

Secrets of Happiness

So I might be the happiest human being on the planet. How and why? Some honest thoughts:

First, I think this is like an insanely huge one, the criticality of this new big thought: trying to get 12 hours of sleep a night. At first I think a lot of people thought I was kind of crazy to suggest but in fact, it appears that another extremely unorthodox and successful person, Pavel who found a telegram, I just watched the full four hour interview with Les Fridman, which was like probably maybe the most number one interesting interview I've experienced of all time.

A very interesting thing about Pavel is that for the last 20 years I think he just turned 41, he has not owned a phone, like myself, he has not taken any drugs painkillers pills sleeping aids, has also totally abstain from alcohol and coffee and caffeine, and he allocates around 11 to 12 hours of sleep a night. What's interesting is that obviously you will not always sleep 11 to 12 hours, but, to simply allocate your life around it, and plan for it is a good idea.

So a new life hack that I've been doing is trying to set nighttime at 6:30 PM, get Seneca to bed, and typically all fall asleep at around 8 o'clock or 8:30 PM. The best days are when I wake up again the next day like today at 8 AM, and after 12 hours of solid sleep, straight, it's like kind of amazing and phenomenal. I probably wake up three or four times in the night to use the bathroom, but I'm able to fall back asleep. Today, waking up to the beautiful LA morning sunlight, was like the most glorious magnificent way to start the day of all time.

So if you just do the math and start to work your way backwards, I'm kind of insanely grateful for Seneca because honestly... Before you have kids there is no real good reason to go to sleep early. And as a consequence, we normalize strange sleep behaviors as normal thinking that even midnight this early. Noah does not that is insanely late. A new thing that I've been doing is I never make any evening obligations past 5:30 PM, as once again... I tried to aim for Seneca's bedtime to be around 6:30 PM, and obviously we don't always fall asleep at 6:30 PM but still setting that margin or that target is much more centering.

A lot of people cannot fall asleep at night, which is understandable. My practical and pragmatic that is because most people just simply do not or cannot get enough physical activity outside in the grand outdoor outdoors enough in a single day. As a consequence you're not physiologically tired enough talk to you fall asleep like a sack of rocks.

So my simple suggestion is extremely simple, try to structure your life in which you can maximize physical output and activity in a single day.

First idea, purchase a 60 pound weight vest from [Titan.fitness](#). I'm like literally wearing it all the time, all day every day, whenever I'm walking around the block, walking around town, we're going on hikes. It's like Goku in the gravity chamber, after wearing it enough, you even forget that you're wearing it. And as a consequence, your whole body will strengthen in a good way.

Second idea, this is actually extremely easy, it may be more difficult for women if you're going through menstrual cycles, but for men it's like super 100% easy. Intermittent fasting no breakfast no lunch only dinner, and when you break your fast for dinner time, try to eat 4 to 6 pounds of meat, like 2 to 3 kg of red meat, Lamb, lamb ribs, beef ribs, I don't really like pork or chicken. Beef liver, I think Whole Foods actually has frozen beef liver 100% grass fed in the freezer now, eggs, yolk included. Often when I do not have enough beef or ground beef, I prefer 80%, I will load up on eggs like 12 to 14, yoke included. And the truth is **the more dietary cholesterol you consume the better, as dietary cholesterol which is highly abundant in organ meats like beef liver, is essentially a natural steroid.**

No no no consuming cholesterol doesn't cause heart disease, we are now starting to finally figure out that actually what causes heart disease heart attack attacks, stroke is actually over consumption of starchy vegetables sugars, even another interesting thought is that the fake sugar in Coke zero still causes insulin spikes similar to consuming real sugar, which will increase your adipose tissue (body fat), and also lead to bodily metabolic dysfunction which once again causes heart attacks.

Long story short, the Coca-Cola industry as well as the sugar industry which has enormous lobbying power, much more than the beef or egg industry, try to hide the blame that in fact sugar is causing people to become really really fat and sick and

die of heart attacks, and try to cast the blame on red meat and eggs and dietary cholesterol.

