

REFLECTIONS



Not
toothpaste
on mirror.

Vincent A. V-S.

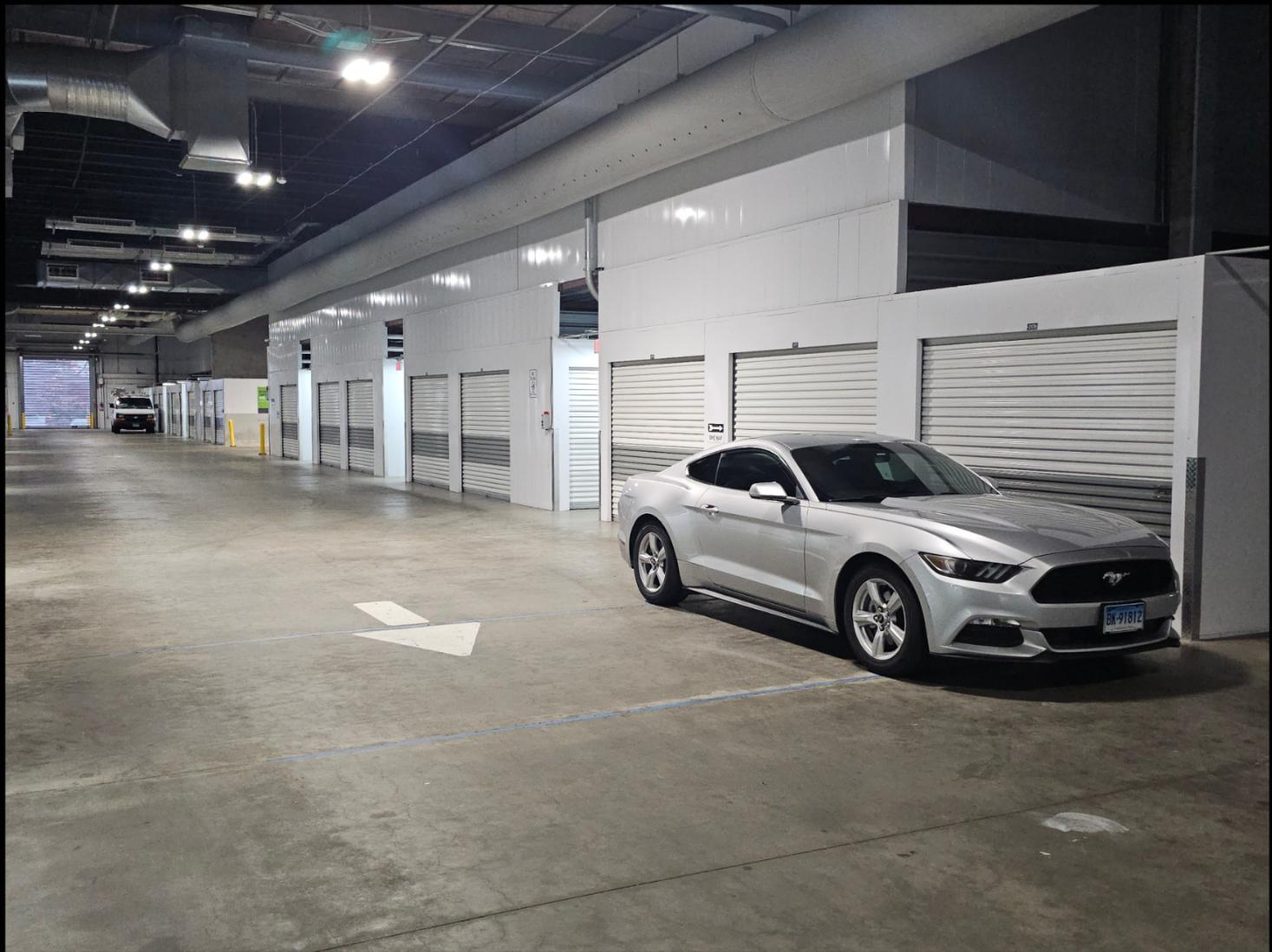
Boxes

Boxes in my office,
inside of a boxy apartment,
inside of a much larger box of boxes,
to be transported to another box of boxes,
to be stored in yet another box.



My ancestors would be confused.
Well, I'm not sure I understand it either.

But, hey, this box has got a drive-thru, and it's temperature-controlled.



Only the best for my boxes.

By the way, I once fit all four of my car's tires inside of the car. The guy who helped me load it was impressed. He paused for a moment and then commented, "Whoever said a Mustang wasn't practical."

Practical? Yes, but I've always wanted to make it even more practical by removing the passenger seat and the rear seats.

Removing the rear seats in a Mustang is actually a common customization. Companies sell "rear-seat-delete" kits for a few hundred dollars.

The screenshot shows a product page for a rear seat delete kit. At the top right is a circular icon with a cube and an arrow, labeled '30 DAY RETURN POLICY'. Below it is a large image of the open trunk of a dark-colored 2015-2023 Ford Mustang S550, showing the interior floor and the 'EMP' badge on the trunk lid. Underneath this image are two smaller thumbnail images: one showing the front of the car and another showing the open trunk. Below the main image, the text 'Excellent' is followed by a five-star rating icon and '88 Reviews on Trustpilot'. The product title is '2015-23 S550 Mustang EMP Rear Seat Delete Kits'. The original price '\$299.95' is crossed out, and the current price '\$249.95' is displayed in bold. A red circular icon indicates '10 Left In Stock'.

But I made one myself and removed the passenger seat too.



It's not just for the purpose of moving. I plan on renting a U-Haul truck for the big stuff. I just don't want seats taking up space I could use.

I'll put some carpet on it later.

My future wife will just have to be comfortable driving me around and paying for my dinners.

Also, thank God, I'm now at a maturity level that allows me to be countercultural without caring about what others think of me. Well, I guess that's always been the case, but more so now.

I read my horoscope recently. It told me I'll find the best version of my life when I finally let go of social norms.

COUNTERBALANCING AND POSTPARTUM DEPRESSION

Depression is not a bad word.

There are two types of stress—eustress (good) and distress (bad).

Depression is the body's natural response to distress. It's normal—like happiness.

So, why do antidepressants exist?

Because most people are serfs who don't have enough paid-time-off to be depressed.

But I recently learned that distress wasn't the only thing causing depression in my life. Eustress can also cause depression!

Whaaaattt!!!???

So, there I was, killing the game of life, totally counterbalanced on one project and totally eustressed, which is a good thing according to Gary Keller, author of *The*

ONE Thing, and then as soon as I got close to finishing the project—that had been on my to-do list for two years, by the way—I found myself depressed, unable to sit up straight, unwilling to open the lid of my laptop.

I sat there ashamed, searching for answers. That's when I learned a trick from Dr. Ken Atchity, a film producer and author.

The trick: Start a new project when you're close to finishing one. That's all that a creative person needs to do to avoid the postpartum depression associated with finishing big projects (the fear of finishing).

And the trick makes a lot of sense. As Arnold Bennett, author of *How to Live on 24 Hours a Day*, once said, "The mind

doesn't tire, it just needs change."

So, that's what I recently learned:

- Be counterbalanced on one project, but don't avoid personal finances.
- Start a new project when I'm close to finishing a project. Work on the new project for a day or two—maybe even a week or two—and then finish the old project.

In that case, I can avoid the postpartum depression caused by success and achievement.

*With Love,
Vincent A. V.S.*

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