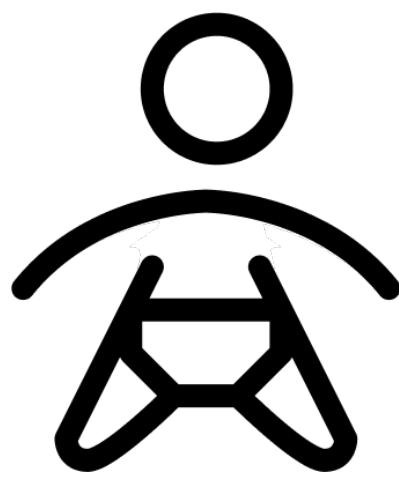


A close-up photograph of a fountain pen nib, which is gold-colored and polished, resting on a white surface. A small, irregular smudge of blue ink is visible on the paper to the left of the nib. The background is dark and out of focus.

Optimize for Joy

Metaprogramming for the Soul

Who are you?

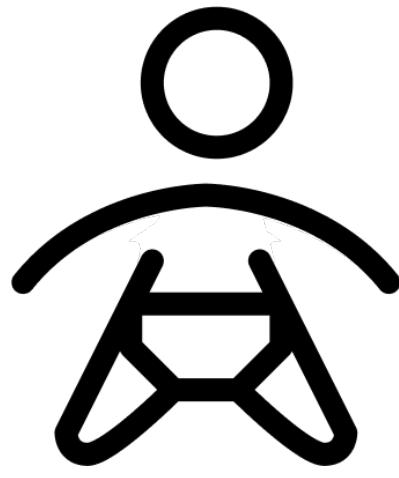


Vision

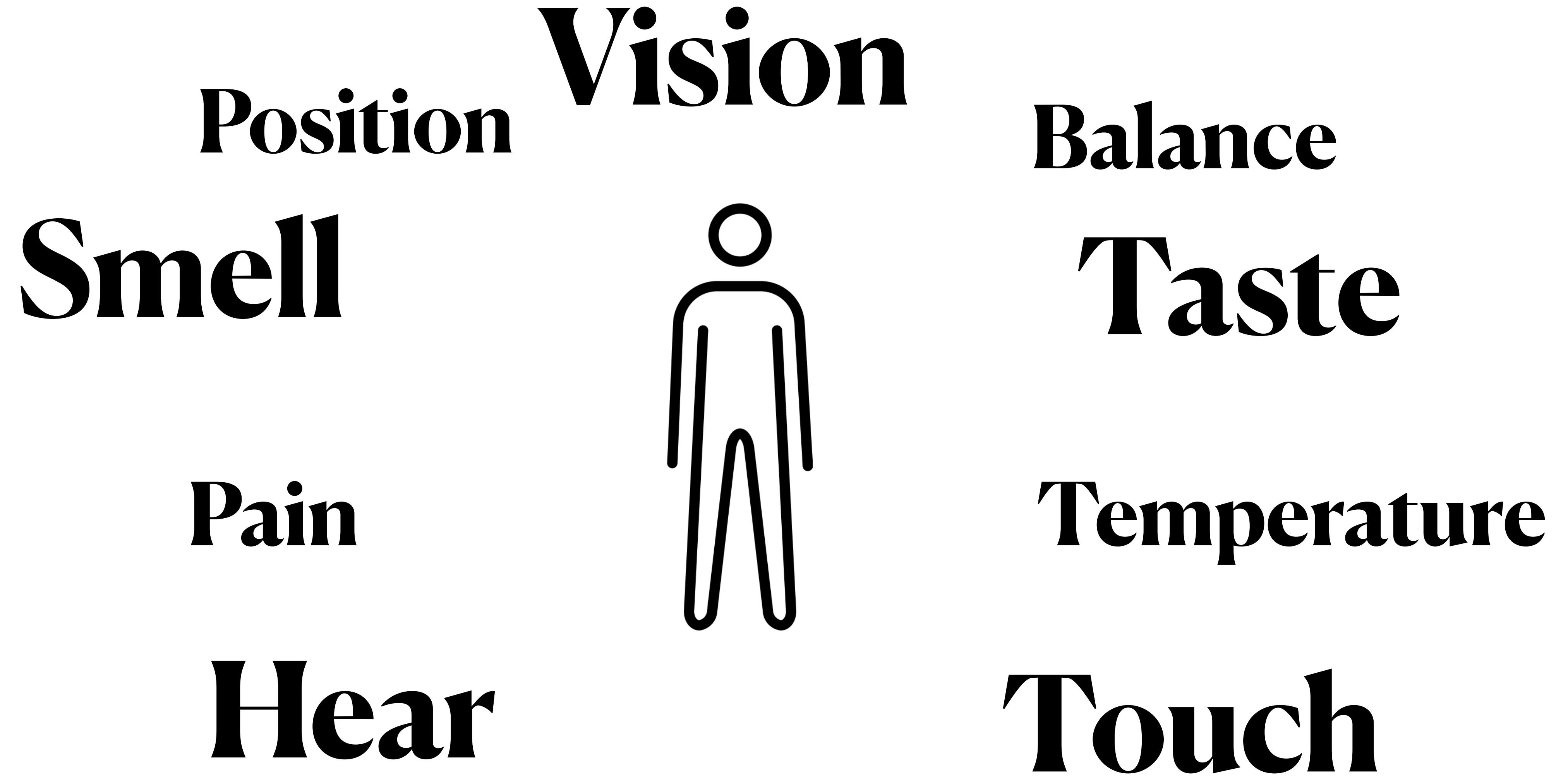
Smell

Taste

Hear



Touch



Position

Smell

Acceleration

Pain

Hear

Vasodilation

Vision

Balance

Taste

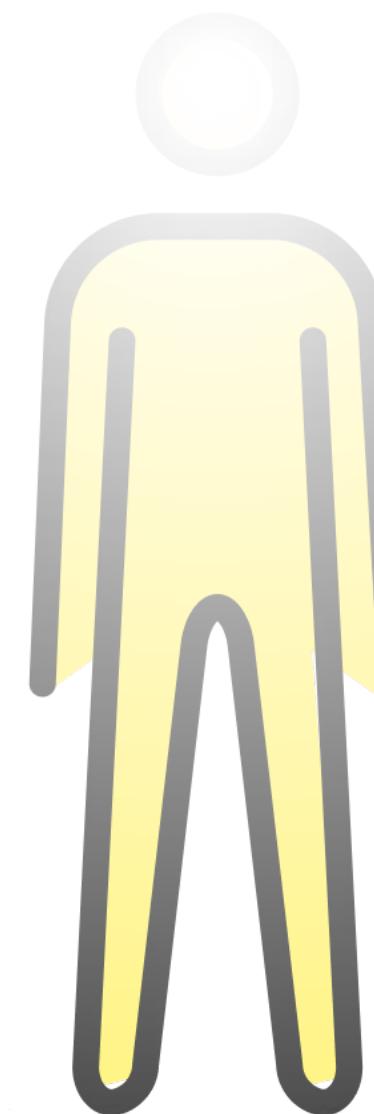
Stretch

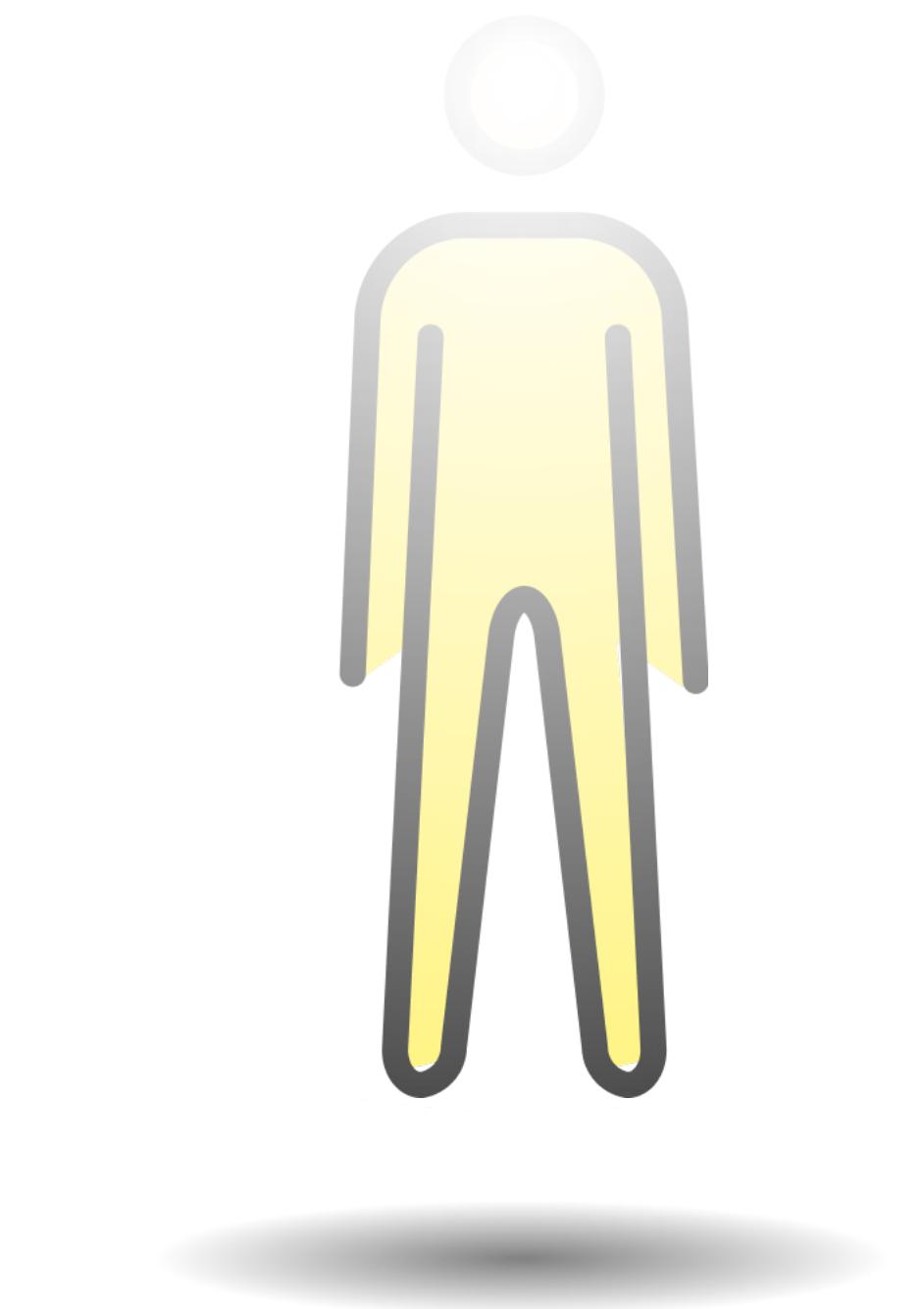
Temperature

Touch

Chemo

Pressure





Who can you trust?

