



Hi there,

A vibe shift is upon us. You can hear it in the new boygenius record, poking fun at reactionary nihilism. The exhaustion of selfish "therapy speak." Pundits cycling through a similar sentiment: don't be a doomer.

It's time to grow up. And part of that is not being so needlessly negative all the time.

Maybe I've gone soft in the trappings of middle-class comforts. Maybe after 4+ years of hair-on-fire MAGA politics, I'd like the media (and ummm, the company I work for) to pivot to some positive, forward-looking ideas. Or maybe I'm just getting older. But it feels juvenile to self-impose this...victimization all the time. To gin up a fit of anger online instead of hanging out with your friends. To scroll through your phone and sigh during a happy hour.

I really don't care that climate change is bringing you down. I do not care that you cast a protest vote and wrote in Bernie's name in 2020. You're worried about AI corrupting your career and imperiling the college experience? After living in DC for some time, I can tell you the content of your character is primarily judged on the comments you make at a cocktail party. There's no big-tech fix for boring and lack of wit!

It is uncool—and useless—to be chronically sad. We can adapt. The future may not be bright, but we are hurtling toward it anyway!

LET'S CONSUME MEDIA

Books

- ***Look at Me*** by Jennifer Egan. Loved this book. Follows a model whose face is irreparably damaged after a car crash, a weird high school girl obsessed with fish, and an academic constantly on the verge of a mental breakdown—all in the heart of middle America, intermittently viewed through the lens of a terrorist. It sounds like too many pieces to put together, but Egan makes them fit.
- Honorary mention to ***Really Good, Actually*** Monica Heisy, which I finished months ago but forgot to include.

TV

- I tried to watch the new season of ***Love Is Blind*** to turn off my brain, but had to give it up when someone in the first episode cried and "got chills" when a girl in the pod knew the words to a popular song. These people are not real.
- I tried watching ***The Bear***, but all the yelling gave me a headache, and they addressed each other as "cousin" way too often.
- I tried watching ***Felicity***, but couldn't get into it.
- I'm halfway through ***BEEF*** and it's...okay. FINGERS CROSSED.

These are called "pieces" for some reason!

- RE the above: **Everyone Needs to Grow Up**. "Make no mistake: the capitalist elites want you to think of yourself as a silly little goose."
- **Why Kids Aren't Falling in Love With Reading**
- Sally Rooney breaks down the **housing crisis** in the plainest possible terms: "Even aside from the financial toll of renting, consider the psychological hardship of trying to make a life for yourself and your family in what is ultimately someone else's spare house. Your home – your place in the world, your refuge, the stage for all the private

dramas of your intimate life – can be taken away from you at any time, through no fault of your own, for the financial benefit of someone wealthier than you are. This is obviously not the life most of us would choose for ourselves."

- This [YouTube video](#) on the day in the life of an Italian restaurant owner is fascinating. Teach me your ways, nona.
- Last but certainly not least, I was on [my cousin's podcast](#) where we talked about a LOT, including but not limited to: witchcraft, the Master Cleanse, college roommates, the body of Christ, the correct temperature to set your thermostat, and more.

til next time