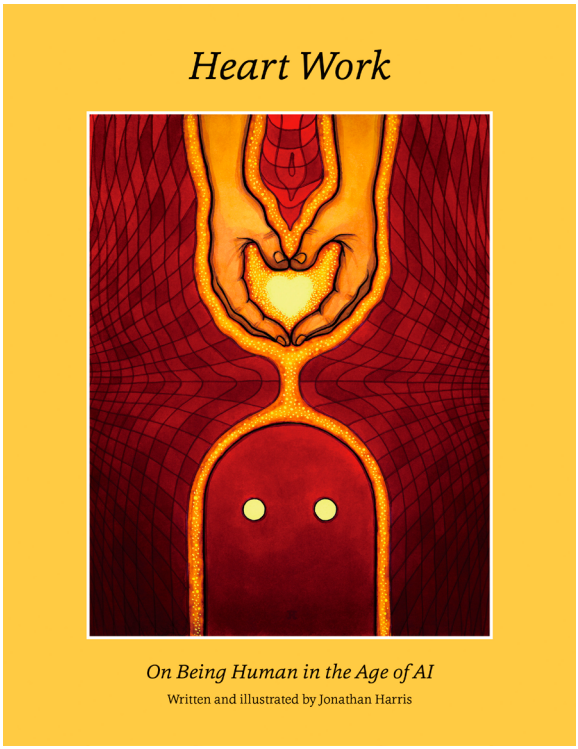


Heart Work

On Being Human in the Age of AI

Written and illustrated by Jonathan Harris

As artificial intelligence enters our world, challenging our ideas about everything from jobs to consciousness, many of us are asking ourselves the same deep question: *what is human life really for*? We wonder what is unique to the human experience, and what it means to cultivate *natural intelligence* while facing technological futures. Are such futures inevitable, as Silicon Valley tells us, or might we shape our futures differently by centering the gifts of embodied reality? Written and illustrated by an artist and computer scientist, *Heart Work* is a moving manifesto for these times — a guide to being human in the age of AI, or in any age at all.

About the book

On Sale November 17, 2026 (*Sunlight Papers*)
Hardcover, 116 pages, 55 illustrations, 8.15 × 10”
Distributed by Itasca Books / Ingram
Retail price $26.99 US / $36.99 CA
ISBN-13: 979-8992264302
Email questions to *studio@sunlightpapers.com*
Video and more: *sunlightpapers.com/heart-work*

About the author-illustrator

Jonathan Harris is an American artist known for his pioneering work with data, story, and ritual.
jonathanharris.org · *@jjhworks*

About the publisher

Sunlight Papers is a publishing studio devoted to the art of life, making illuminated works for all ages.
sunlightpapers.com · *@sunlightpapers*

“In a world of overwhelm, *Heart Work* regrounds its reader in essential human truths. It is a beautiful invitation.”
— **Krista Tippett** of *On Being*

“A book of radiance, rhythm, and radical love.
The pulse of creativity runs all the way through.”
— **Kim Krans** of *The Wild Unknown*

“The jeweled tones of people walking the earth, celebrating in song, building towering bonfires, and appreciating the moon’s shimmering reflections on a nighttime lake evoke a sense that we belong to something much greater than ourselves, reminding readers of the centuries we have coexisted while building, loving, conversing, and honoring the human condition.”
— *BookLife by Publishers Weekly*

A gorgeously hand-illustrated all-ages gift book that reaffirms our humanity in the face of AI



Retailer FAQs

A primer for partners

"A halcyon vision of life lived blissfully in the moment."
— *Kirkus Reviews* on *Heart Work*

Is *Heart Work* for kids or adults?

It's for both. *Heart Work* (like all of our books) is made to be understandable to six-year-olds, yet of equal interest to their older siblings, parents, grandparents, and teachers. We are inspired by the potential of picture books to speak to us all, no matter where in life's journey we happen to be. Our guiding lights in this regard are timeless titles like *The Giving Tree*; *Oh, The Places You'll Go!*, and *The Boy, The Mole, The Fox, and The Horse*.

Where does *Heart Work* belong in the store?

It can work well in the inspirational gift book section near the front of the store, given its timely subject matter of artificial intelligence. It can also be displayed with other children's picture books. Its official BISAC category is "Juvenile Fiction / Visionary & Metaphysical" (*JUV046000*).

Is *Heart Work* pro- or anti- AI?

It is neither. So much of the current discourse around AI swings between the two extremes of utopian technofuturism on the one hand, and apocalyptic fears of existential risk to humanity on the other. In both of these storylines, AI is seen as the central actor and framed as inevitable, and the rest of us are told we merely need to acquiesce and adapt. *Heart Work* presents a third possibility: an invitation to center what we truly value most about the human experience. By focusing on the special work of being human, perhaps we can co-create futures where the human spirit continues to flourish, regardless of what technology is doing.

What's the author's background?

Jonathan Harris studied computer science at Princeton, then spent fifteen years creating digital artworks on and about the Internet — works that were featured by MoMA, TED, NPR, the BBC, and *The New York Times*, and exhibited around the world. In 2015, he returned to his childhood home in Vermont, seeking a simpler life closer to nature. He spent the next seven years there immersed in ritual, land, family, community, and what he came to call "Life Art." *Heart Work* is an integration of his time in Vermont with his earlier fluency in digital technologies. You can learn more about his life and work by visiting his website (*jonathanharris.org*).

Can you tell me more about *Sunlight Papers*?

Sunlight Papers is a publishing studio devoted to the art of life — creating illuminated offerings for all ages. We are based in the beautiful high desert of Santa Fe, New Mexico, with its long tradition of spirituality and the arts. *Heart Work* is the first in a series of books that we will be releasing over the coming years. We also make heirloom-quality greeting cards and wall prints. All of the artwork in our publications is made by hand on paper.

Why is it called *Sunlight*?

We choose the name *Sunlight* because sunlight is something that supports us all, transcending our individual paths and unifying our different traditions. For updates on new work, please join our Substack newsletter (*sunlight.substack.com*) or follow us on Instagram (*@sunlightpapers*).