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## One day life will change filetype pdf

Why does one day matter? Why does what you do today matter in the scheme of your whole life?Because our life is made up of days. Days like today.The poet Heraclitus said that "one day is equal to every day." By that he meant that every day is the same length, comprised of the same amount of hours, the same sunup and sundown. Yet, he also meant it in the sense that philosophers have always meant that same idea—that if you can get one day right, you have a shot at getting your life right (and that you should try to get today right, because tomorrow is no guarantee). Or as my friend Aubrey Marcus put it wonderfully in the title of his new book, own the day, own your life. Earlier this year, I published "12 Questions That Will Change Your Life." In the vein, here are 13 things you should do and think about every day to change your day—and by extension, your life as well. Some are easier than others, but each one matters. Prepare For The Hours AheadEach morning you should prepare, plan and meditate on how you aim to act that day. Don't wing it. Don't be reactionary. Have a plan. Marcus Aurelius rose in the morning and did his journaling—preparing himself for what he was likely to face in the hours ahead. He thought about the people he was likely to face, difficulties he might encounter (premeditatio malorum), and what he knew about how to respond. The morning is the perfect time to journal and to use the pages in that journal to set yourself up for a successful day. Remember: If you do the tough planning in the morning, nothing can happen during the day contrary to your expectation or too tough for you to handle.Go For a WalkFor centuries, thinkers have walked many miles a day because they had to, because they were bored, because they wanted to escape the putrid cities they lived in, because they wanted to get their blood flowing. In the process they discovered an important side-effect: It cleared their minds and helped them make better work. As Nietzsche would later say: "It is only ideas gained from walking that have any worth." You should go for a walk every single day not only for exercise but for the philosophical and psychological benefits. Experience nature. Experience the quiet of the world around you. Take a break. If you're too busy, multitask: Take a walking meeting. Do your phone call on the move around the parking lot. Get out of doors and move.Do The Deep WorkSo much of our day is spent at the surface. Skimming this and that. Vaguely paying attention to this conversation or that one. This is not what we were put here for. You must make time—preferably an hour or more a day—for what Cal Newport calls the "deep work." The type of intense concentration and cognitive focus where real progress is made—on whatever it is that we happen to do, be it writing or thinking or designing or creating. Elite work takes deep work. The amount of deep work you get done is on you. It starts by closing your browser (after you finish reading me, of course) and getting to it. If you don't make time for this—if it's not a box you check every day—it won't happen.Do A KindnessThe Boy Scouts motto was to do a good turn every day. Seneca wrote that "Wherever there is a human being, we have an opportunity for kindness." Yes, even rude people. Even people you're in competition with. As well as the people you love and are connected to. Your co-workers are a chance for kindness. Your spouse is a chance for kindness. Your friend is a chance for kindness. It will make you feel better to take advantage of that chance. It will make your day better if you do. It will make the world better if you do. Only a saint or a sage can fully meet every opportunity and every encounter with kindness. So don't whip yourself if you can't muster that. Start with one. Practice one kindness every day. See what happens.Read. Read. Read.Pick up a book every day. Even for just a few pages. As Emerson says, every book is a quotation—of other books, of experience, of the humans and civilizations that came before it. How could you not expose yourself to this? And yes, you do have time! Meals, before bed, on the train, in the waiting room, even on your phone or desktop. Read a few pages, read a whole book, but make a real and unending commitment to reading. Because there is so much out there that you can benefit from: Biographies. Little-known gems. Life-changers. Philosophy. The classics. Self-improvement. Books about war. Fiction. Even marketing and business books. All of these will widen your perspective, help you with problems, give you inspiration and let you benefit from the accumulated wisdom and knowledge of the centuries.Find True QuietEvery single day you should find a way to disconnect and unplug, even for a few minutes. I try to swim as often as I can, not only for the exercise but because nothing can get to me there. I don't have my phone. There's no noise. Just calmness and peace. Ask yourself: How often am I unreachable? The answer is: Not often enough. Build some of this time into your daily practice. You'll be better for it. And the world will not notice. I promise.Make Time for Strenuous ExerciseIt's become a cliché to say this but when scientists consider exercise to be the 'single thing that comes close to a magic bullet, in terms of its strong and universal benefits,' and it's Richard Branson's #1 piece of advice to entrepreneurs, it can't be overstated. We need it—far more than you think. Don't put it off. Do it. Be in shape and be healthy. And what I personally find is that it is important to have goals with your exercise. Why? So