To people who say that eating meat is bad for the environment, my simple suggestion is if that is the case just consume organ meats which is typically just thrown away. Just consume Beef heart, beef liver, beef intestines, etc.

weightlifting

World and planetary record alert: fun fact, at 71 kg, 180 cm tall (I'm 5 foot 11 inches tall), from my ghetto backyard second parking lot gym in LA I rack pulled 678kg, (1,495 LBS), which is this kind of ultra super insanely turbo mega ground shifting event, a total paradigm shift in which I literally lifted 9.5x my bodyweight. And the hilarious thing is I do it while fasted, and I don't even consume protein powder or creatine, just black coffee and tapwater.

The secret is achieving the ultimate leverage of using a weightlifting dip belt, and having some sort of strong nylon or a chain, wrapping it around the center of the bar, so you get additional hip leverage, and then just getting some simple dead lifting straps from Amazon, and the big secret is for the barbell, to elevate it at around hip or waste level so the distance the bar needs to move is only about one or 2 cm.

The very very simple ethos or thought I have:

lower the range of motion, increase the weight.

For example, it is better to move 1000 kg or 2000 pounds for half an inch, rather than Moving a 1 pound dumbbell 1000 times.

or, it is better to rack pull 700kg for half an inch rather than two dead lift 300 kg from the floor.

why?

I think a highly underrated thing for men, especially as men is acts of physical courage. Especially when I first atlas lifted 1000 pounds at my local gym, of course the number one concern I have like breaking my spine or my back or something in my body. Or breaking the equipment etc.

But **I think the number one virtue of a man is to simply attempt something that you are not 100% certain whether you will succeed or fail, but still, giving it your thousand percent effort, and going for it.**

The funny comment I got from a lot of guys at the gym, who were essentially befuddled why I am so much stronger than them, is telling me “be careful”. And the hilarious point is that actually that is the truth. What you do not see on video is that I spent about an hour warming up, progressive overload, and **I’ve actually integrated some hard-core yoga like calisthenic type of dynamic warm-up exercises in which I do a pigeon pose with a 45 pound plate.** also, spending a lot of hip strengthening exercise exercises with my 105 pound kettle bell, while also doing “skin the cat” exercise exercises with my wooden gymnast rings with my 60 pound weight vest on, and also doing dips with it. A new thing I’ve been doing is with my 60 pound weight vest on, using my dip belt in attaching my 105 pound kettle bell to it, which is an additional 165 pounds, and doing chin ups and dips with it on my wooden gymnast rings. Once again you just buy this all super cheap either on Amazon or [Titan.fitness](https://www.titanfitness.com/)

the ultimate number you could lift or the body weight ratio doesn’t even really matter, **what really matters is witnessing your progress and progression.**

For example if you’re passion is lifting weights, or powerlifting hypelifting, strong man whatever, it doesn’t matter whether you could lift 100 or 1000 kg, **you just want to see number go up.**

So for example, if today you could lift 678kg, ideally the next time around you would want to lift 688 kg, then 700 kg then 800 and 900 and so on.

Then, the primary question at hand is how do you actually achieve it?

And once again this is where technology is interesting, and essentially **technology is just leverage**.

So once again, when you hit a certain wall in which you cannot lift more, the best way to innovate is not by taking steroids or whatever but rather, switching up your form technique approach, being very creative and clever.

For example, there was a certain point in which I couldn't really progress much in terms of how much I could squat, or dead lift off the floor, so as a consequence, I just started experimenting with funny and new theories and strategies. The big one was first my Atlas lift, in which I innovated idea that in fact, having to do a full squat is kind of pointless. It's better to just load up the barbell with 10 plates on each side, and see if you could just use your shoulders to unrack it for half an inch, and put it down, rather than doing the whole tedious Unracket it, walk it out, squat, walk it back etc.

then, my next innovation was rack pull. Sent this is what I discovered and uncovered, doing deadlifts off the floor is like really good for short guys, but not good for tall guys like me, I am 5 foot 11. And also, the only reason why doing a dead lift off of the floor is even the thing is because of competition. But the reason why this type of competition is poor is because all these guys are taking steroids and juicing out their eyeballs, in fact, I think powerlifting might be the only sport in which it is not really considered strange to take steroids it is standard.