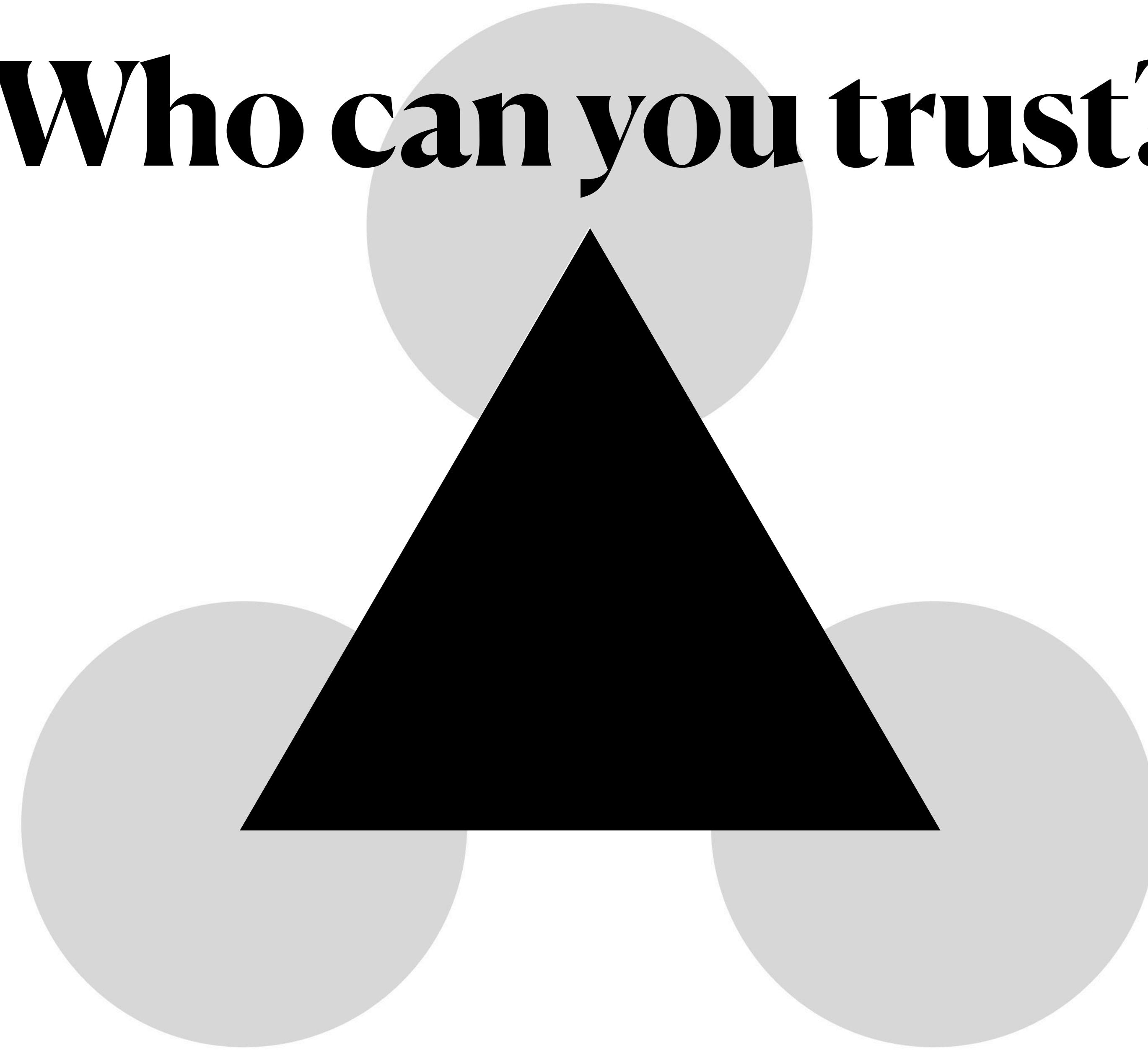










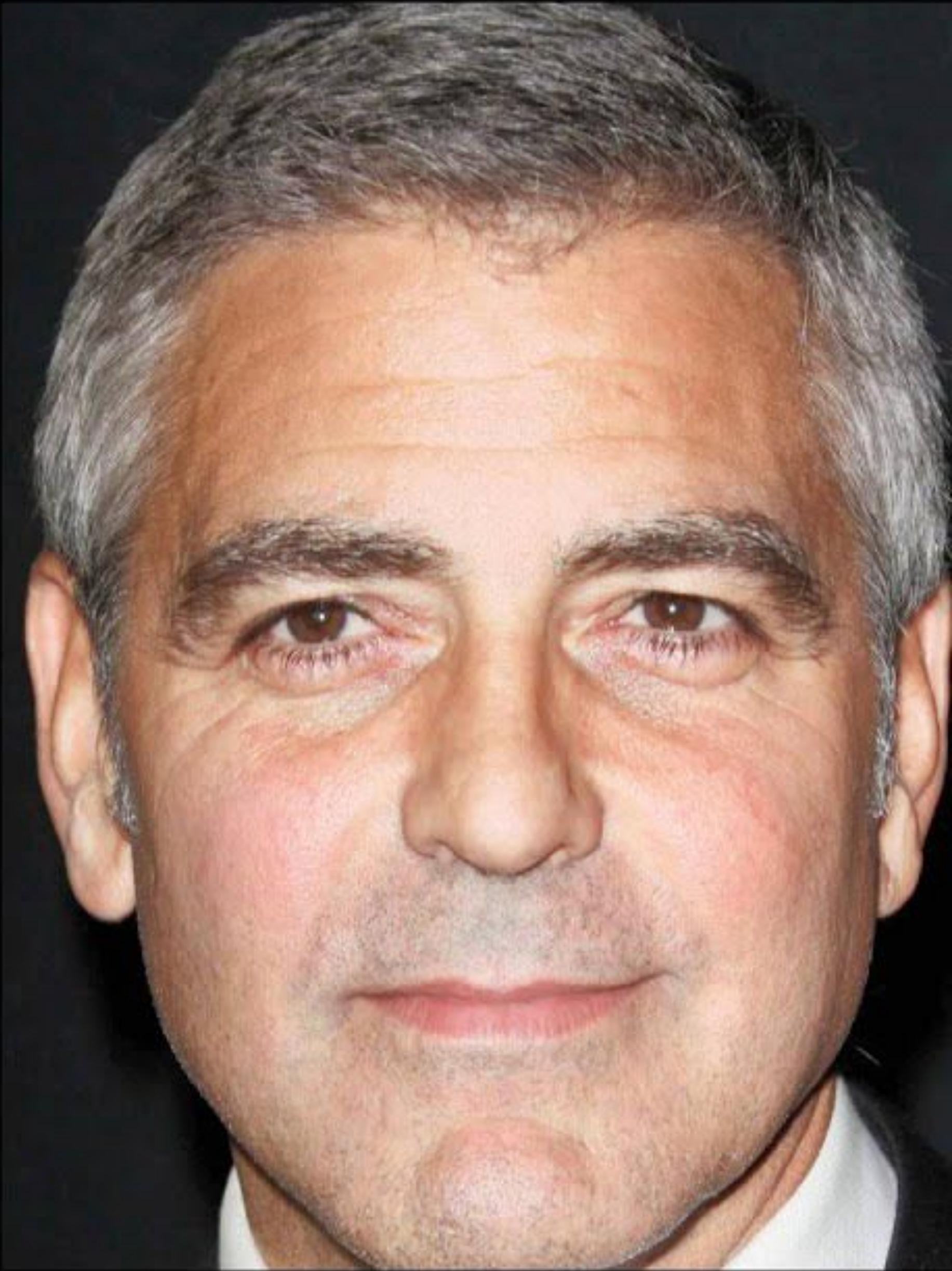
Figure 2. Ambiguous horse-seal figure used in Studies 2–4. From "Ambiguity of Form: Old and New," by G. H. Fisher, 1968, *Perception & Psychophysics*, 4, p. 191. Copyright 1968 by the Psychonomics Society. Reprinted with permission.

— Tlel me, Mr. Anosredn, waht good is a pnohe clal
wehn you are ubanle to seapk?

The ltteres can be a taotl mses and you can sitll raed tihs.

Yaeh I awlyas tghuhot slpeling was ipmorant!

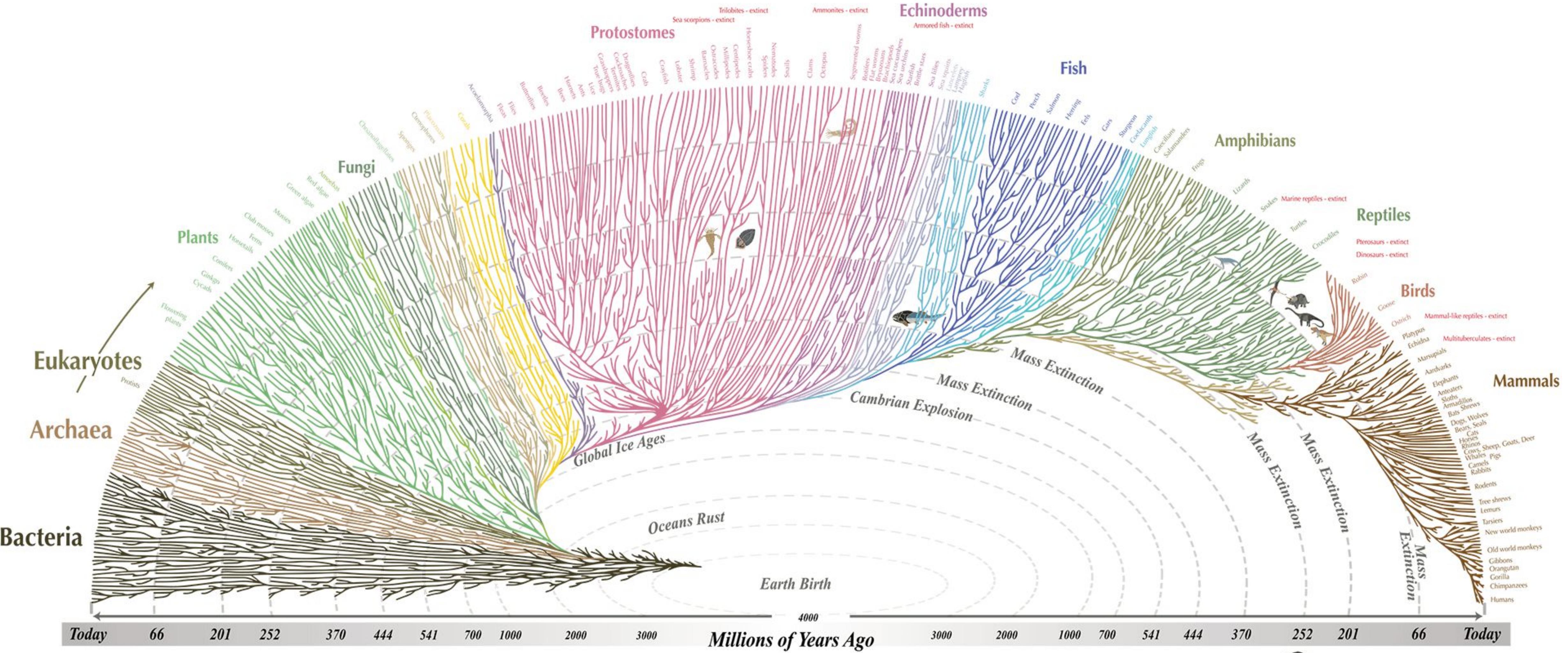
Azanmig huh?



youtu.be/Go-y9CfQiig

How did we got here?





