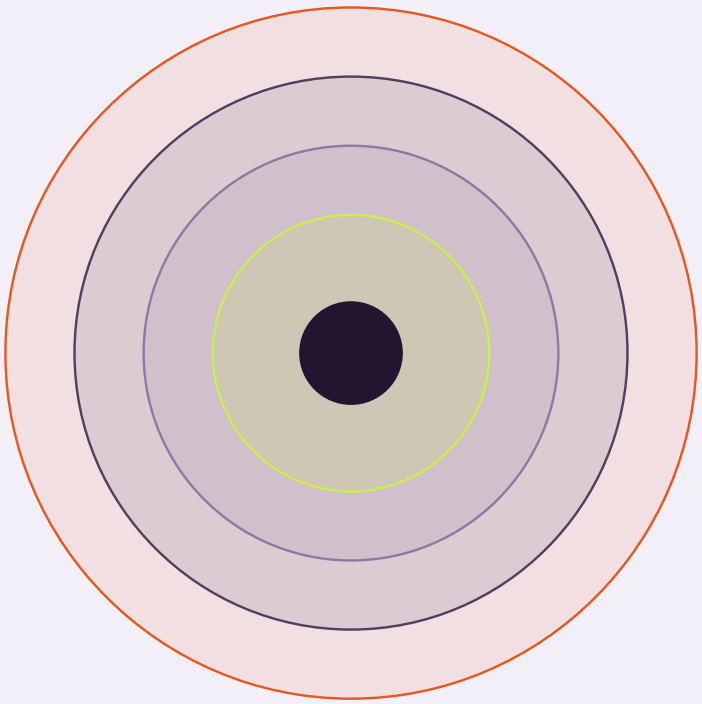


Lost in Space: 5,000 Facts for Navigating the Universe

A reading of the book by Neil deGrasse Tyson and Lindsey Nyx Walker (2026)

1. ACTION BOOK

CONTENTS

Inside this edition

The book in a minute 3

The takeaways 4

Your action book 6

Before you go 7

PART TWO · THE ACTION BOOK

The setup checklist 9

Read one page at random 10

Turn a number into a picture 11

Spend ten minutes under the sky 12

ABOUT THIS EDITION

This is HourLife's reading of Lost in Space: 5,000 Facts for Navigating the Universe, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Neil deGrasse Tyson is an astrophysicist, director of the Hayden Planetarium at the American Museum of Natural History, and host of the StarTalk podcast. He wrote Lost in Space with Lindsey Nyx Walker, StarTalk's senior producer and head writer, and National Geographic published it in September 2026. The book is a guide to the universe told in about 5,000 short facts and more than 300 charts, maps and photographs, covering telescopes, space missions, the night sky, planets, moons, exoplanets, stars, galaxies and the periodic table. Its method is the one StarTalk uses: a fact earns its place when it surprises you, makes you smile and connects to something you already care about, so many entries lean on everyday comparisons, films and humour. It is made to be opened at any page rather than read straight through.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

A fact sticks when you tie it to something you already care about.

Tyson says the facts were picked by asking three things: is it tasty, does it make you smile, and does it connect to something the reader cared about before opening the book. That is why so many entries lean on films and pop culture. His favourite example in interviews is the Hulk: grow a person that big without adding mass and he would be about as dense as a beach ball.

2 HOURLIFE TAKEAWAY

A number means little until you stand it next to something familiar.

Saying the Sun is 1.39 million kilometres across gives you nothing to hold. Saying about 109 Earths would fit side by side across its face gives you a picture you can keep. The book puts cosmic sizes next to everyday ones again and again, because the comparison is what you remember.

3 HOURLIFE TAKEAWAY

Gravity changes what you weigh, not what you are.

Your mass is the same everywhere. What a scale reads depends on the pull of the world you stand on. Someone who weighs 150 pounds on Earth would read about 380 pounds at Jupiter's cloud tops and about 25 pounds on the Moon.

