



The More We Know, the More We Notice

AND OTHER APHORISMS OF THE FIVE SENSES

The more we know, the more we notice.

What's familiar is easy to ignore.

Sometimes we can minister to the spirit through the body; sometimes we can minister to the body through the spirit.

A dog doesn't gaze at a waterfall.

When we give more to ourselves, we can ask more from ourselves.

We all want to cast our own dice.

We can't glut ourselves on perfume.

Play is not idleness.

We can't smell our home the way a guest would smell it.

Clear clutter and clear clatter.

Beautiful tools make work a joy.

Every pilgrim wants to bring home a scallop shell.

Sometimes, we enjoy something more when we enjoy it less.

The beautiful often requires a bit of ugly.

We can walk into any room and call it a museum.

The days are long, but the years are short.

Technology can enhance sensations—or hijack them.

Even disagreeable sensations can deepen experience.

The word “listen” is a rearrangement of the word “silent.”

No tool fits every hand.

We shouldn't make ourselves feel *better* by doing something that ends up making us feel *worse*.

A quest is more fun than a jaunt.

Keeping information secret unfailingly makes it more interesting.

There's a big difference between a zoo and a petting zoo.

One day, *now* will be a long time ago.

Often we value what we have only once we've lost it, or fear we might lose it.

The aim: Accept ourselves, and expect more from ourselves.

To learn more about *Life in Five Senses*, visit gretchenrubin.com/books/life-in-five-senses