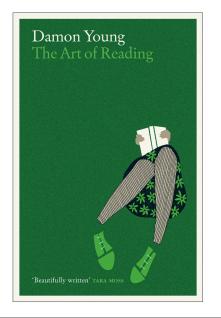
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**Damon Young** is a prize-winning philosopher and writer. He is the author of seven books, including *How to Think About Exercise*, *Philosophy in the Garden* and *Distraction*. His works are published internationally in English and translation, and he has also written poetry and short fiction. Young is an Honorary Fellow at the University of Melbourne.

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