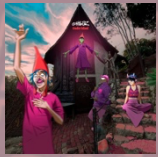




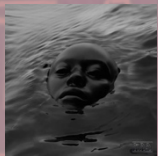
### 1. Gorillaz, *Cracker Island*



Genre: Pop. Synthpop. Electropop.  
Origins: UK  
Themes: Disembodiment. Delivery robots.  
Ari's picks: Cracker Island (feat. Thundercat),  
Silent Running (feat. Adele), Skinny Ape.

<https://open.spotify.com/album/4wtZQMNTClO79kDxMBsEan>

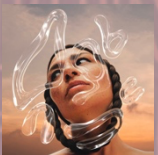
### 2. Kelela, *Raven*



Genre: R&B. Breakbeat. Ambient.  
Origins: USA  
Themes: Water. Dionysian. Queer liberation.  
Ari's picks: Closure, Washed Away, Bruises,  
Happy Ending, Divorce, Holier, Raven.

<https://open.spotify.com/album/06uhdSmIYzWRkdnAPjCRt>

### 3. Elisapie, *Inuktitut*



Genre: Folk.  
Origins: Canada  
Themes: Reclamation. Translation. Memory.  
Ari's picks: Sinnatuumait (Dreams), Californiamut  
(Going to California), Qimmijuat (Wild Horses).

<https://open.spotify.com/album/6Kw9owtgtKeyx9ISM1CEzI>

### 4. Tim Hecker, *No Highs*



Genre: Ambient. Drone.  
Origins: Canada  
Themes: Arrhythmia. Cataclysm. Catharsis.  
Ari's picks: Anxiety. In Your Mind. Glissalia.  
Pulse Depression. Lotus Light. Monotony II.

<https://open.spotify.com/album/7nKNz12BoGEYHqjmwUoC4P>

### 5. boygenius, *the record*



Genre: Pop Rock. Folk Rock.  
Origins: USA  
Themes: Relationship. Friendship. Reflection.  
Ari's picks: Emily I'm Sorry, \$20, True Blue,  
Letter To An Old Poet, Leonard Cohen.

<https://open.spotify.com/album/0e9GjrztzBw8oMC6n2CDeI>

### 6. Daisy Jones & The Six, *AURORA*



Genre: Rock. Soft Rock. California Rock.  
Origins: USA  
Themes: Heartbreak. Mythmaking. Maturing.  
Ari's picks: Regret Me, The River, No Words,  
Look At Us Now (Honeycomb)

<https://open.spotify.com/album/4ouqACcnzOvtUlnj5abyo>

### 7. Kesha, *Gag Order*



Genre: Pop. Art Pop. Dance Pop.  
Origins: USA  
Themes: Ambivalence, Resilience, Betrayal.  
Ari's picks: Something To Believe In, Only Love  
Can Save Us Now, Eat The Acid, Happy.

<https://open.spotify.com/album/5hOFWwfkEzJWpcZ4OkZPz>

### 8. 100 geecs, *10,000 geecs*



Genre: Pop. Hyperpop. Ska.  
Origins: USA  
Themes: Junk food. Trans joy. Self-improvement.  
Ari's picks: Doritos & Fritos, Frog On The  
Floor, Dumbest Girl Alive, mememe

<https://open.spotify.com/album/2XS5McKf3zdJWpcZ4OkZPz>

### 9. Mitski, *The Land Is Inhospitable and So Are We*



Genre: Pop Rock. Country Pop. Folk Rock.  
Origins: USA  
Themes: Isolation, Family, Love & Land.  
Ari's picks: I Don't Like My Mind, Buffalo  
Replaced, I'm Your Man, When Memories Snow.

<https://open.spotify.com/album/2Cn1d2KgbkAqbZCj1RzdkA>

### 10. Ari Kaplan, *Toronto Method Mindfulness Handbook*



Genre: Spoken Word.  
Origins: Canada  
Themes: Mindful Awareness, Self-Compassion.  
Ari's picks: Nonduality and Other Holies,  
Valence Paradox, Suddenly Pure, Damaged!

<https://open.spotify.com/show/3YKNnwWoChzEfwSODahEqk>