4 HOURLIFE TAKEAWAY

Big does not mean heavy.

Saturn has about 95 times the mass of Earth, yet its average density is lower than water's. In a bathtub large enough to hold it, it would float. The book uses pictures like this to make an abstract word like density stick.

5 HOURLIFE TAKEAWAY

When you look up, you are looking back in time.

Light takes time to cross space, so the sky is never live. You see the Sun as it was about eight minutes ago and the Andromeda galaxy as it was about 2.5 million years ago. A guide to the sky is also a guide to the past.

6 HOURLIFE TAKEAWAY

You are made of the same stuff as the stars you are reading about.

Apart from hydrogen, most of the atoms in your body were made inside stars or thrown out when stars exploded or collided. The book gives the periodic table its own section. Read it with that in mind and a school chart becomes a record of where your carbon, oxygen and iron were made.

7 HOURLIFE TAKEAWAY

You do not have to read it in order to learn from it.

Tyson describes the book as one you can open at any page and find something you had never thought about. Short entries make starting cheap. A few minutes a day with a book like this adds up faster than a long read you keep putting off.

8 HOURLIFE TAKEAWAY

Imagination and science have always borrowed from each other.

Frank Drake's Project Ozma, the first organised radio search for signals from other civilisations, ran in 1960 and took its name from the princess in L. Frank Baum's Oz books. Stories hand scientists names and questions, and science hands storytellers new worlds.

9 HOURLIFE TAKEAWAY

Every big fact about space began with someone building a better instrument.

The book covers telescopes and space missions alongside planets and galaxies, because what we know depends on what we can measure. Behind every space headline is a mirror, a detector or a probe that someone designed and launched.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Make your planet passport
- [ ] Find your nearest dark sky
- [ ] Put a sky chart in your pocket
- [ ] Start a fact notebook
- [ ] Pick one mission to follow

KEEP UP DAILY

- ◯ Read one page at random
- ◯ Turn a number into a picture
- ◯ Spend ten minutes under the sky

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Make your planet passport

Enter your birth date and weight in the passport on this page.

Note your age in Mars years, then put your next Mercury birthday in your calendar.

MY VERSION

DONE ON

- [ ] SETUP 2

Find your nearest dark sky

Open a light pollution map for your area and pick the darkest spot you can reach in under 30 minutes.

Save it in your maps app for the next clear night.

MY VERSION

DONE ON

- [ ] SETUP 3

Put a sky chart in your pocket

Install a free star chart app or print this month's sky chart.

Use it to find three things: the Moon, one bright planet and one constellation.

MY VERSION

DONE ON

- [ ] SETUP 4

Start a fact notebook

Give a notebook or notes file one page per subject: Moon, planets, stars, galaxies, missions.

When a fact surprises you, write it down in your own words with the comparison that made it stick.

MY VERSION

DONE ON

- [ ] SETUP 5

Pick one mission to follow

Choose one active space telescope or probe and bookmark its official page.

Note what it is built to measure and why that matters.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Read one page at random

Open the book anywhere before bed and read one spread.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Turn a number into a picture

Before you share a space fact, find an everyday comparison for it: a bathtub, a bus, a football pitch.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Spend ten minutes under the sky

Once a week, step outside after dark, away from screens and bright lights.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

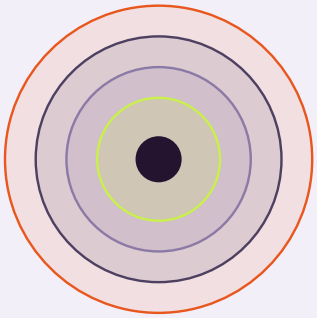
MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The universe is too big to read straight through. Open it anywhere, keep the fact that makes you smile, and go outside and look up tonight.

HOURLIFE NOTE AFTER NEIL DEGRASSE TYSON