Once again said bluntly:

all competitive powerlifters take steroids.

And it's not really considered a big deal, it's like giving every single school child a pencil.

So then comes the bad ethos, you're at the gym feeling bad about yourself because you see all these other dudes benching squatting and dead lifting a lot more than you ... or guys on TV or YouTube. And once again, you may or may not know that these guys are on steroids. Assuming that you're 100% natural, like I am, why would you lower your self-esteem or self-confidence comparing yourself to guys

who take steroids? Kinda doesn't make sense. It's like the Fox who was jealous of the crane for having such long wings. Or the goose being jealous of the peacock for having such wonderful feathers.

The future

So I just stepped into an Apple Store the other day, and saw the new high visibility bitcoin orange iPhone Pro, which actually, I think Apple and the Apple team the Apple design camera team essentially caught inspired by my idea as I first wrote on my blog about either a year or a year and a half year ago,,, encouraging Apple that the next iPhone Pro should be some sort of like high visibility Matte orange, like bitcoin orange?

THE NEXT IPHONE PRO MUST BE LIKE SOME SORT OF HIGH-VIZ ORANGE?

And also interestingly enough, all the way back since like 2017 2018, I've come up with a concept of the iPhone Air to just make it as soon as possible and also more interestingly enough, just having it be a single lens.

But anyways, regardless, holding and touching the devices, in my hands, my primary thought is that these devices no longer have soul, and are not sexy anymore. Surprisingly even the casual potential customers in the store, also seemed very unimpressed.

Also, just a normal iPhones, the colors are like insanely ugly?

My new vision for the next normal iPhone:

make it insanely hot super turbo hot pink!

But anyways, the future is not in just buying the next iPhone, or even the next Tesla. I stepped into the Tesla store at Century City, Inside the new Tesla model S Plaid, in Quicksilver, insanely super turbo cool kind of perfect. But still ironically enough, I have more pride in my gangsta 2010 Prius, with my 3M 2080 carbon fiber vinyl wrap, and the red dragon fire wrap, ... then even the most well designed car in the dealership.

That's also another big thing I've discovered, **the pride in doing things yourself.**

For example, assuming you live in LA, the truth is you are your car. My funny quote:

tell me what car you drive and I will tell you who you are.

Anyways, my thought is it is better to take some sort of ghetto junk car, and just wrap it yourself, [Metrorestyling.com](https://metrorestyling.com) and the 3M wrap (<https://metrorestyling.com/collections/3m-vinyl-wrap>), and essentially designed your car yourself. The new ethos I have is that **it is better to be flashier and more loud than to be boring.**

Social courage

Another observation that I've made is that all these people who seem to be antisocial, the truth is they are not antisocial. Rather they are just cowardly.

So it is your turn to be the glitch, to disrupt the social norms. To just smile and wave high, goes a long way.

In order to be more social it is very easy, throw away your baseball cap your antisocial dark tinted sunglasses, shave your beard, get rid of your facial hair, Throw your AirPods into the trash, and keep your iPhone in the backpack. Just practicing saying "hi!" to people and making small talk. and honestly maybe it's better to just start talking to young kids, they are like much more entertaining to talk to than their typical boring parents.

Being less lonely

Another big secret to life I think is that it's like super simple, get married have kids, ideally have your mom or grandparents live with you.

My mom was with me like for about a month and a half, and they'll obviously having more family members causes more friction, the truth is, it is a lot less lonely having family members around. And honestly, it's better to butt heads, and have friction with your family than to be lonely without.