All the major and many of the minor living branches of life are shown on this diagram, but only a few of those that have gone extinct are shown. Example: Dinosaurs - extinct



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evogeneao.com



Language, Abstractions, Planning



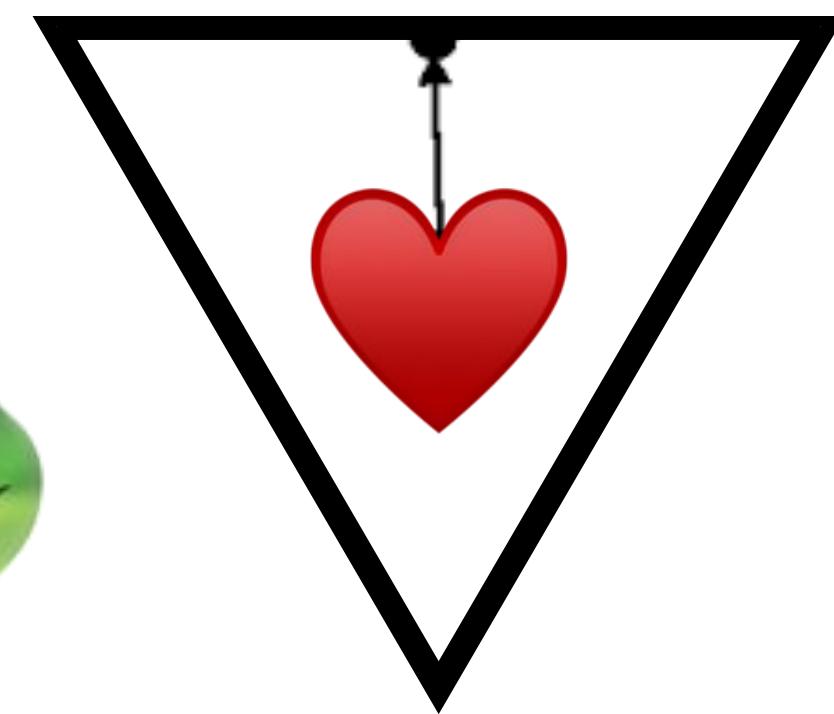
Emotions, Hierarchy

