

"All the News  
That's Fit to Print"

# The New York Times

EARLY EDITION

Today, still cold and brisk, sunshine, some clouds, high 24. Tonight, cloudy intervals, frigid, low 18. Tomorrow, partly cloudy, not as cold, high 34. Weather map is on Page 22.

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IDEAS | OPINION | NEWS ANALYSIS

## Sunday Review

The New York Times

SUNDAY, JANUARY 30, 2022

### LETTERS

## Are We Faling Apart? If So, Why?

Responding to a column by David Brooks, readers offer a mix of optimism, pessimism and puzzlement.

#### TO THE EDITOR:

Sometimes things have to get worse before they get better. There will be a collapse of institutions that are no longer (or maybe never were) functioning the way they were meant to. That collapse is necessary in order for a new, better version of social contracts and institutions to arise out of the rubble.

It will not be smooth, easy or fun for many, but it is necessary, unavoidable change. We can wring our hands and worry, or we can get on board, focus on what really matters —

love, gratitude, compassion — and ready ourselves for massive change by ridding ourselves of all the unnecessary stuff weighing us down.

For many, including me, this has been the most important takeaway of the Covid era.

SHERYL BURPEE DLUGINSKI  
NEW YORK