that no matter what happens that day—at work, at home, in the economy—you can have something that went well. You improved your mile time, you swam three more laps than usual, you squatted a new weight.Think About DeathShakespeare said that every third thought should be of our grave. Perhaps that's too much. One thought per day is plenty. The point isn't to be morbid, but to remember that you are mortal. How much time do we waste on things that don't matter? And why? Because we think we can afford it! Memento Mori. You will die. Live while you can. Live your life as if you have died and come back and all of this is extra. I keep a coin in my pocket to remind me of this and touch it at least once a day. Death doesn't make life pointless but rather purposeful. And fortunately, we don't have to nearly die to tap into this.Seize the Alive TimeWhat does every day seem to be comprised of? Too much dicking around. People are just killing time (remember Raymond Chandler's line "and it dies hard.") We get to where we were going and walk into the lobby and check our watch. It says we're a few minutes early, so we reach into our pocket to grab our phones. Is this act not the expression of so much of what's wrong with modern life? The entitlement. The resignation of it. How much better we would be and the world would be if we never did this again. If we chose alive time over dead time. There's so much you could do in those few minutes. Face fears. Reach out and connect with someone. Do something you've been putting off. Expose ourselves to sunlight and nature. Be still and empty. Prepare for what lies ahead. Or just live because you know how much time we have left.Say Thanks—To The Good and BadThe Stoics saw gratitude as a kind of medicine, that saying "Thank you" for every experience was the key to mental health. "Convince yourself that everything is the gift of the gods," was how Marcus Aurelius put it. "that things are good and always will be." Say thanks to a rude person. Say thanks to a bungled project. Say thanks to a delayed package. Why? Because for starters it may have just saved you from something far worse, but mostly because you have no choice in the matter. Epictetus has said that every situation has two handles: Which are you going to decide to hold onto? The anger or the appreciation? The one of resentment or of thanks?Put The Day Up For ReviewWe prepared in the morning, now we reflect in the evening. The best way to improve is to review. So, each evening you should, like Seneca did, examine your day and your actions. As he put it, "When the light has been removed and my wife has fallen silent, aware of this habit that's now mine, I examine my entire day and go back over what I've done and said, hiding nothing from myself, passing nothing by." The question should be: Did I follow my plans for the day? Was I prepared enough? What could I do better? What have I learned that will help me tomorrow?Find a Way To Connect To Something BigThe worries and anxieties of daily life seem to fall away when we stand next to the ocean or walk through a beautiful park. We shouldn't wait for our annual vacation to get this kind of relief and perspective. We need to get it every single day. The Stoics had an exercise for doing this. Marcus Aurelius would look up at the stars and imagine himself running alongside them, he'd see them for their timelessness and infiniteness. Try that tonight or early in the morning and try to make it a daily practice. A glance at the beautiful expanse of the sky is an antidote to the nagging pettiness of earthly concerns, of our dreams of immortality or fame. But you can find this connection from many sources: A poem. A view from the top floor. A barefoot walk across the grass. A few minutes in a church pew. Just find something bigger than yourself and get in touch with it every single day.Get Eight Hours of Sleep"Sleep when you're dead," we say. Like it's some badge of honor how little time we allot to it. Bullshit. The body needs its rest. Schopenhauer said that sleep is the interest we pay on the loan of life. Be glad to pay it. It's what keeps us alive. Guard your sleep carefully, it's an obligation. All the other habits and practices listed here become irrelevant if you don't have the energy and clarity to do them.Ryan Holiday is the bestselling author of Ego is the Enemy and The Obstacle Is The Way: The Timeless Art of Turning Trials Into Triumphs. Repost from Thought Catalog, used with permission from the author. - Editor Covid-19 will likely have permanent effects on the way we work. But the way we live, socialise and move about the world will be different, too. How will the way we live look different in the wake of the pandemic? We don't yet know the answer - and, in some respects, we don't even know the right questions to ask. That's why we've been surveying dozens of global thought leaders, doers and thinkers for our special Unknown Questions series, in which we're unearthing the biggest questions we should be asking as we move toward a post-pandemic society. In this edition, we look at how the virus will continue to change the way we live - from the way we build and live in cities to how we move between countries and continents. Travellers will likely be profoundly different for the foreseeable future, experts say, including who'll be able to travel and where they'll be able to do it.Fony Wheeler: Co-Founder, Lonely Planet-Will only the wealthy be able to travel? When it comes to the coronavirus pandemic, I keep repeating baseball player and philosopher Yogi Berra's wise advice that "It's tough to make predictions, especially about the future." In the travel