

On Life and Meaning

MARK PERES

Episode 1 – Peter Reinhart – Bread as a Metaphor for Life

Hello and Welcome to the Show

And now a personal word,

This is the first episode of what I hope will be a long-term series interviewing fascinating people about their lives. I've always been curious about people, who they really are, what they desire, what matters most to them, and why. Every person has a story. I enjoy discovering that story.

This show has a mission. The mission is to contribute to a more humane world. The show does so by valuing truth and beauty, by paying attention, by honoring thoughtful conversation and meaningful connection. There is a philosophy that guides this show, a set of beliefs that frame the questions I ask. I believe we attract into the world who we are. I believe love is well-considered creativity. I believe fulfillment is living our purpose well for others. I believe ideas define the future. I believe the arts are a vessel of our humanity. I believe our beliefs should be questioned. I invite you to support the mission and vision of this podcast.

I would like to thank my teammates who are helping launch this show, Andy Goh, Audio Engineer, and Chris Cureton, Art Direction and Design. I am deeply grateful to them and to Peter Reinhart for being my first guest. And thank you to all listeners and co-creators of what this show will become.

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