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I thrive on rituals of reading, writing, and running; fasting, feasting, and reflecting.

Among thinkers, I admire [Byung-Chul Han](#), [Alan Kay](#), and [David Foster Wallace](#).

Among athletes, I admire [Eliud Kipchoge](#), [Rich Roll](#), and [Zach Bitter](#).

Among musicians, I admire [Felix Lehmann](#), [Pat Metheny](#), and [Marcin Wasilewski](#).

Among researchers, I admire [David Liddle](#), [Denise Faustman](#), and [Seth Roberts](#).

Thanks for visiting!

