



Sylvain ARBAUDIE · 2024年12月13日

PERSONAL

STORYTELLING

REFLECTION

MA MADELEINE DE PROUST

Involuntary memory — sensory anchors that transport us back in time

THE SMELL

Warm bread, butter
flour, sourdough
The sensory anchor

THE WALK

Slow steps, warm hand
never hurrying
Time given freely

THE CHOICE

"What do you feel like?"
A moment of autonomy
Small but precious

THE KITCHEN

Hot chocolate, radio
warm croissant
Everything was fine

GRATITUDE

For time given, attention paid, choices offered — ordinary mornings made extraordinary

Some memories are worth more than all the systems we will ever build



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