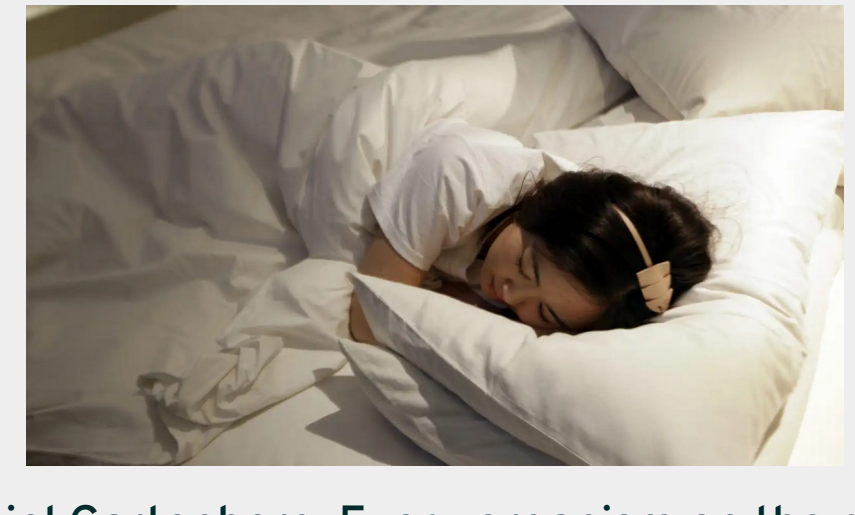
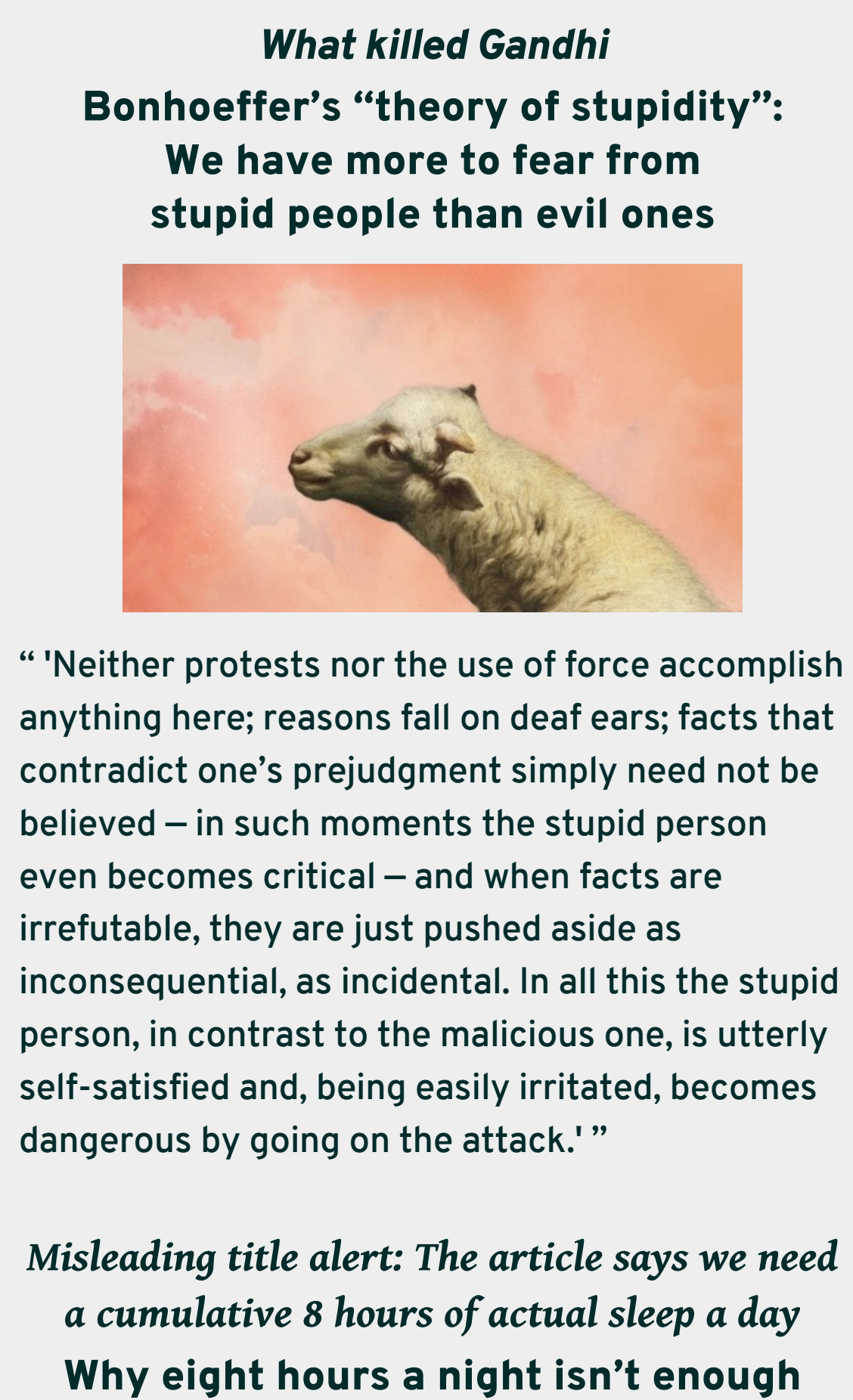