game, it's tough even to understand what's going on in the present. Some countries (Australia) won't let people out, other countries (America) won't let people in, even when they're coming from a place with a better virus story. Or you can leave (the UK) and go somewhere else (the list changes daily) only to find (typically at 4 a.m.) all sorts of restrictions on your return. None of this encourages travel, and it's probably a safe bet that merely making the decision to head for the departure gate is going to be a fraught choice for some time to come. Quite apart from dealing with the bureaucracy and rules, I'm afraid that post-pandemic travel will be to a very different new world. Will we be welcomed? Will we be safe? And can we afford it? It will be a sad new world if travel becomes something only for the rich and gap-year travel becomes a rite of passage that ceases to exist. Of course, a travel reassessment will give us the opportunity to tackle some of the industry's invariable drawbacks from a fresh perspective, but will we tackle overtourism and climate change, or just turn the power back on and hit restart? Audrey Azoulay: Director-General, UnescoHow will AI shape our lives post-Covid? Covid-19 is a test like no other. Never before have the lives of so many people around the world been affected at this scale or speed. Over the past six months, thousands of AI innovations have sprung up in response to the challenges of life under lockdown. Governments are mobilising machine-learning in many ways, from contact-tracing apps to telemedicine and remote learning. However, as the digital transformation accelerates exponentially, it is highlighting the challenges of AI. Ethical dilemmas are already a reality - including privacy risks and discriminatory bias. It is up to us to decide what we want AI to look like: there is a legislative vacuum that needs to be filled now. Principles such as proportionality, inclusivity, human oversight and transparency can create a framework allowing us to anticipate these issues. This is why Unesco is working to build consensus among 193 countries to lay the ethical foundations of AI. Building on these principles, countries will be able to develop national policies that ensure AI is designed, developed and deployed in compliance with fundamental human values. As we face new, previously unimaginable challenges - like the pandemic - we must ensure that the tools we are developing work for us, and not against us. Ezekiel Emanuel: Member, Biden-Harris Covid-19 Advisory Board and Chair of the Department of Medical Ethics and Health Policy, University of PennsylvaniaWhat will we be craving in a post-pandemic world? There are three clear legacies from the Covid-19 pandemic. They all derive from the unnatural and unpleasant circumstances imposed by the pandemic and the necessary public health responses. First, we all want security. The pandemic has filled us with uncertainty and insecurity. The natural response is to want security. This means security in having an income, child care, family leave and other things necessary to care for your family during a pandemic. Every country will have to critically evaluate its social safety net and shore it up. Second, we all want socialities. Human are social animals. The isolation imposed by Covid-19 is debilitating. We want to have opportunities to be with other people, share meals, share a drink in the pub, and share activities. We see this when restrictions are eased how people run for parties and group settings. Opportunities and venues for socialities will become huge post-Covid. Third, travel will explode after the pandemic. People like (safe) novelty and changes of scenery. We have all been locked down with the monotony of the same rooms, same walking routine, inability to see new things. When it is safe to travel, people will go, go, go. READ UNKNOWN QUESTIONS, PART ONE: Giuseppe Sala: Mayor of Milan and Chair of the C40 Mayors Covid-19 Recovery Task ForceHow can we protect city dwellers? Nations Human Settlements ProgrammeHow could cities help solve pandemic inequalities? With an estimated 90% of all reported Covid-19 cases recorded in urban areas, cities have become the epicentre of the pandemic. At the same time, I believe that the solutions to the socio-economic and health challenges will be found in cities. Cities are already changing because residents have transformed the way they live and work. Governments have woken up to the urgent need to address issues around inequalities. It is not the density of cities that leads to people being infected, it is unequal access to adequate housing, energy, water, sanitation, transport, green public spaces, healthcare and education. Cities will see dramatic changes because citizens will not put up with these inequalities. What we will look for in a home and in our living environment will be determined by where we find ourselves. My hope is that people will use their new-found political muscle to ensure that there is an equitable spread of resources in cities. As we build back better, we will need an empathy revolution to ensure we do not leave behind the most vulnerable groups. Another major change for many is the discovery that we can work from home. We will seek to retrofit our homes to be able to maximise the opportunities and tackle the challenges this transformation presents to us all. Ultimately, cities are made up of people and the pandemic has shown that infinite growth has its limits. We either need to adapt, or go the way of the dinosaurs. I believe we can and will change. This is our opportunity to plan and regenerate environmentally sustainable cities which power the