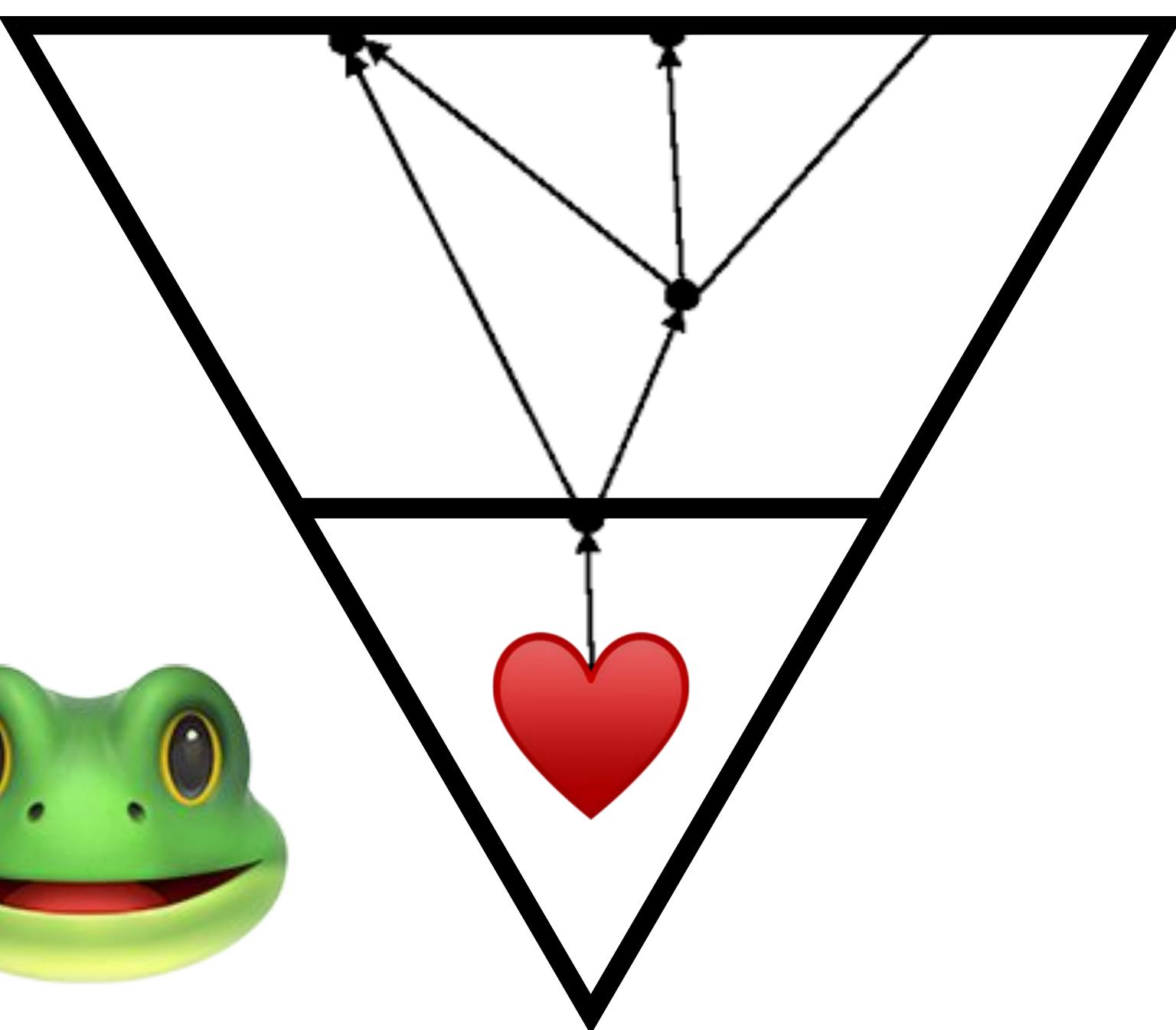


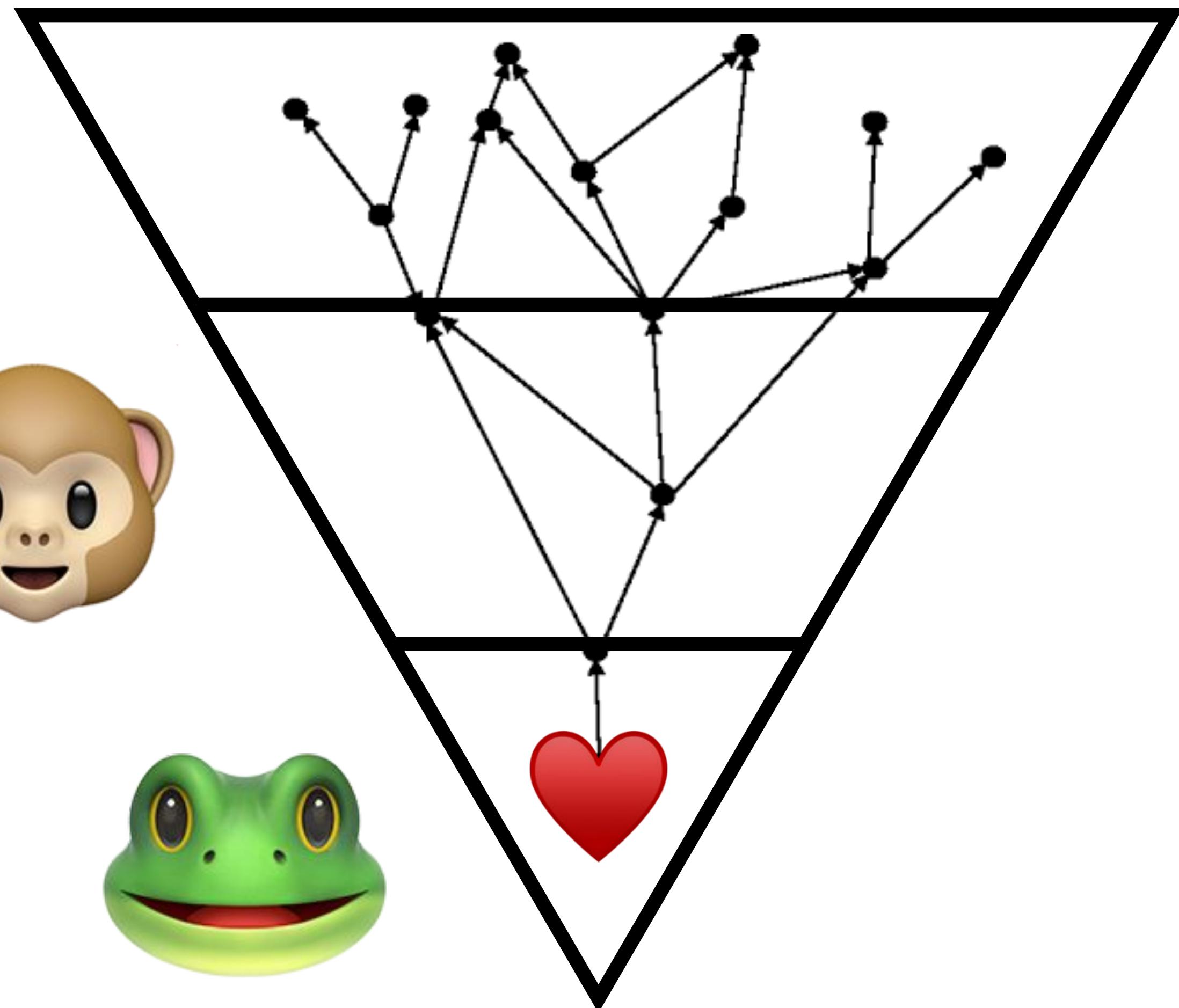
FFFF: Feed, Fight, Flight, Make love

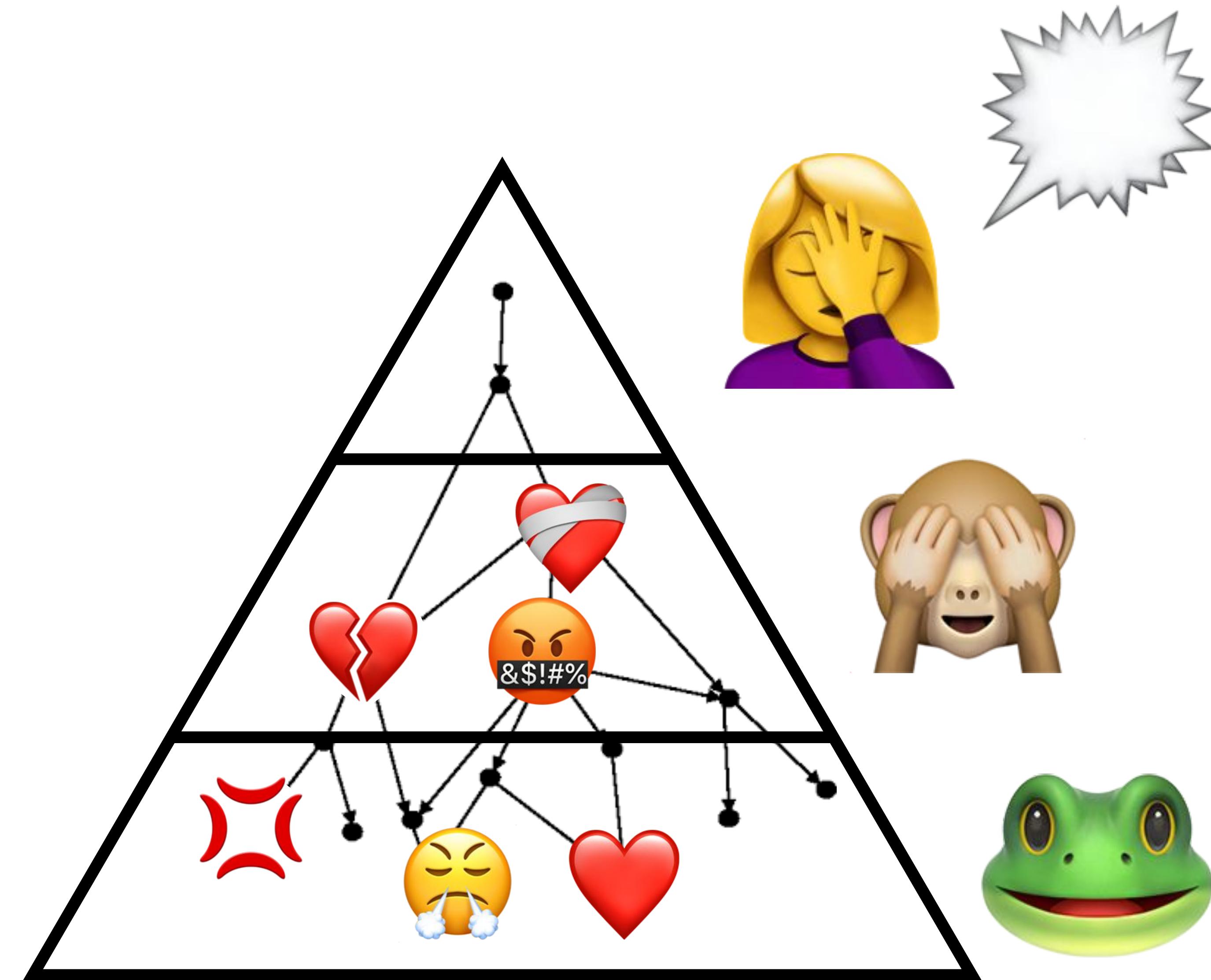




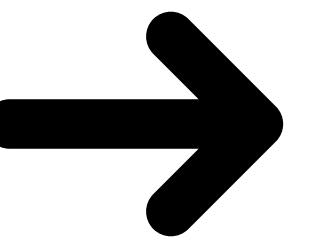








Stress

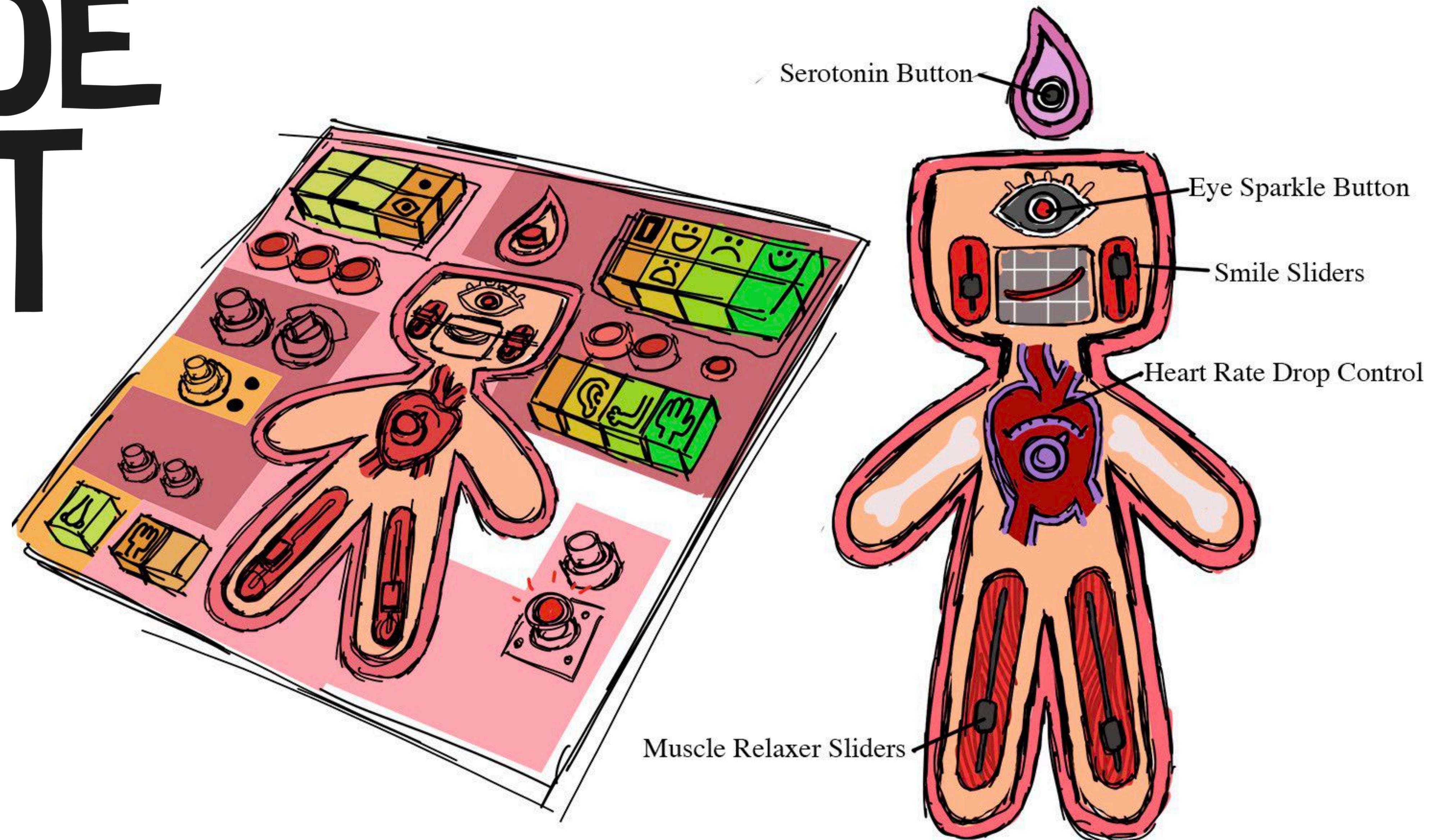


Disney · PIXAR

INSIDE OUT

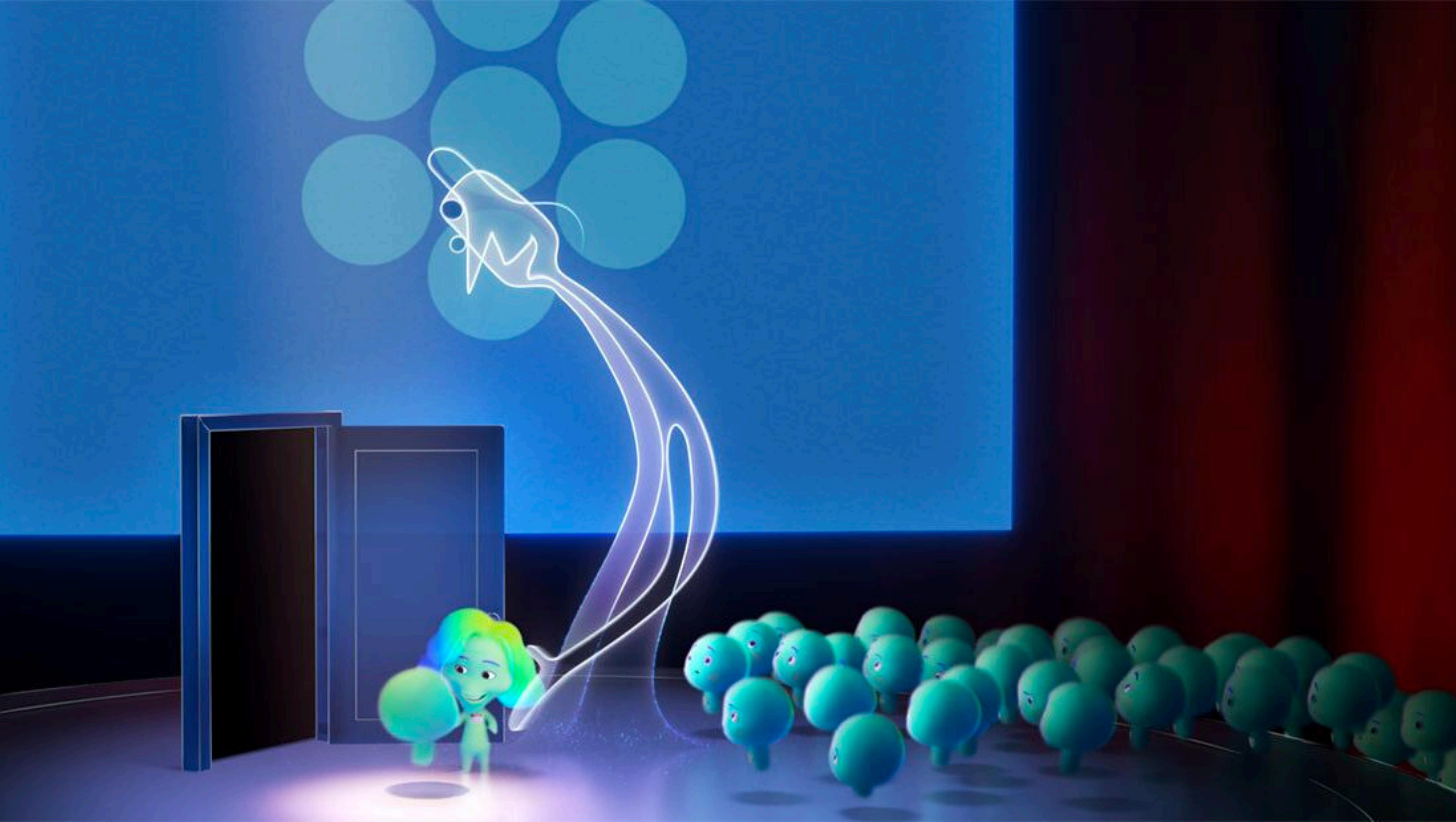


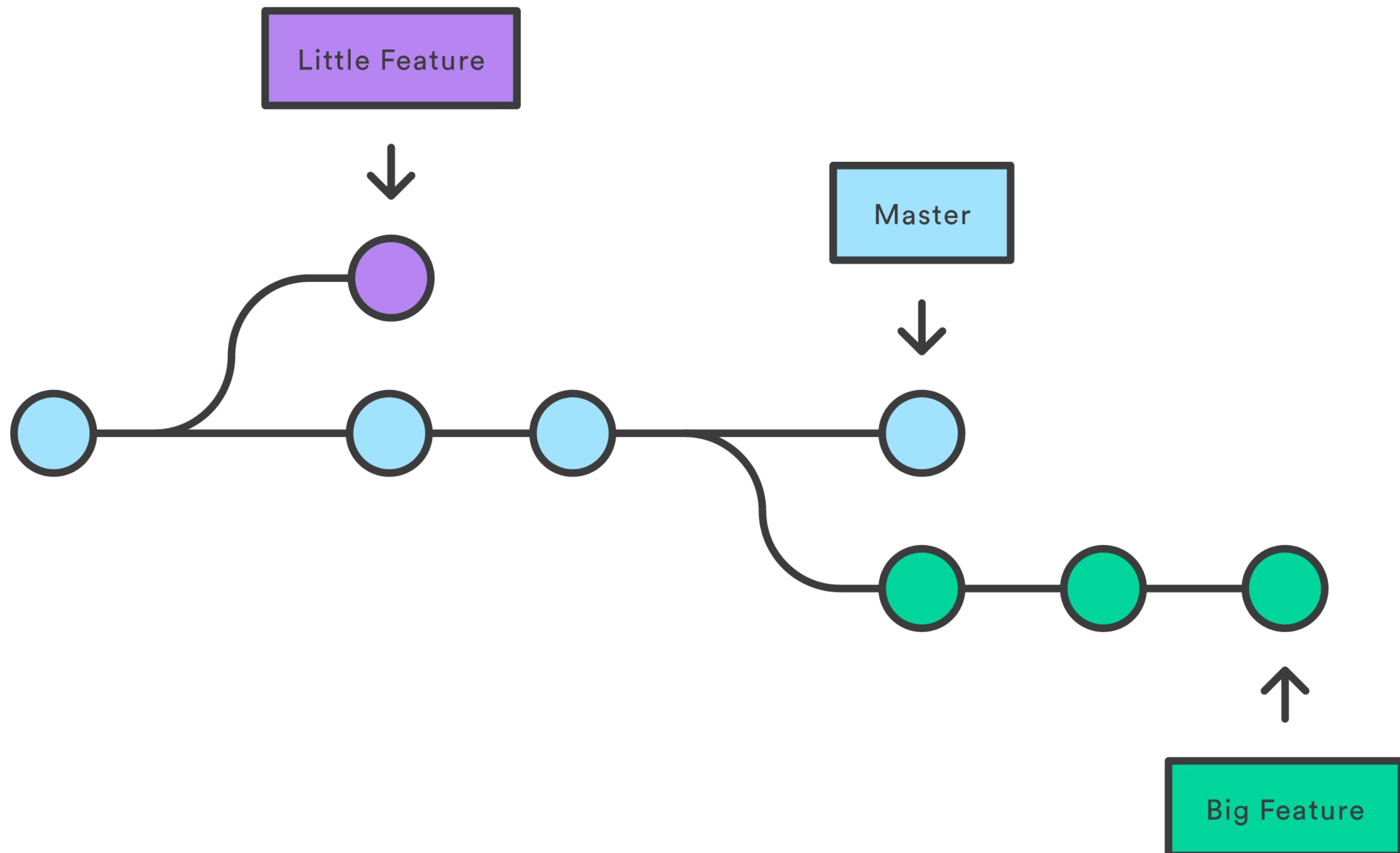
