

## **How to Live a Better Life**

People have the wrong thought and assumption that somehow... having more money will make them live a “more” better life. This is not the case.

Here this is where critical thinking, physiology, practical thinking comes into play. I think if your true goal is to live a better life, you gotta think about physiology, environment, life in general, not money.

### **The sun?**

Probably the greatest realization and discovery that me Cindy and Seneca had recently was the discovery of the California science center, taking the metro, and being able to access it all simply while jumping on the metro, not having to drive at all. The reason why this is such a big deal is that Truth be told, this life workflow has brought 1 million extra joy to my life.

Why?

First, there is all this talk about cities of the future etc., and the truth is taking the metro, will indeed provide you with a “better” life.

How and why?

First, contrary to the traditional antisocial behavior modernist line of thinking, the truth is people are actually much happier when they are kind of surrounded by people, or at least adjacent to other people.

For example, when you’re on the metro, being able to just be surrounded by other human bodies is actually strangely comforting, fun, and even the last few times that we have all taken the metro together, we had discovered some really cool people! Small talk, meeting new folks has been extremely uplifting.

Second, physiology. Thought to myself; we know that is bad, and that is good... I thought of this invention of a standing car. We have standing desks, walking treadmill desks, why not the equivalent for transportation?

Surprisingly, it exists! The metro!

When you're riding a metro, you could be straight up, and even walk around the cabin. The reason why this is so useful is that your physiology has improved by 1 billion x.

Also, thinking about your kids; kids love the metro! Actually which is funny; adults, we all dream about owning a certain type of car, but, kids don't really care about ownership; they care more about experiences.

For example, the first time we jumped on the metro from the Culver City station, it was probably the most joy I've ever seen in Seneca's face and his life.

Why? When we are walking around the metro, he always sees the metro going around, but I don't think he actually really knew you could actually go on it. And once he is on it, it is so exciting and fun!

First, it is actually really really fast. A lot faster than driving, even if there is no traffic, which is an impossible in Los Angeles, even on Saturdays and Sundays.

Second, you get a really really cool elevated view of Los Angeles. I find it actually really exciting to jump on the metro, because what we have going for us in Los Angeles, is that our metro is above ground, which means that we are not trapped underground like the mold people in New York City. I think the reason why people don't like the metro in New York City is that you have to go underground, in Los Angeles, it is all above ground, which means that you get lots of natural light, and great view of the city.

## **what is the purpose of human beings?**

I think this is the question which has plagued flossers for thousands of years. The truth is that we are here, this is a fact. Now what?

A lot of these loser existential philosophers wonder, *why* are we here?

I believe that this line of thinking is a waste of time. Much more productive to consider, now that we are here, what should I do with my life?

I think most people approach life the following way:

*How do I progress through life with a minimal amount of pain, sorrow, and suffering... and maximize my base pleasures?*

For example, people do the pain in the sorrow of modern day living with painkillers, antidepressants, marijuana, television and media, music, podcast, going to festivals, going to burning man, psychedelics, alcohol, drugs etc. Modern day soma.

## **Ideas**

First, the simple thought is in regards to transit, getting around, tried to figure out whether you could do it all while standing, or walking, etc.

Even my critique about riding a bicycle is that it forces you to sit. Anything which forces you to sit is bad.

Second, think the sun. I watched this insanely inspiring IMAX film at the California science center with Santa and Cindy, called deep space, and the general thought about it was that the sun was the epicenter of all life at least in our galaxy.

And then the turbo thought I had:

*Think Heat.*

We also saw the Leonardo da Vinci exhibit, and he attempted to create a perpetual machine, but as we all know, it is impossible and it doesn't work and it feels because much of motion is actually lost to heat.

Which made me think, is motion, power, life, just heat?

Even one of the easiest modern day ways to make your life better is to crank up the heat! I find that people have this foolish optimization in life in which they subject themselves to terrible cold in order to “save money”. But don’t these fools realize that converting your money into heat, for your home is probably the wisest trade?

Therefore, ways to heat up your life include creaking up the heat at your house, doing hot yoga, or investing in insulation for your home, or just wearing insulated clothes. For example set up buying a new BMW or Tesla, just buy a brandnew Canada goose jacket!

### **Food?**

The difficulty with prices is that it is all framing.

For example, the big issue with apps, digital things that nobody wants to pay money for an app. Or a game. Because it is digital, we all think and hope and wish that it should be free. Why? The reproduction of digital things are technically free, but The big issue here is that the cost of production and maintenance is high. As a consequence, nobody likes to pay for digital things.

This is here where the subscription model has become interesting; I think people are actually more willing to pay for a subscription than to actually pay for a digital good.

### **The halving!**

The bitcoin halving is happening very very soon, on April 20. Don’t be left behind.

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## **Finance thoughts?**

What is it that people in Los Angeles, the Bay Area, California, or whatever like to complain about or comment on? The cost of living.

For example, rent, rent prices, as well as buying a house, homeownership, single-family homes, condos etc.

As of now, I still think it is wiser to rent a more expensive place in an insanely desirable neighborhood, with the ultimate 100% walk ability score, then on a home, even a very good home in a non-walkable area.

Why in terms of your personal happiness, walking is insanely positive for your happiness. The more you walk the happier you will be.

