

“Where do you think you are going so fast? This section [about marine mammals like the harbor seal and Amazonian manatee] offers slowing down as a strategic intervention in a world on speed, and an appropriate response to the exact urgencies that make us feel we cannot slow down. It is the speed, the speed boats, the momentum of capitalism, the expediency of pollution that threatens the ocean, our marine mammal mentors, and our own lives. What if we could release ourselves from an internalized time clock and remember that slow is efficient, slow is effective, slow is beautiful?”