INSIDE OUT

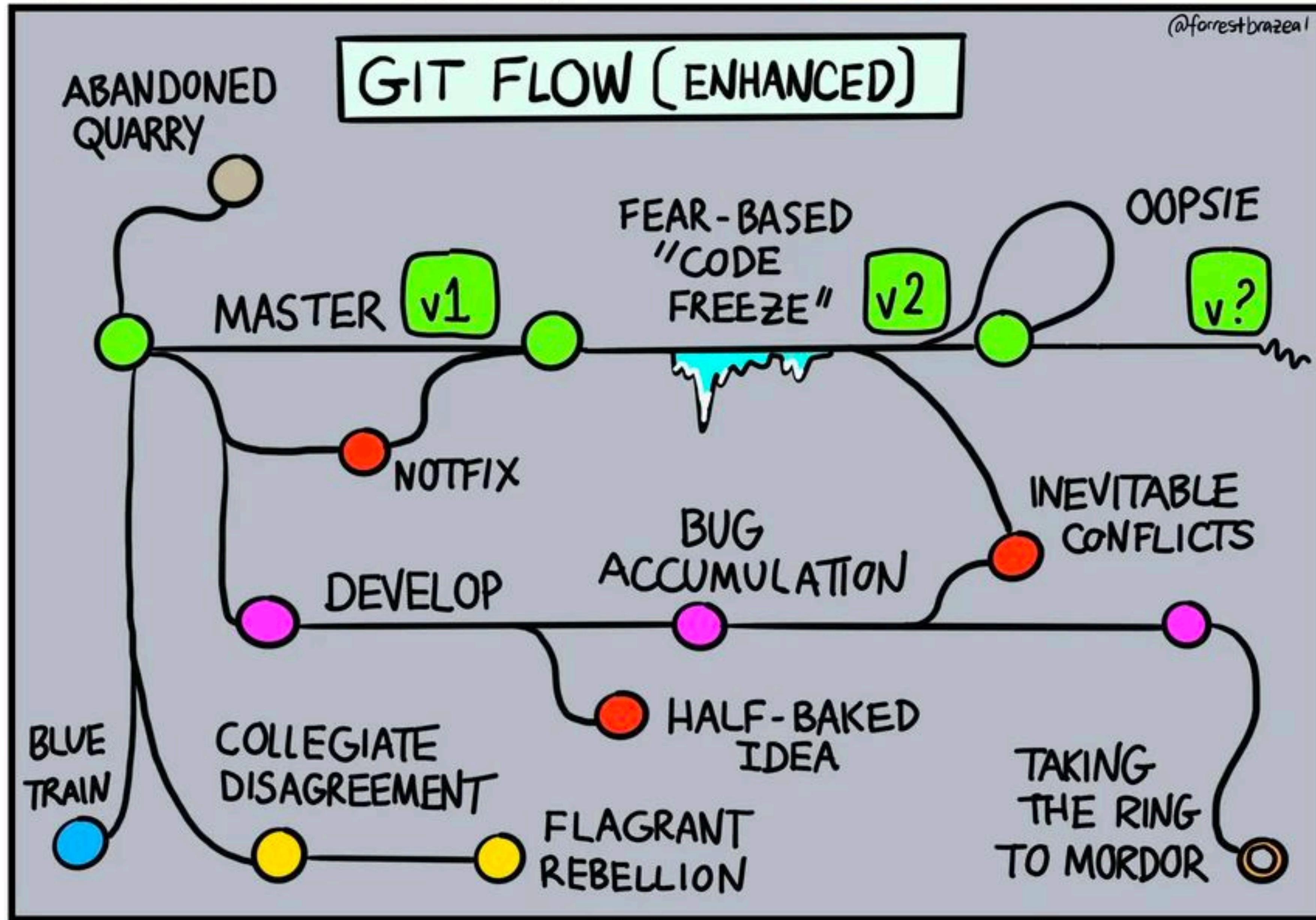


Soul



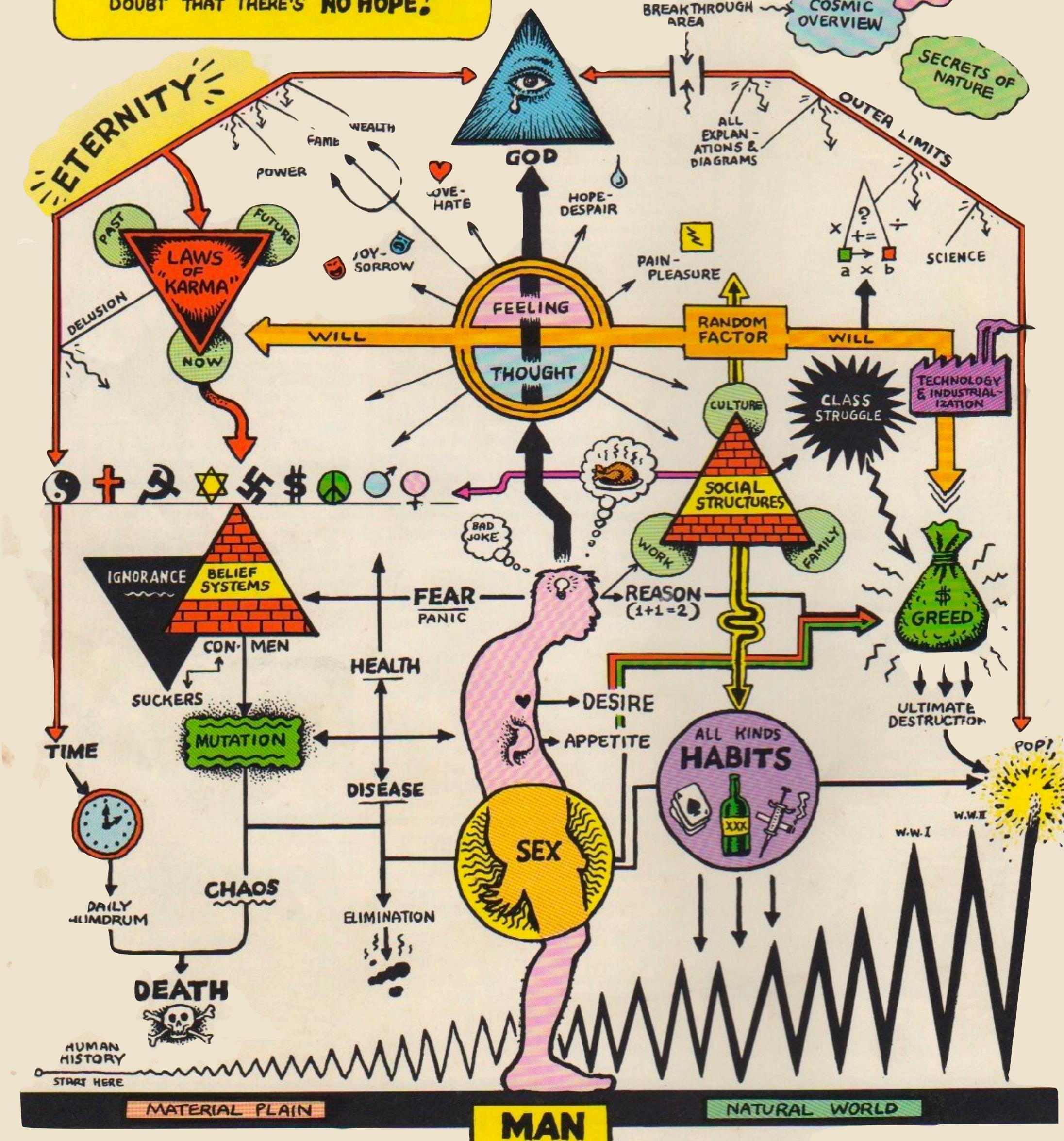






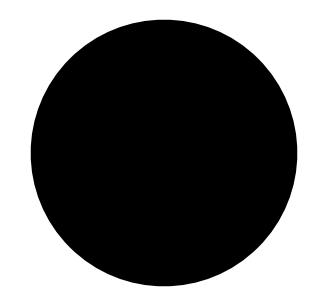
THE WEIRDO "NO HOPE" Diagram

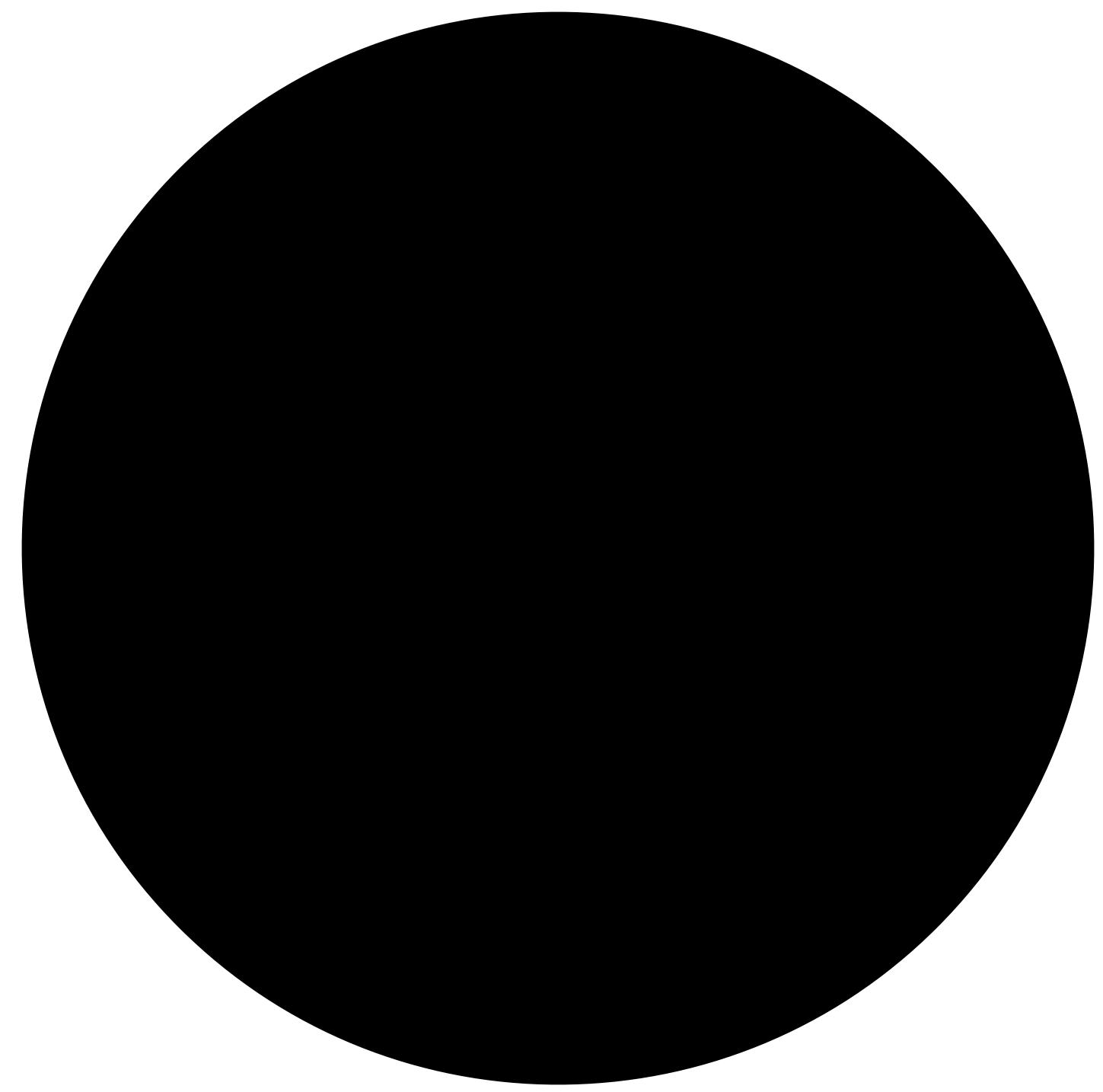
PROVES BEYOND A SHADOW OF A DOUBT THAT THERE'S NO HOPE!

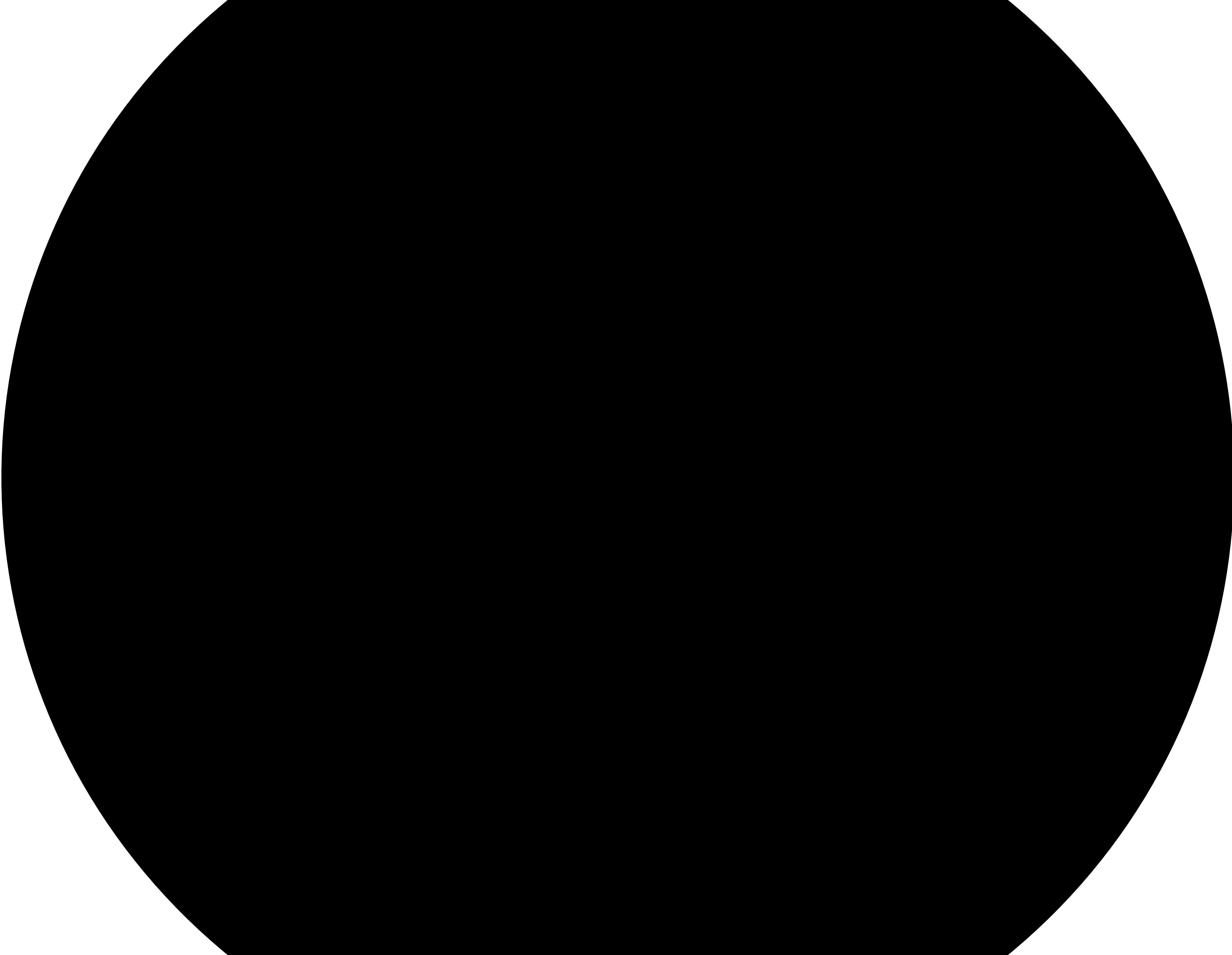


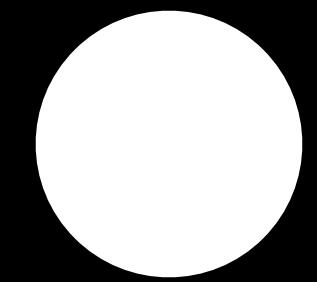
The purpose of this diagram is not to be mean, not to be a bringdown. We're not trying to make sensitive little girls depressed. The purpose of this diagram is to convince you earnestly and in all sincerity that there is NO HOPE so that you will be transformed by the cold, hard truth. Once you accept the reality of NO HOPE you can begin to approach

