

# A Refreshing Perspective

*Moby, the pioneering techno star, was recently featured in the Wall Street Journal. He's written a memoir reflecting on his struggles with alcohol, poverty and success. The last paragraph of the article offered a refreshing perspective. I hope you like it:*

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He says that one of his takeaways from writing his memoir was realizing how much people struggle unnecessarily—from dealing with bad landlords to being anxious about running late for meetings. Looking back, “I’ve just created so much extra worry and struggle for myself and have approached so many neutral and benign things as if they were either catastrophic or had the potential to turn to ruin,” he says. “The well-being of the universe doesn’t hang in the balance.” In L.A., he now has a sunnier outlook. Borrowing from Mark Twain, he says, “I’ve lived through some terrible things in my life, some of which actually happened.”

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Wolfe, A. (2016, May 12) *Moby Looks Back*. The Wall Street Journal

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