The truth is a lot of people in LA are just like insanely lonely. I think the reason why people watch so much television is actually to allay the feelings of loneliness. Consider every single TV show out there or movie has to deal with human beings, human social interactions. From a sociological perspective this is evident.

Now the problem is having some sort of dog will not fix your loneliness because it is just a dog. Humans ultimately crave social interactions.

The reason why we love going to the beach, and seeing all these happy people playing beach volleyball or whatever, is we'd love to see other humans, be around other humans, an idea ideally, it is best to be happy around other human beings who are also happy.

The problem with a lot of modern day life is that it is no longer Social because everyone is stuck in a box and in a cube, with AirPods in.

Technology is not to blame, but the fact that people have to work for a living.

my simple thought, if you truly were to be happy, just put yourself in your family on a bitcoin standard, once you no longer have to work anymore, we don't have to work for a living, then you could truly be happy.

And it doesn't really matter what your job is, just try to save as much money as possible and just buy bitcoin or MSTR. MSTR is more risky but has 2X the performance of bitcoin. **Bitcoin has no risk, but less performance than MSTR.**

Just use Coinbase to buy bitcoin, and you could just use your traditional stock trading app to buy MSTR.

It's funny I'm like 37 years old, and I've been retired since I was 27, so maybe the reason why I am so happy and jubilant is in fact, I don't really have to work for a living anymore. And technically, I've been self-employed since I was like 22 years old, I've only been employed for 10 months of my life. **So maybe a lot of people,**

the reason why their souls no longer exist is because of the corporate grind?

Doesn't matter if you're earning \$2 million a year at Apple, or \$900,000 a year at Amazon, or \$1.2 million a year at Google, **as long as you have an employer you'll never be happy.**

If I were a single tech worker, with a good salary, what I would do would be insanely simple: I would just assuming that I want financial independence or freedom or fire, is that I just downgrade my living situation, so I could just spend like \$800 a month in rent sharing a bedroom with somebody, having no additional expenses never eating out, and just like literally saving 99% of my wealth, and just putting it all into MSTR. I think any intelligent person who does this, should be able to retire within four years. Even if you are early 20s, early 30s or early 40s.

If you want to be more conservative, similar situation just put everything into bitcoin.

what next

what a time to be alive!

So my first thought is **AI is like the funnest most interesting toy of all time.**

I had to start with Seneca and his toys, kids all have toys, like little trucks and stuff, yet as adults, we still like toys but we tend to spend too much money on cars, Apple stuff, etc.

To me AI is like kind of the solution because A, it is way cheaper. even if you have the \$200 a month ChatGPT pro, I'm essentially running deep research mode all day every day, even I maxed it out on the pro plan, is that I'm actually not really interested in the answer but I'm interested in *how* it thinks or processes stuff. The answers are also interesting.

a lot of people complain how it creates misinformation and it is true. But, **it is better to use AI, create the misinformation, and figure out how the misinformation was created in the first place, to analyze the world around you.**

I'll give you example, for some reason sometimes ChatGPT thinks I am only 5 foot six, when in truth I am 5 foot 11. The reason why it said it because it's awesome some random YouTube thumbnails of me, at a strange angle, which made me look shorter, so it said that I looked short?

Also it might be some sort of racism thing here going on. I think there is a bad reputation of Asian men being short, so even when I would meet a lot of people in real life, a lot of people would tell me that I look a lot taller in real life than they thought I was. Also fun fact, do you know that Kim Kardashian is a midget she's only like 5 feet tall? Kanye is like maybe 5 foot four, Kendrick Lamar I think like 5 foot one, Jay-Z is surprisingly tall he's like 6 foot two. I've been more interesting I think Donald Trump is also like 6 foot three? His son is like almost 7 feet tall?

It's difficult to ascertain the confidence of somebody until you have seen them in the flesh, standing next to them. In the sad truth is that for men, if you are a Shorty guy, like Eminem, or any of these other rappers, you will never have high confidence.

I only trust the confidence of tall men. And also Elon Musk is like surprisingly really tall too, over 6 foot tall.