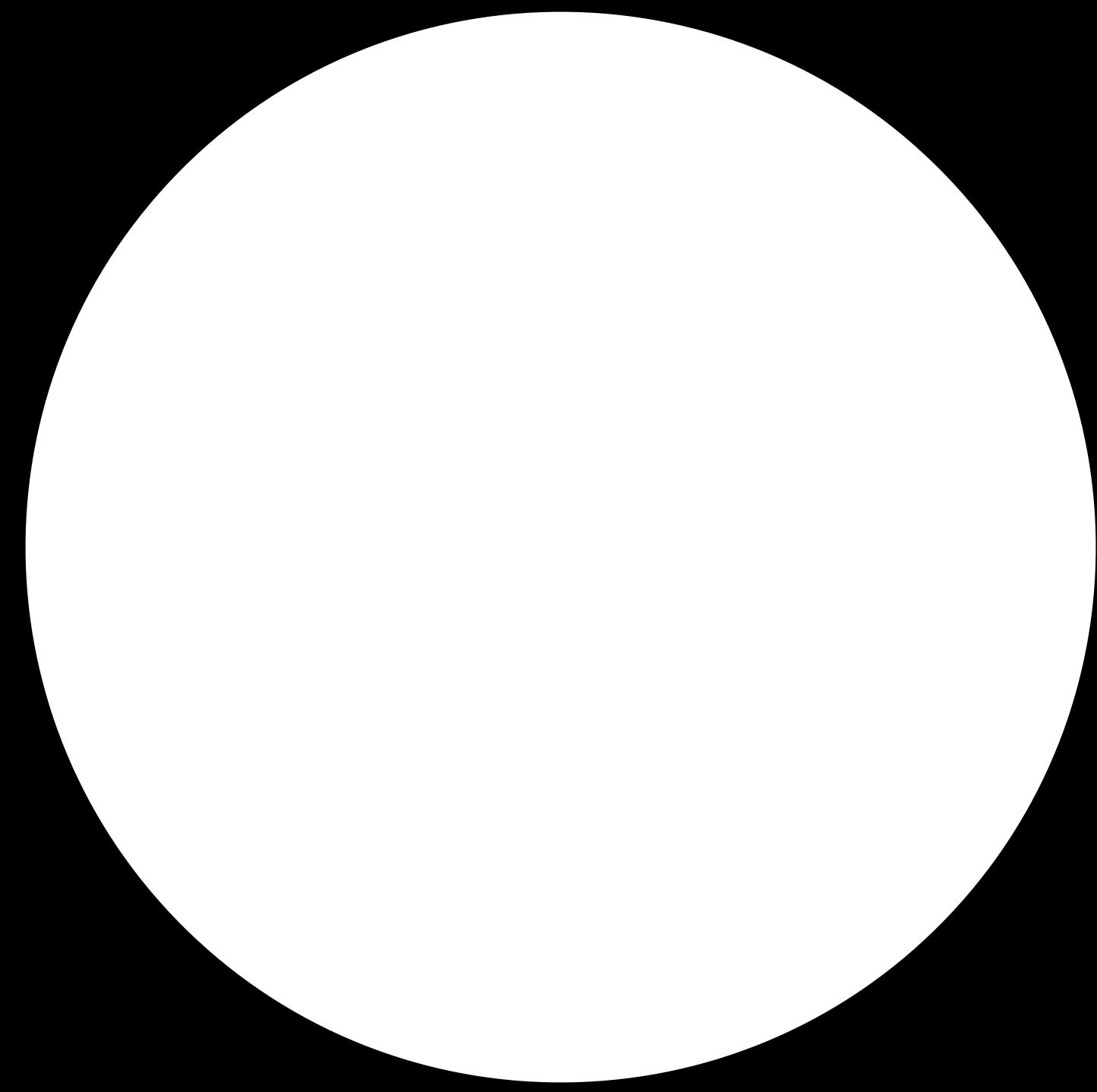
your life in a new way. Now you can take your head out of the clouds, quit looking to some illusion of a perfect future and start living in the present. Knowing that there is in fact, NO HOPE, and feeling this great realization with your whole being will slam you back to the real world like you've never been before. Come on! You can handle it!

