

# awe the new science of everyday wonder

Awe is a profound emotion, often described as a mix of wonder and reverence, that can emerge from experiencing something vast or beyond comprehension. In recent years, scientists have begun to explore the psychological and physiological effects of awe, revealing its significance in our everyday lives. This burgeoning field of study, often referred to as the science of awe, investigates how this emotion can enhance our well-being, foster social connections, and even change our perspective on life. By examining the nature of awe, we can better appreciate its role in enriching our daily experiences and improving our mental health.

## The Nature of Awe

Awe is often triggered by experiences that challenge our understanding of the world. These experiences can be natural, artistic, or spiritual in nature, and they invoke feelings of insignificance in the face of something grand. The concept of awe has been analyzed through various lenses, including psychology, philosophy, and spirituality.