

Aradia

I don't recall my first audiobook. I know it was a fiction book on tape from the public library, and I must have been 10 or so. From there, an obsession was born. Audiobooks have permeated my life almost constantly since then, accompanying me on daily commutes and during long-distance travel, helping me solve jigsaw puzzles and crunch data for citizen science projects, soothing my anxiety and rocking me to sleep. My choices of what pocket technology to buy and how I evaluate new pairs of headphones are all dictated by my reliance on audiobooks. And no audiobooks have more deeply affected my life than *The Wheel of Time*, read by Michael and Kate. Thanks to their hard years of work narrating that series, I have been through the series literally more times than I can recall. I've never physically held copies of the last five volumes because I only bought the audio versions. I have reached for *WoT* in countless moments of doubt, boredom, panic, indolence, housework, and homesickness, and every time I am swept away into a world that I know to an encyclopedic degree by voices that I trust. Audiobooks are a critical part of my self-care.