Secretary-General's vision of building back better and greener. Janette Sadik-Khan: Former Commissioner, New York City Department of TransportationWhat will transport look like? Just a few months ago, the future of transportation was app-enabled mobility and visions of driverless cars. That version of the future crashed as the coronavirus advanced, and as car traffic vanished from city streets. The transportation rescue hasn't come in Uber's or robot cars. Cities on every continent responded by returning to old mobility and reclaiming roads for new uses. Milan, Paris and London are just some of the cities that have converted hundreds of miles of former driving and parking lanes into bus and bike lanes, and outdoor restaurant and café seating, allowing millions of residents to come outside safely simply by providing six feet of safe distance. These steps, which would have been controversial before the pandemic, are today a first draft of what a new future of transportation could look like in post-Covid cities. Six feet of safe space on roads and sidewalks is all that cities need to transition from life shut indoors to a life lived outdoors. The pandemic has shown that cities can be redesigned to be more resilient and more sustainable long after the pandemic. The six-foot city is already within reach on thousands of roads around the world, and wherever there are six feet, there is just enough space to hold us all together. Fewer planes are flying through the sky in the age of Covid, and the ultimate fate of the travel industry remains unknown and hanging in the balance.Michael Banissy: Professor of Psychology, Goldsmiths, University of LondonHow will we socialise? Social interaction affects many areas of our lives impacting on the workplace, home life and many day-to-day activities. In many cases, one of the biggest predictors of mental and physical health is the quality of social relationships. For me, the big questions linked to the pandemic therefore relate to how we can support social interaction as we move forward. With a variety of stages of lockdown there is no doubt that our opportunities for social interaction have reduced. Managing this reduction, whilst ensuring that we support social wellness across our communities is critical to how we live within, and recovery from, the pandemic. Will we be open to using technology and social robotics more? Will technology give us the same quality of social interactions that are important to social wellness, social innovation, and social productivity? Or will we be craving for face-to-face interaction mean that we are less likely to engage with, and benefit from, these alternative forms of interaction? There is no doubt that there will be many new social norms, but we can be sure that we're likely to want to be social - to get together and talk about it all. Rafat Ali: CEO and Founder, SkiftHow much will the travel industry shrink? The big question we at Skift are grappling with is this: is the future of travel smaller? As in, will be 30% global travel sector become permanently smaller in the post-pandemic world? There are signs that the learnt behaviour of a world shut for months and maybe years to come will persist: the airline industry will most definitely be a smaller sector, with bankruptcies, layoffs and shutting down routes. Parts of business travel, the wanted crisis-crossing of the global Air'sHow will cities weather economic challenges? Big, crowded cities already faced especially disruptive changes during the Covid-19 pandemic. Now they face a set of economic challenges to match. These challenges are unique in that they target many of the very same features that propelled big, global cities to new economic and cultural heights over the past decades. Law, finance and consulting - industries whose high-flying growth helped create the modern global city - have abandoned ritzy downtown offices for Zoom (surely temporary - but for how long?). Bars, restaurants and retail, the essential amenities serving an affluent 'creative class', are withering. So is mass transit. Tourism declines have altered the face of meccas like Paris and London. In New York, word of an ultrawealthy exodus to the suburbs - tax dollars in tow - sparks even more budget panic. Facing these challenges, cities will find pressure to do what they have in the past: target budget cuts to the vulnerable, direct resources to luring the wealthy to stay and prop up the existing system. But a pandemic which shows the costs of urban inequality also shows the dire need for a better system. Cities do not create these problems alone, and they won't solve them alone either. But is there will to do it? If so, they might create a fairer, more resilient and more humane urban life. Anjali Mahendra: Director of Research, World Resources InstituteWill cities emerge stronger after the virus? Urban planning has been shaped by infectious disease outbreaks for centuries. Cities are at the frontlines of Covid-19 impact with the pandemic exposing existing fault lines related to lacking physical infrastructure and inequalities in access to public services. Large numbers of people do not have decent housing to self-isolate, basic water and sanitation for handwashing, access to adequate healthcare or transport options, as healthcare systems are overwhelmed and public transport systems are disrupted. We are also seeing the fragility of jobs that underpin urban economies. Numerous low-wage formal sector jobs, as well as jobs in the informal and gig economy, lack a stable income or essential safety nets in the form of employment contracts and insurance. Almost 13 million people in the US are now