IN A SECOND, WE CAN EXPRESS pain, pleasure, struggle, excitement. Some changes happen too fast to appreciate. Our brains would be too overwhelmed to process anything else if it dissected every infinitesimal movement, emotion, or decision we make. Instead, we focus on the dramatic transitions - the beginnings and ends; the lightbulb moments - and discard the details. The true markers that create and inspire change are created in the millions of imperceptible moments.

All metamorphosis has a beginning and end, but it’s the moments that get lost in between that make all the difference.