"As a teenager, I remember being moved almost to tears by the sound of a family member chewing muesli. A friend eating dumplings once forced me to flee the room. The noises one former housemate makes when chomping popcorn mean I have declined their invitations to the cinema for nearly 20 years. "

Otherwise known as "sound rage", misophonia is a decreased tolerance to certain sounds.

**January 30, 1948**

**Mahatma Gandhi Assassinated**  
**A violent end to a peaceful protest**



**Wiki Rabbit Hole**

Consider investigating the entire life of Gandhi, it was incredibly interesting and full. The evolution of the lawyer in England to the man in the dhoti and shawl is amazing. He truly tried to make real, tangible, changes in the world. He moved millions to consider what it meant to stand up for your beliefs.

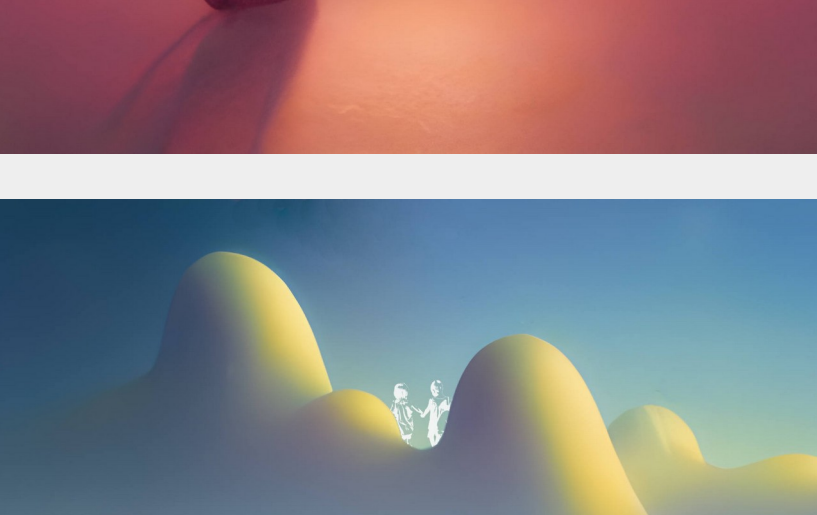
*What killed Gandhi*

**Bonhoeffer's "theory of stupidity": We have more to fear from stupid people than evil ones**



"Neither protests nor the use of force accomplish anything here; reasons fall on deaf ears; facts that contradict one's prejudgment simply need not be believed – in such moments the stupid person even becomes critical – and when facts are irrefutable, they are just pushed aside as inconsequential, as incidental. In all this the stupid person, in contrast to the malicious one, is utterly self-satisfied and, being easily irritated, becomes dangerous by going on the attack.' "

*Misleading title alert: The article says we need a cumulative 8 hours of actual sleep a day*  
**Why eight hours a night isn't enough**



"Daniel Gartenberg: Every organism on the planet sleeps in some fashion, to some degree—even the basic fruit fly. What makes sleep so essential for our wellbeing comes down to three main things: to save our energy, to help our cells recover, and to help us process and understand our environment. "

"When you transition in and out of sleep, your brain produces theta waves, which help you think more divergently. ... That's one of the reasons I think taking a break—whether it's meditation or nap—during that circadian dip can be much more conducive to productivity. "

"There is certainly a false myth that we need eight hours of continuous sleep: I think it's possible to have your sleep be a little bit broken up and be perfectly healthy – but getting that eight hours is crucially important

*An actual new development*

**Scientists Have Created a New Type of Ice**



"It was one of those Friday afternoon experiments where you just do it and see what happens," Christoph Salzmann, a physical chemist at University College London and co-author of the paper, tells New Scientist's Leah Crane. "Naively, you'd think nothing would happen, you'd just break the ice down into smaller bits. But to our great surprise, something did happen."

*"A ship in port is safe, but that's not what ships are built for."*

**Grace Hopper**



it's your life  
you understand



*Please feel free to forward Change Happens to anyone you think might enjoy it and have a most excellent day*