

Hormones & Motivation

Motivated by hormones?

So I have a pretty big idea: the general idea is that, more so than we know it... We are heavily motivated by hormones, whether hormonal responses to the direct sun, sun exposure... Maybe to the extreme heat and cold, hormonal responses being around other human beings, hormonal responses from films media video games music and even art artwork colors... also from photography street photography? Also responses from AI, market news and price movements, etc?

Why this matters

I think trying to crack the motivation code is very very interesting and tricky, like for example... I've discovered one of the greatest epiphanies is... In any sort of insight or clarity that I get after one rep Max lift attempt... is perhaps the best way to approach things. For example, **I try to avoid doing any market or bitcoin related stuff, until after my workout and lift.** why?

First, in terms of market movements whether up or down or whatever... Market sentiment... I almost feel like it is 99% hormonal. And **perhaps the secret of longevity as an investor is... Not letting hormones hijack your investment strategies or tactics.**

For example, if you are a Zen investor... In the ideal world, if the price goes up or down you are mostly indifferent or unchanged. And the tricky thing is, and this is a stoic principle,,, to both... Not to become too dismayed when the price goes down, but also... **Not feeling too much joy or euphoria when it goes up.** Why? Then the hormonal trap becomes this:

you become an emotional and hormonal slave to the markets.

In some ways ideally you almost never look at market news or prices... And you just dedicate your time and your efforts to weightlifting, philosophy, writing reading and thinking etc. And your investment strategy could just be “set it and forget it”.

Why this matters

I think, everything we know about hormones in terms of motivation and reward what not... Is probably very oversimplified. For dopamine serotonin cortisol whatever. I'm sure like 300 years from now, we're going to discover and uncover there's like at least 1000 more hormones involved to motivation movement, being outside etc.

Anyways, the first principle I think is, bodily movement and engagement with the world, the desire to lift weights, be happy joyful and gay, to be affable and Social, to love the company of others and being around others, to be a productive happy artist, writer and pinker... To always feel glad and full of vigor during the day, sleeping deeply at night, waking up the next day feeling refreshed.

hormonal foods

My new thought is, in terms of how we prioritize our food and diet... It seems like the only logical strategy is to prioritize foods which boost your hormones like testosterone, which is probably beef liver, to essentially consume more organ meats, dietary cholesterol etc. And to not consume anything which hijacks your hormones like sugar, simple starches, fake artificial sweeteners, other weird stuff.

sleep and rest

If you think about your body like you're a cyber truck or an iPhone... Perhaps the best way to recharge is, to just take a power nap and prioritize your sleep! For example, I wonder if the big idea is sleeping well and deeply, and also napping, is just genuinely uplifting for your hormones, and your body?

Enthusiasm and hormones?

Hormone, hormone training, hormone re-training:

Fix your hormones, fix your life?

More thoughts to come!

ERIC

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