## **Food**

Grass fed beef, grass fed ground beef, they sell them at Costco for really cheap! Get the grass fed ground beef patties, in the frozen owl at Costco. Probably the best deal on the planet. Why breast fed beef? From a practical perspective, naturally cattle consume grass, not corn. Therefore, the real thought is if you consume cattle that was naturally fed grass, as nature intended it, shouldn't it have superior nutrition, which will better nurse issue in terms of your overall health, well-being, how will you sleep, your energy levels etc.? Don't be like one of these foolish people "calories ", consuming 2000 cal of Twinkies is different than consuming calories of ribeye steak or bone marrow.

## **Scientism**

True science is critical thinking and first principles thinking.

For example, a true scientist is not foolish enough to believe calories in calories out, the insanely foolish idea that somehow the average human being "burns" 2000 cal a day, and if one keeps their calorie consumption to below 2000 a day, somehow he

or she will not get fat.

The reason why most scientists are foolish is that they think scalar, numbers in numbers out, rather than dynamics.

The truth about that, getting fat, pudding on post fat tissue is it has to deal more with hormones, insulin levels, sugar and starches then it does with calories.

Also, I think the whole thing about protein overblown. I think actually, if you're true goal is to put on muscle mass, and to become more muscular and dominant, the true goal is actually cons more dietary cholesterol, and beef liver, organ meats, etc.

For example, loser Bill Gates is trying to get all of us to eat less meat, to consume more of a "plant based" diet". But let us consider what he looks like, just google it, Google images what Elon Musk tweeted "the quickest way to kill your Boner"-- (picture Bill Gates, with his obese morbidly obese stomach jutting out. )

## **Sleep**

What is my definition of maternity, or the modern day man?

*Somebody who trades his or her health for money and productivity.*

For example, anybody who sacrifices their sleep in order to finish their work relay tasks, or to be more productive, is a slave to this system.

My very very very simple suggestion is when you get home after work, or when the sun goes down or whatever, turn off your devices 100%. Turn off your phone, all the way off, turn off the iPad etc.

Instead, the best way to wind down in the evening is take a really really hot bath, or take a really really hot shower, read a book or whatever. Try to hit a new meat PR, a new meat personal record, how many pounds of grass fed ground beef can you consume in one sitting?

## **Media is toxic**

I've also found that one should have a strict cut off time for consuming media. My funny thought is actually the best time to consume me any sort of media, watching a movie or Netflix is actually first thing in the morning. Why? Media is insanely stimulating, and will disturb your sleep, Because a lot of these plot lines in these shows and boobies keep your brain running even late at night.

If you want to watch a movie or show, do it while drinking or consuming your morning coffee.

## **Anti screens?**

The other day Cindy Seneca and I visited the Tesla store in Santa Monica, and some thing I never realized:

*Looking at the touchscreen LCD display in a Tesla at nighttime really hurts your eyes.*

That alone made me think, because sensitive to light, **never buy a Tesla.**

Even one surprising thing that I personally love about my 2010 Prius is that there is no glaring LCD screens. And also you could easily turn off the display if you want to. I am a tech whiz, but I couldn't intuitively figure out how to dim the screen of the Tesla LCD screen; Not good.

## **iPad is bad for kids?**

Send because now three years, one month old, and I am actually very very happy that ever since he was born, he has never watched YouTube, any of these dumb shows or whatever. As a consequence, he is not subjected to any media.

The only apps I consider good for the iPhone or the iPad is GarageBand, switch playgrounds on the iPad, and more recently, I'm a big fan of the poly bridge 2 app; Seneca loves the physics.

However ultimately, at times I'm considering just throwing away my iPad Pro in the trash. Why? Even when he is doing something "educational", like learning about physics on the iPad, he is static and still, and actually a big problem about kids on an iPad is when they are so focused on it, they will often pee in their pants, they forget their bodily controls.

Airport, my suggestion is if you're going to be a new parent or whatever, the simple thoughts:

1. Never buy your kid an iPad, a stupid Amazon tablet, whatever.
2. on your iPhone, never install the YouTube app, uninstalled it immediately. It is like giving your kid heroin.
3. On the iPhone, the only app you should let them play with is GarageBand.

## **The real world**

At the age of 36, looking back at my childhood, my only regrets is how much time I wasted watching TV, and playing video games. The truth is only reason why I played so many video games to watch so much TV was that my mom was at work all day, and my dead dad was just watching TV all day, so I had no parental supervision, overseeing, Nobody to guide me in real life.

As a consequence, my number one tip is the best way to be a good parent is when you're with your cat at the park, turn your phone all the way off, and just lock it in the glove compartment before you go out to play. Or when you're at home, once again turn your phone all the way off.

One idea I am actually very committed to is I will never buy Seneca an iPhone, not even in high school. If you ever wants one, I'll just tell him to get a job and buy one himself.

Maybe if he somehow doesn't need a phone down the line, I will buy him a phone.  
Or just try to schedule in such a way that he doesn't need a phone.

### **The future is physical**

whenever Seneca plays well at the park, is running around good, going on hikes with me etc.... I feel overjoyed. The days I feel bad is when it is raining outside, and we can't go out.

Ultimate privilege of any child or human being or adult is the privilege of being physical. The privilege of walking 30,000 steps a day, the privilege of interacting in the real world. Let us think, if you're real life was an RPG, would you want to be stuck in your apartment all day, or conquering the real world?

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