unemployed, and 80% of India's almost half-billion [person] workforce is in precarious informal jobs. Cities have a major opportunity to build resilience to future such shocks in a way that is much more inclusive. Investing in public services and infrastructure, including health surveillance and testing systems, improved living conditions for low income people and supporting vulnerable workers, while enforcing guidelines to balance economic and public health concerns through collaboration between local and national governments - are some ways cities can emerge stronger from this crisis. Still, important questions remain around whether these measures will help address structural inequalities and whether the economic stimulus packages many countries are implementing will focus on making cities more inclusive, resilient and sustainable. Amanda Levetre: Principal, AL A architecture, LondonCan our community connections become more meaningful? This pandemic has raised overwhelming existential issues - issues around race, inequality and the environment. But it has also revealed the breath-taking power of collective responsibility and shown that radical change is possible. Adversity has reminded us that we all have a part to play in our interconnected world, to be more responsible, accountable and generous and to appreciate the importance of small things. We need to desire a more equitable society, and then design a more equitable model around that, to create places where we can live better together and better with nature. Places that promote a network of co-operation and where people can rediscover the art of living. Cities are places of opportunity, and their success is the result of centuries of re-use and re-appropriation. Change is the one constant in cities, change is exciting and change is the engine of progress. We need to get closer to nature in our cities, maximise not minimise space standards in our homes, re-purpose office buildings that people no longer want to work in and understand the importance of local. Covid may attack our bodies, but destinations, hotels, airlines - really the entire global tourist industry - continuously innovate solutions to meet the needs of "Gen-C", the post-Covid generation. Our communal experience is driving changes to lifestyle and safety requirements for the new way of travelling. At the forefront is restoring traveller confidence and communicating how adjustments are impacting travel experiences at the local level. The heart of this is creating and marketing experiences that lend to stress-free travel within this new world. We are seeing a growing number of bespoke and private engagements that allow travellers to more easily physically distance. We'll also continue to see a growing number of extended stay experiences that cater to work-from-anywhere and remote learning circumstances. For example, most international leisure travellers can stay in Jamaica for up to 90 days. Our visa extension application is turnkey for travellers, enabling extended stays for further remote work. As the way we socialise shifts drastically, so will the way we travel - but the comeback of travel has begun as more destinations open their doors and as Gen-C takes the skies. Sahil Gandhi: Visiting Fellow, Centre for Social and Economic Progress, IndiaHow could Covid response improve housing quality? It is now clear that densities were not the catalyst for the spread of Covid, but rather it was unmanaged densities, i.e., crowding. Slums in India and poorer neighbourhoods in US cities have been among the most affected areas in the Covid pandemic. Poor sanitation and lack of clean and adequate water supply, together with high indoor crowding and small dwelling spaces in Indian slums, have largely to be blamed for this. City governments and health departments have struggled to control the spread of Covid in these areas. Besides suffering disproportionately from Covid outbreaks, slum dwellers have faced loss of livelihoods due to lockdowns and the ensuing economic slowdown. Historically slums have emerged due to the lack of formal housing for the urban poor. Slum settlements also tend to come up in core cities where there are sufficient employment opportunities for the poor since many cannot afford to commute long distances. However, their conditions have been neglected by policymakers. Efforts for slum improvement have been met with limited success and rehabilitation to areas in far-out suburbs has almost never worked. Covid has brought to the fore the need to prioritise slum improvement and livelihood support for the poor. Housing policy solutions such as granting tenure security, upgrading amenities and services and folding decent-quality public housing within the remit of public health need to be explored. Jerold Kayden: Professor of Urban Planning and Design, Harvard UniversityWill cities remain resilient? What will happen to cities? The honest answer is, no one knows. To be sure, the pandemic has shaken the modern system in unprecedented ways, but there is a reason d'etre for cities not so easily dislodged. The human thirst for live engagement with people and place is not easily quenched. In the past, in crisis after crisis, urban resilience has proved the sceptics wrong. Still, the pandemic has revealed, and in some cases, accelerated urban vulnerabilities. Many office-based businesses have come to appreciate that some work performed by employees can be done remotely. That means fewer employees at the office, fewer meal eaters in restaurants, fewer shoppers in stores. For some storefront retail, that could deliver a terminal blow to a patient already suffering from the inroads of