

Life is music. Some blue, sad, make people feel sad, stressful  
some peace, quiet, make people feel calm, meditative ;  
some exciting, powerful, make people feel energetic.

For me , I like to hear my heart beat to the the beat of the drums,  
thus I like the hiphop & American Pop music. What's more, I also  
like the folk music, I like the guitar melody.

My life is exactly like a music, sometime the rhythm is down, sometime is down, down to the bottom.

For me, so far, my life has met two troughs [trɒf](低谷)or mega bass ( 重低音 ) . Both of the mega basses  
are caused by lumbar vertebrae disease.

The first basses can date/trace back to my senior year in high school. That was a tough time of  
me. I can not walk and take care of myself, just only lie in bed for about half year. Fortunately, my parents accompanied  
me through it,

so i feel not stressful that the second trough occurred in the winter of 2017 in Beijing, which has the huge impact on me.  
This time i was knocked down again by lumbar spondylosis, and i had to face it alone, without the protection and care of  
my parents.

At first, I just felt difficult to walk to office and sat suffering at my work cube.

When i on my road to the office, I just only can work less than 50 meters, then i have to take a break to release my  
suffering pain in my lumbar and right leg.

After few days trials, I give up and ask my manager for wfh to lie in the bed to handle my daily work, and take care of my  
lumbar, hope i can recover soon.

But the pain and loneless,helpless conquered me at that time, What's worse, I got more and more fat, because lacking of  
exercise and eating too much unhealthy food to release the pressure.

i can't help to think worse, even want to die when i just lay in bed alone.

When i was going to crash , I heard a song named imagine, And I still remind myself everyday i can not let this illness  
defeat me.

As time went by, three monthes later, my heart is still beat to the beat of the drums, my work paid off, i can walk more that  
50 meters, but still need take a break for each 80 meters.

In order to restore health, regain athletic ability, I start a goal for myself i must lose weight to 128 gram at the end of  
2018 , and master the swimming skills.

Thus, the life in 2018 is quite exciting, is more llike the rock music. I keep swimming everyday and do my workout to make  
my body more slim, health and strong.

Finally, at the end of 2018, I got my health back, and finished my first snowboarding experience successfully.

For now, I still keep my life energetic, and I often walk on the drums of music, some time i just feel i can fly with the music  
melody.

Life is not easy sometimes , However , we can keep it energetic , and finally , we can encounter the best melody of life.

Relevant diseases: arthritis, cervical spondylosis, lumbar vertebrae disease and shoulder periarthritis, etc.

Am i good enough ? Can i be better in tomorrow than today ?

In you suffers, remembers, you can get up.

my work pays off

I find that the harder I work, the more luck I seem to have.

People rarely succeed at anything unless they have fun doing it.

Oh, my friend, it's not what they take away from you that counts.

It's what you do with what you have left.

Some people die at 25 and aren't buried until 75.

I hear your heart beat to the beat of the drums

Oh what a shame that you came here with someone

噢 你真没劲 出来混还拉个伴

So while you're here in my arms

所以当你还在我的怀抱

Let's make the most of the night like we're gonna die young