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To:



**Matt DiMona On The Internet
#002**

6/23/21

summer reading

"You know what the best kind of organic certification would be? Make an unannounced visit to a farm and take a good long look at the farmer's bookshelf. Because **what you're feeding your emotions and thoughts is what this is really all about.** The way I produce a chicken is an extension of my worldview. You can learn more about that by seeing what's sitting on my bookshelf than having me fill out a whole bunch of forms." - Joel Salatin, as quoted in "**The Omnivore's Dilemma**" by Michael Pollan

Hi guys, it's me again! I've been reading like a maniac in 2021... more books so far this year than I've read in the past few combined. Internet-free, good-old-fashioned *Reading A Paper Book* is a soothing balm for my internet-addled, generally-diseased brain. For this newsletter I wanted to highlight what I feel are some mostly non-fiction works that have changed my worldview.

Here are *some* of my favorite books on my bookshelf right now, organized by some topics/themes:

Nature / Plants / Fungi / Agriculture/ Indigenous Voices / Interconnectedness of all things(!)

"Finding The Mother Tree" - Suzanne Simard

"The Hidden Life of Trees" - Peter Wohlleben

"The Overstory" - Richard Powers

"Entangled Life" - Merlin Sheldrake

“The Botany of Desire” - Michael Pollan

“The Omnivore’s Dilemma” - Michael Pollan

“Lakota Woman” - Mary Crow Dog

“There There” - Tommy Orange

Climate Change / Humans Ruining Everything

“The Uninhabitable Earth: Life After Warming” - David Wallace-Wells

“Under A White Sky: The Nature Of The Future” - Elizabeth Kolbert

“Silent Spring” - Rachel Carson

THE INTERNET / attention economy

“Ten Arguments For Deleting Your Social Media Accounts Right Now” - Jaron Lanier

“Lurking” - Joanne McNeil

“Digital Minimalism” - Cal Newport

“The Longing for Less” - Kyle Chayka

“How To Do Nothing” - Jenny Odell

Psychedelics and the Brain / changing the way we think about mental health

“How To Change Your Mind” - Michael Pollan

“A Really Good Day” - Ayelet Waldman

“The Doors of Perception” - Aldous Huxley

Bonus Shoutout

“Atomic Habits” - James Clear (PUBLISHED BY MY MOM - LISA DIMONA - BADASS LITERARY AGENT - ALSO, ITS A GOOD BOOK)

[I'll spare you my list of fiction for now as I feel like fiction is more about personal taste than general usefulness, like the books above.]

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Looking at this list tells me a few things about my worldview. Firstly, we get it dude, you love Michael Pollan. Secondly... this guy has some kinda... *thing* for trees and fungi.... thirdly... he might be on drugs?

I can neither confirm nor deny these statements.

But to be serious for a sec - many of these books have deeply influenced me and changed the way I see the world.

If you're curious why you are reading this message on a dubious email newsletter and **not on a social media page**, or wondering "**why did Matt delete his Instagram,**" or have an interest in **surviving internet overload** —> read the books in the *internet* section. (I would love to be able to say I've finished Shoshanna Zuboff's "**The Age of Surveillance Capitalism**" so I could add it to my list... but alas... I admit I have not finished it...I will try again at some point...)

If you want to know more about **the future of our little planet**, read the books on climate change!

If you're interested in **the interconnectedness of all things** - check out the books in the first section. It will change the way you look at everything around you, I promise! It did for me.

Lastly, for those of us struggling with Our Brains... I can't recommend "**How To Change Your Mind**" by Michael Pollan enough... it changed my life! It's the only book I've ever personally mailed copies of to friends.

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I just finished “**Finding The Mother Tree**”, a book by legendary Canadian forest ecologist (& LGBTQ+ icon) Suzanne Simard. She’s the inspiration for one of the main characters in Richard Powers’ excellent novel “**The Overstory**”; Suzanne works in the old-growth forests, examining the myriad ways that plants communicate with one another. Nothing is more **radical!** Reading her book pushed me to finally write this newsletter (I’ve wanted to for months.)

