

Stefano Maroni Calls for a Return to Silence in a Noisy World

Author urges readers to reclaim solitude and community in an age of digital distraction

New York City, New York Oct 3, 2025 ([Issuewire.com](https://www.issuewire.com)) - Author and cultural commentator [Stefano Maroni](#) is raising awareness about the need for silence, reflection, and real connection in an era dominated by constant noise. Known for his essays and books on identity, immigration, and the unraveling of the American dream, Maroni is now calling on individuals to take simple steps in their own lives to create space for thought and belonging.

"I'm not against the internet," Maroni explains. "I'm against what it replaces — community, intimacy, stillness."

Studies show that the average American spends more than **seven hours a day online**, with over **46% reporting feelings of loneliness** despite near-constant digital contact. For Maroni, who has lived between New York City's urgency and the solitude of the New Mexico mountains, this paradox is not surprising.

"Silence makes me see things more clearly," he says. "The quiet keeps me honest. But I need the city sometimes to remind me of who I am."

Maroni's most recent book, *The Distance Between Us*, captured the fractures in modern belonging and was a finalist for the National Book Critics Circle Award. But his advocacy extends beyond the page. Through his Substack newsletter, *Maroni's Notebook*, read by over 15,000 subscribers, he encourages readers to disconnect from digital distractions and reconnect with their own communities.

"Belonging is complicated. Identity is not fixed. Silence is not empty," Maroni reflects. "If someone feels less alone after reading, then I've done my job."

What People Can Do on Their Own

- **Carve out 30 minutes of silence daily.** No phone, no music, no screens.
- **Reclaim physical community.** Share meals, attend local events, or simply talk with neighbors.
- **Read slowly.** Choose books or essays that challenge attention spans, not just scroll speed.
- **Reflect before reacting.** Practice pausing in conversation and online exchanges.

Maroni believes these practices are small but powerful. "Success isn't always about achievement," he says. "Sometimes it's about persistence — still writing, still listening, still surprising yourself."

For more of his reflections, readers can find his essays in *Maroni's Notebook* and his books at independent and national booksellers.

About Stefano Maroni

[Stefano Maroni is an Italian-American author](#) and cultural commentator whose work explores themes of identity, solitude, and belonging in modern America. His essays have appeared in *The Atlantic*, *Harper's*, and *The New Yorker*, and his books include *The Weight of Shadows* (2010), *Between Here and There* (2015), and *The Distance Between Us* (2021), a finalist for the National Book Critics Circle

Award. He splits his time between Taos, New Mexico, and New York City, where he continues to write and engage with readers through his Substack newsletter, Maroni's Notebook.

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