Bitcoin

If I could promise you that I can make your family super rich and happy forever, I never have to work ever again... Would you say this is like the biggest blessing of all time?

Once again it's super simple, bitcoin is the answer.

The tricky thing is, perhaps I should do a workshop on it or write a book about it is that **I really think that bitcoin is like at least 99% balls and courage.**

And also the funny thing is **it is a feature not a bug.**

Also the fact is, this is also very rare contradictory, the volatility is what fuels the performance.

For example, a Ferrari or a Lamborghini is highly volatile, but that is what makes it so desirable. Kobe Bryant, LeBron James, Michael Jordan, all of them were highly volatile, but this is what made each of them the greatest. I'm also sure that Messi and Ronaldo are both very volatile people.

I get it, I'm only human as well. And this is why I never check stock prices or bitcoin prices on the daily. In fact I actually never check prices, I only accidentally see the price accidentally through Twitter or accidentally. Or I'll see it when I need to execute a buy order a sale order or some other bitcoin custodial things.

We humans are highly highly highly emotional, and the secret then is, **don't own a phone.** or if you're going to have a phone like myself, have the cheapest one. I still have the \$300 iPhone SE, even though I could afford like 1 trillion of the best ones. And then the secret is to have all notifications disabled except for FaceTime, to communicate with your wife and family members.

And then delete all social media, all of it is unnecessary. **I actually think that social media is worse than crack cocaine, because it damages your most valuable asset, your social self-esteem.**

Now what?

I believe that true happiness is physiological. Sunlight, sunshine, being in nature. Do you know that I am a Boy Scout Eagle Scout? Being a nature could be one of the biggest blessings, **a hike a day keeps the doctor away.**

Sunlight is also critical. I literally tried to spend as much time humanly possible helpless in the sun outside when there is any sun. And when it is cold, I still wear a sleeveless shirts, sleeveless vests, to maximize my sun absorption bodily ratio. And I wear shorts all year round.

vibram 5 finger shoes

I have a theory that there's actually more intelligence in your feet than your fingertips. Having the view and five finger shoes is probably the ultimate happiness hack that nobody else knows. why?

First it will cure like 100% of your foot problems. Get the "EL-X" knit model, the most minimalist version is best. Literally within like two days it got rid of my plantar fasciitis, same with my mom. my mom had all this foot pain and I bought her a pair, and it went away in like two days.

fresh air?

I've begin to become very very astutely aware of the fact that when I am in an enclosed building, my brain starts to shut off. Same thing as when I'm driving in the car with the windows up.

Asian people know this, that fresh air and flowing fresh open air in your house is like one of the keys to hygiene and health and well-being. Yet in America, we all have the same air purifier we get from Costco, and there's all this fear mongering about how the air is trying to kill you.

No no no the air is fine in fact it's like probably 1 trillion times better for you than you think it is.

And also no no no, the fluoride in the tapwater will not make you die.

Yeah no no no, the fluoride in your toothpaste is not going to hijack your brain via the 5G Bill Gates device.

I think the thing that's really hilarious is that technically I'm like the most naturalist conservative, conservation list, all American, USA Boy Scouts of America, Eagle Scouts of all time. Yet **99.9% of this environmental nonsense is ridiculous.**

Essentially you just have to follow the money. Or follow the politicking. Figuring out who has political or social or economic gain, even apparently I learned from the Donald Trump Joe Rogan interview was there are a lot of inspectors who get paid

large sums of money to do “environmental reports,” it’s essentially kind of like environmental patent trolls.

And no no no, the Earth will still be inhabitable 100 years from now. Once again there is so much environmental fear mongering that happens, the earth will be fine.

In fact I read this interesting taoist text, stating, that actually in fact, it is a bit presumptuous that we humans think that we could even damage even if we wanted to.

Insanely hyper turbo mega best life ever!

People who criticize it either don’t use it and or don’t understand it?

anyways, more turbo thoughts to come!

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