ecommerce. Cultural attractions may suffer to the extent of a reduced worker population that previously stayed on into the evening. A less-dynamic city may be less alluring to tourists. Municipal finance and services could experience declining tax revenues. All in, the risks posed by knock-off effects cannot be easily dismissed. Opportunities may arise elsewhere. If the locus of work becomes relatively more decentralised, then individuals at their remote locations may create a demand for new or enhanced local amenities. The pattern that emerges may include dispersed clusters of business, retail, cultural and public space offerings that serve dispersed populations. Rachel Haot: Executive Director of Transit Innovation Partnership, New York CityHow can the public and private sectors work together? In the Covid era, innovation is not optional. In New York, we've created a framework for collaboration and innovation in the Transit Tech Lab, a public-private initiative launched by the Partnership for New York City and the Metropolitan Transportation Authority, which moved more than 1 billion people per year via bus, subway and train pre-pandemic. First, we define goals and publish an open challenge, inviting employees with longer trips to carpool to help reduce congestion and provide a flexible, affordable mode of transport.Sam Kling: Global Cities Fellow, Chicago Council on Global AffairsHow will cities weather economic challenges? Big, crowded cities already faced especially disruptive changes during the Covid-19 pandemic. Now they face a set of economic challenges to match. These challenges are unique in that they target many of the very same features that propelled big, global cities to new economic and cultural heights over the past decades. 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Almost 13 million people in the US are now unemployed, and 80% of India's almost half-billion [person] workforce is in precarious informal jobs. Cities have a major opportunity to build resilience to future such shocks in a way that is much more inclusive. Investing in public services and infrastructure, including health surveillance and testing systems, improved living conditions for low income people and supporting vulnerable workers, while enforcing guidelines to balance economic and public health concerns through collaboration between local and national governments - are some ways cities can emerge stronger from this crisis. Still, important questions remain around whether these measures will help address structural inequalities and whether the economic stimulus packages many countries are implementing will focus on making cities more inclusive, resilient and sustainable. Amanda Levetre: Principal, AL A architecture, LondonCan our community connections become more meaningful? 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We need to get closer to nature in our cities, maximise not minimise space standards in our homes, re-purpose office buildings that people no longer want to work in and understand the importance of local. Covid may attack our bodies, but destinations, hotels, airlines - really the entire global tourist industry - continuously innovate solutions to meet the needs of "Gen-C", the post-Covid generation. Our communal experience is driving changes to lifestyle and safety requirements for the new way of travelling. At the forefront is restoring traveller confidence and communicating how adjustments are impacting travel experiences at the local level. The heart of this is creating and marketing experiences that lend to stress-free travel within this new world. We are seeing a growing number of bespoke and private engagements that allow travellers to more easily physically distance. We'll also continue to see a growing number of extended stay experiences that cater to work-from-anywhere and remote learning circumstances. For example, most international leisure travellers can stay in Jamaica for up to 90 days. Our visa extension application is turnkey for travellers, enabling extended stays for further remote work. As the way we socialise shifts drastically, so will the way we travel - but the comeback of travel has begun as more destinations open their doors and as Gen-C takes the skies. Sahil Gandhi: Visiting Fellow, Centre for Social and Economic Progress, IndiaHow could Covid response improve housing quality? It is now clear that densities were not the catalyst for the spread of Covid, but rather it was unmanaged densities, i.e., crowding. Slums in India and poorer neighbourhoods in US cities have been among the most affected areas in the Covid pandemic. Poor sanitation and lack of clean and adequate water supply, together with high indoor crowding and small dwelling spaces in Indian slums, have largely to be blamed for this. City governments and health departments have struggled to control the spread of Covid in these areas. Besides suffering disproportionately from Covid outbreaks, slum dwellers have faced loss of livelihoods due to lockdowns and the ensuing economic slowdown. Historically slums have emerged due to the lack of formal housing for the urban poor. Slum settlements also tend to come up in core cities where there are sufficient employment opportunities for the poor since many cannot afford to commute long distances. However, their conditions have been neglected by policymakers. Efforts for slum improvement have been met with limited success and rehabilitation to areas in far-out suburbs has almost never worked. Covid has brought to the fore the need to prioritise slum improvement and livelihood support for the poor. 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