No worldview is perfect, and the more I learn about the world- the more questions I have. As an average, flawed human being, there are plenty of gaps on my bookshelf. Lately I have been trying to learn more about older, indigenous cultures - cultures with a real understanding, connection and healthy relationship to the land and world that sustains us - a far cry from today’s mainstream society. (I’m currently about halfway through Robin Wall Kimmerer’s very lovely “**Braiding Sweetgrass.**”)

As we gear up for another summer of historic *gigafires* on the West Coast (“after a century of misguided, aggressive fire-suppression policies”; cc David Wallace-Wells the other morning <https://nymag.com/intelligencer/2021/06/why-2021-could-be-californias-worst-fire-season-ever.html>) it seems **vital** to try to understand all the ways in which we are doing such a bad job at taking care of things - if only because it might help us make changes for the better. Even if we’re making small changes in our personal lives... no single thing is too small to make a difference. Humans are like the trees! We’re all connected in a vast, intricate, beautiful web.

Thanks for taking the time to read this. I hope you get something out of it, maybe even a book... all I’m trying to do is spread the words of these really smart people to anyone who might listen. Hopefully I don’t come across as too preachy (who does this guy think he is?) Then again, this is MYYY newsletter so I can do what I want ha ha.

Also, I’m generally bursting to talk about these books with other people... so if you read ‘em, let me know! Let’s talk about the trees and such!

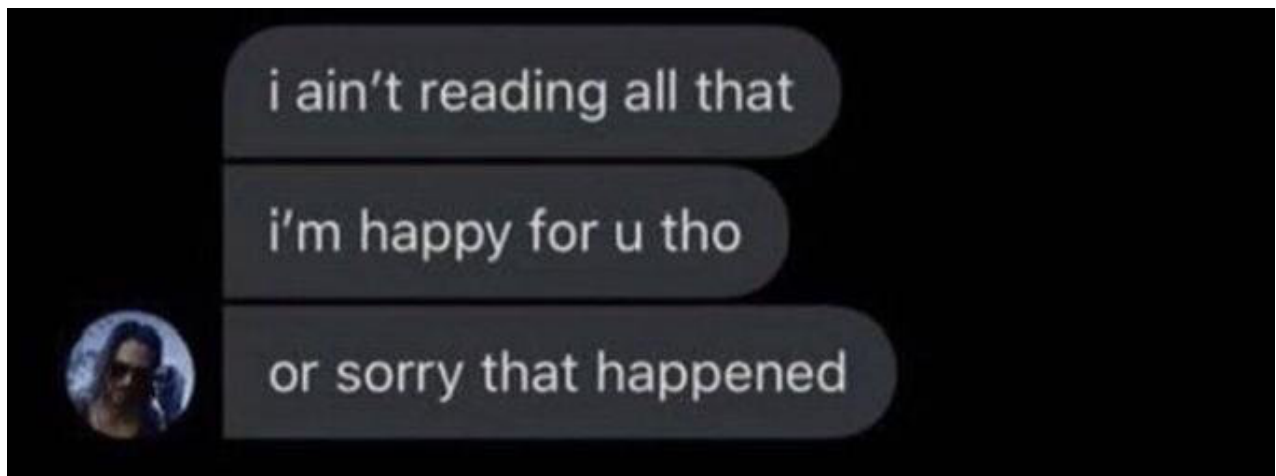
Lastly: if you have any books that changed your life, please send ‘em my way! I’m working thru a stack and always looking to add more. I am a big fan of depression-ordering 15 books online via Skylight Books (try to support ur local shop.)

Yes... Michael Pollan has a new book about PLANTS and the BRAIN out this summer... yes I am very excited about it...

As Joel Salatin said... "The way I produce a chicken is an extension of my worldview." These books have all influenced my life, and thus have influenced my music... so if any of my chickens ever come out (lol) maybe you'll see the worldview in there.

ANYWAY. THATS ENOUGH. LOVE YA. C YA LATER.

Matt D



BONUS BONUS:

VERY SPECIAL SHOUT OUT TO TYLER ABRAVANEL!

aka VAN EL

EPIC NEW SINGLE "MASON" IS OUT TODAY...

ALBUM FORTHCOMING...

I HAD THE PLEASURE OF WORKING ON LOTS OF IT...

GO LISTEN!!!!!!!!!!!!!!

<https://open.spotify.com/track/410nCGXwM2Q2c5kbpZqr0q?si=320104d3c484462c>

Internet Tunes, P.O. Box 26882, Los Angeles, CA, 90026, United States

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