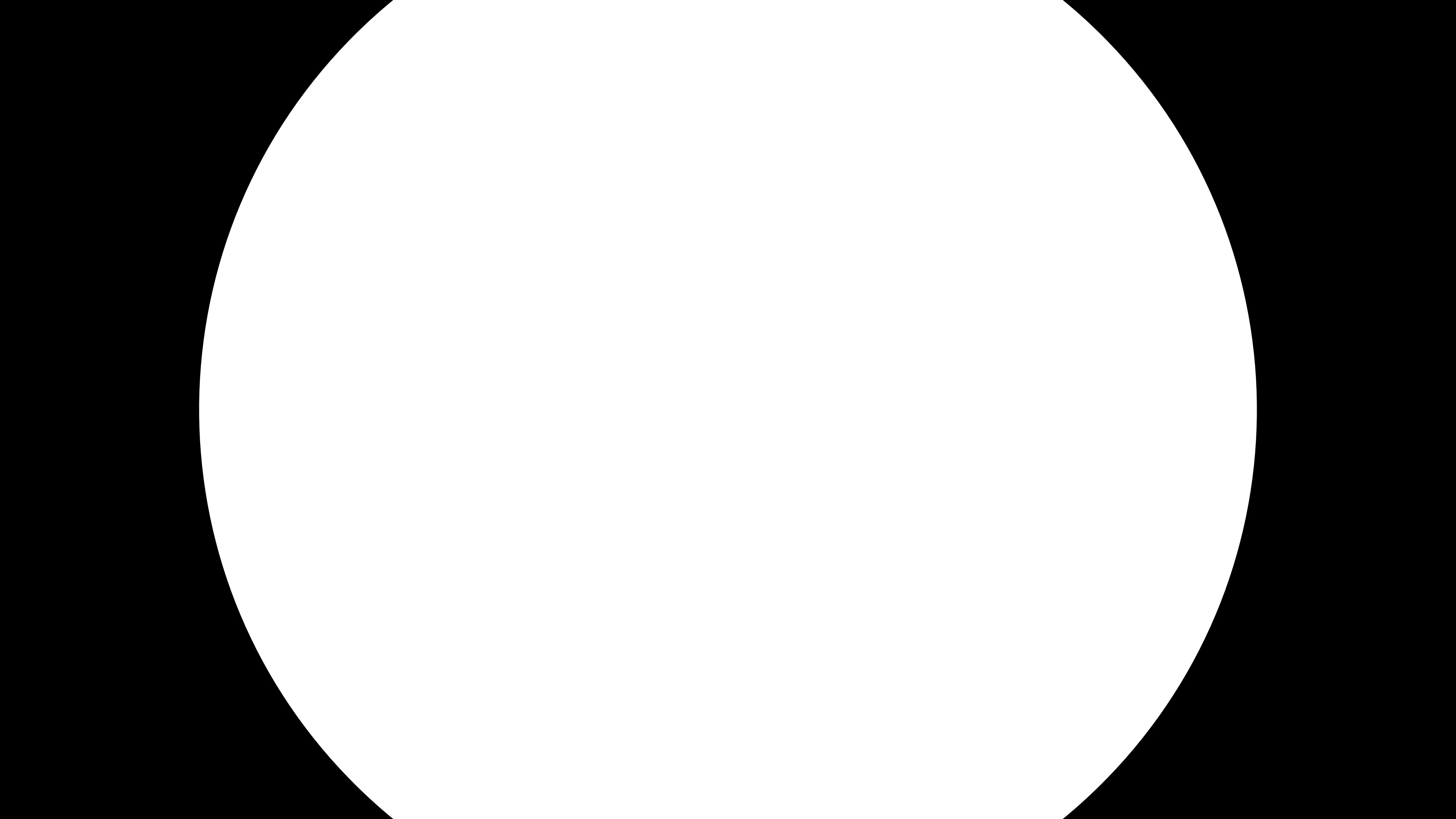


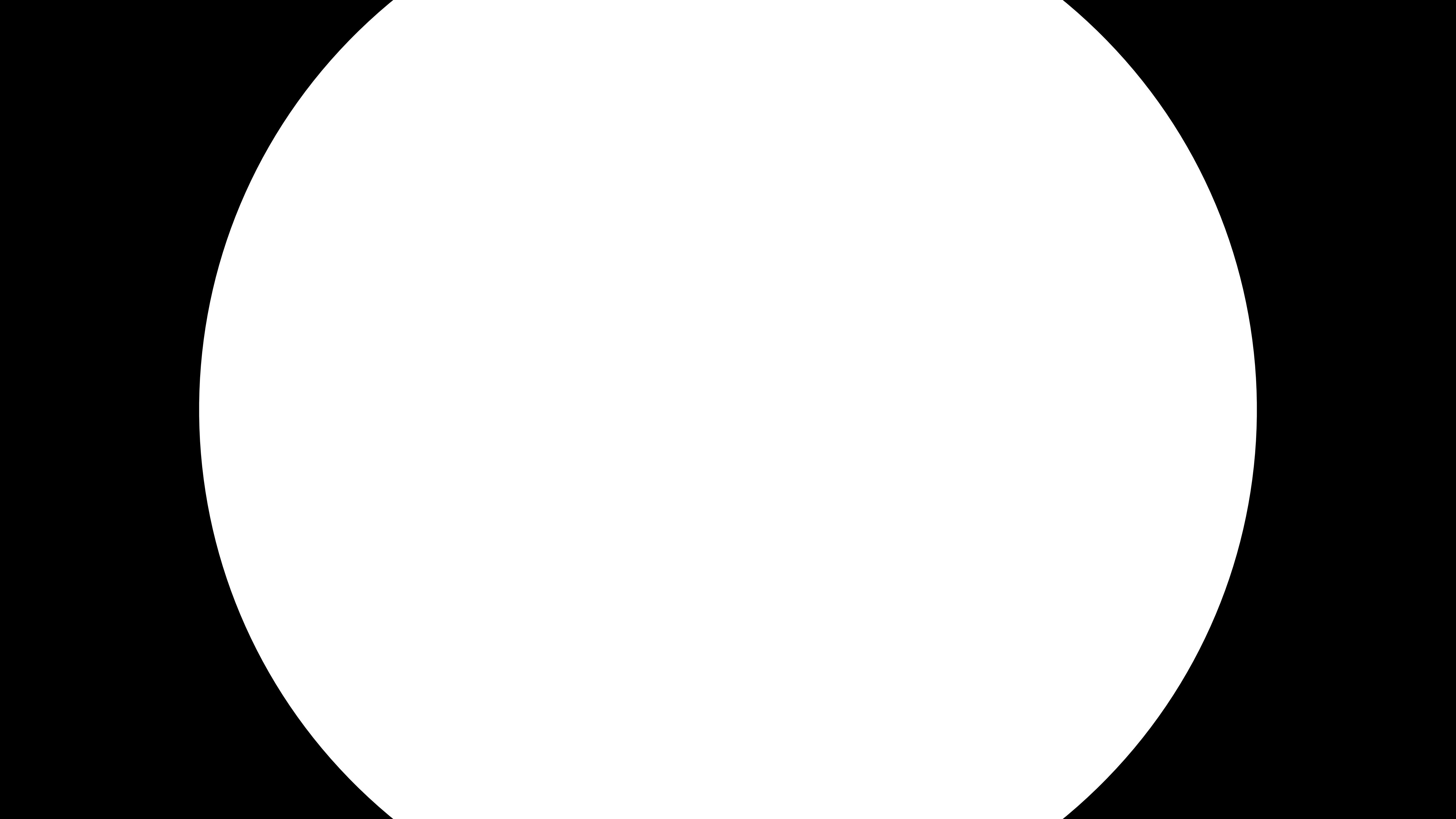


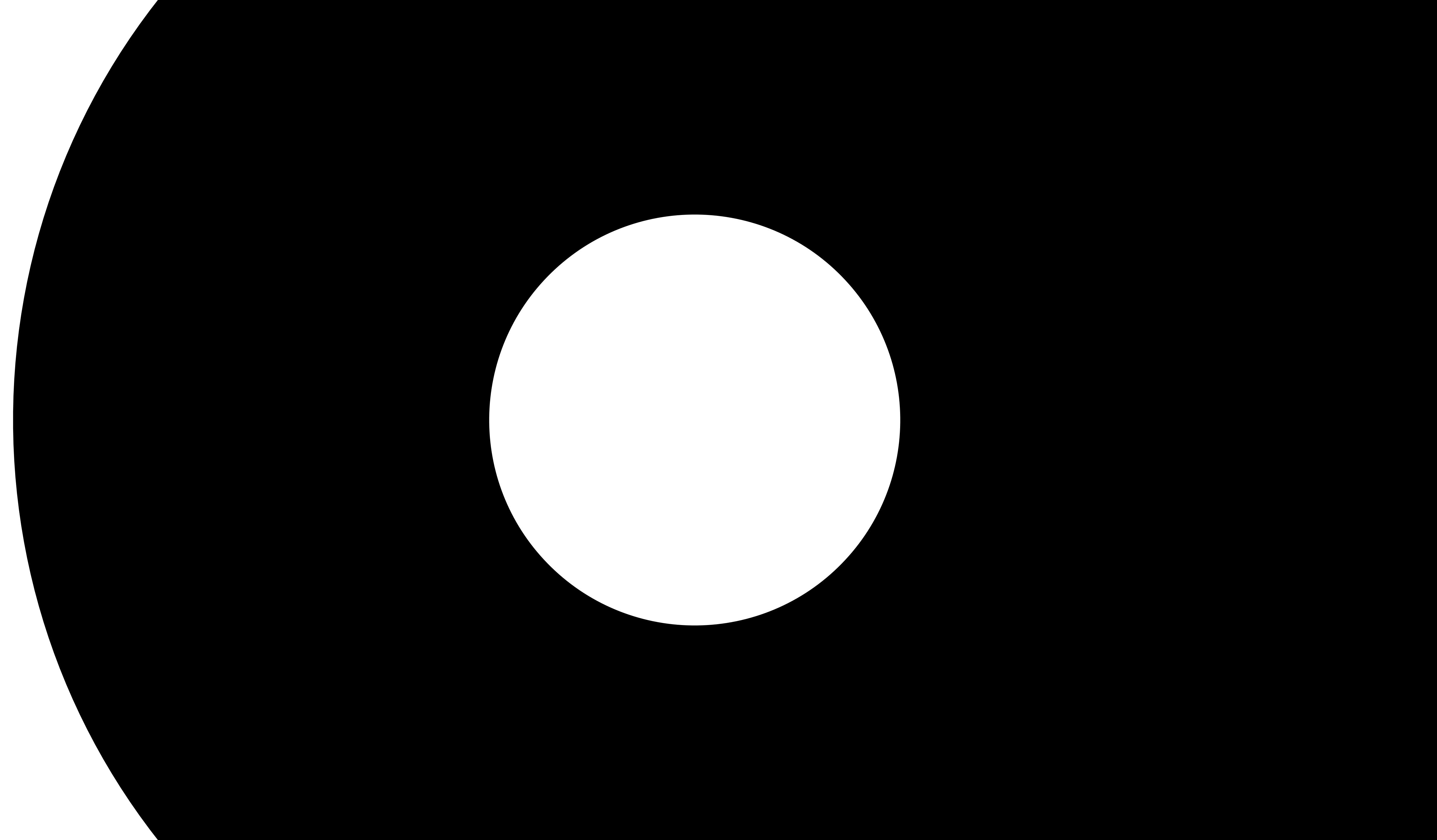


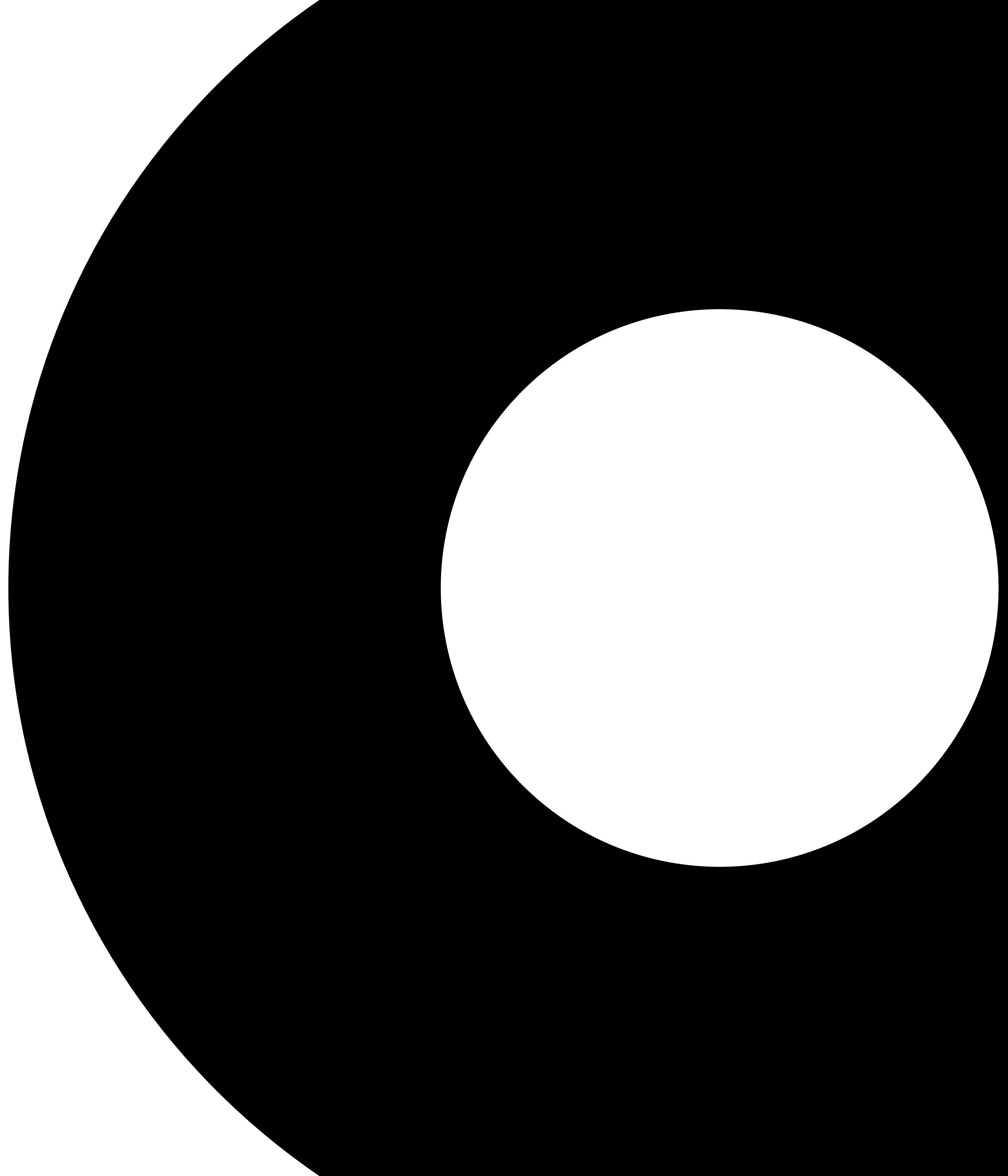








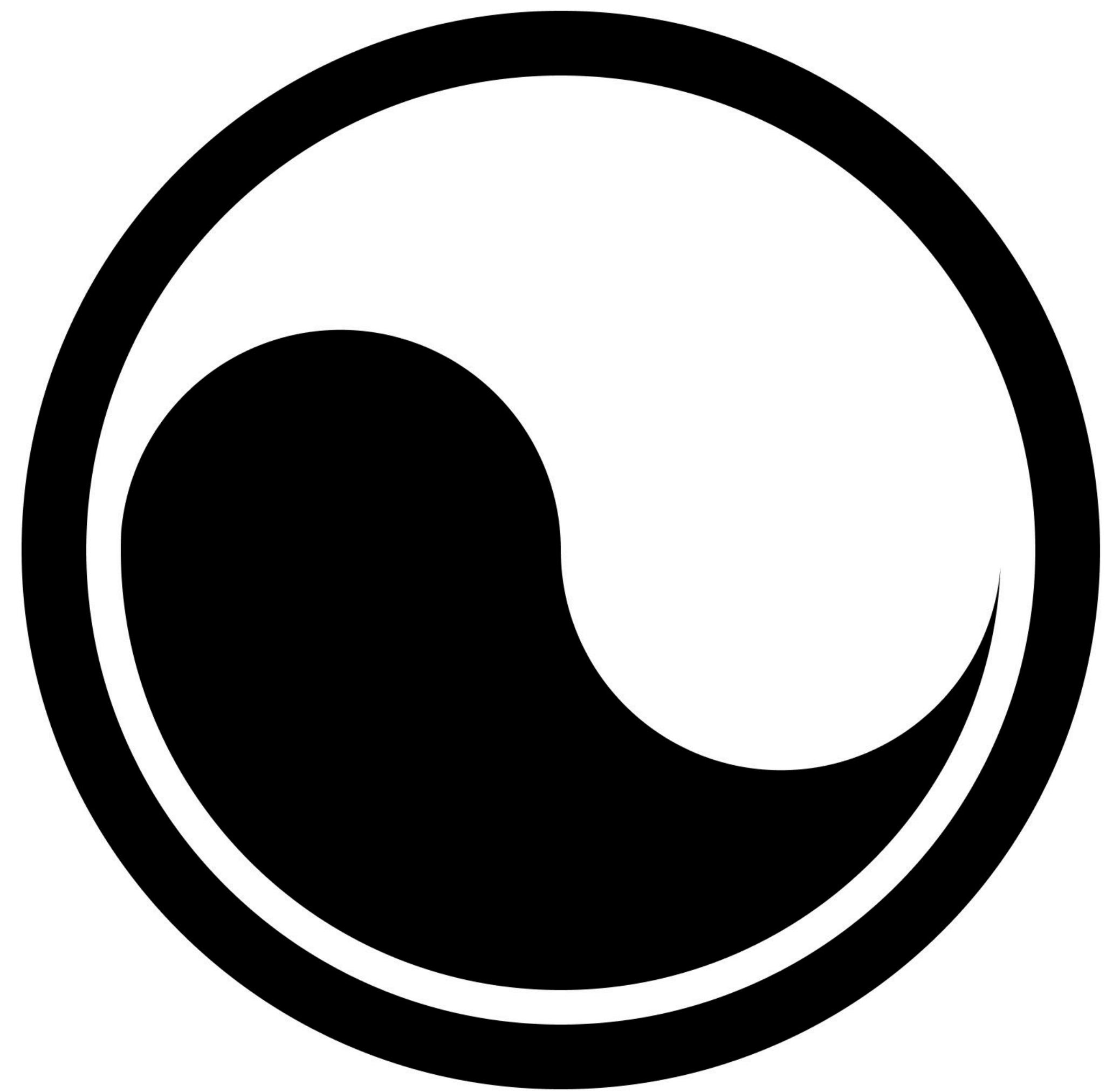






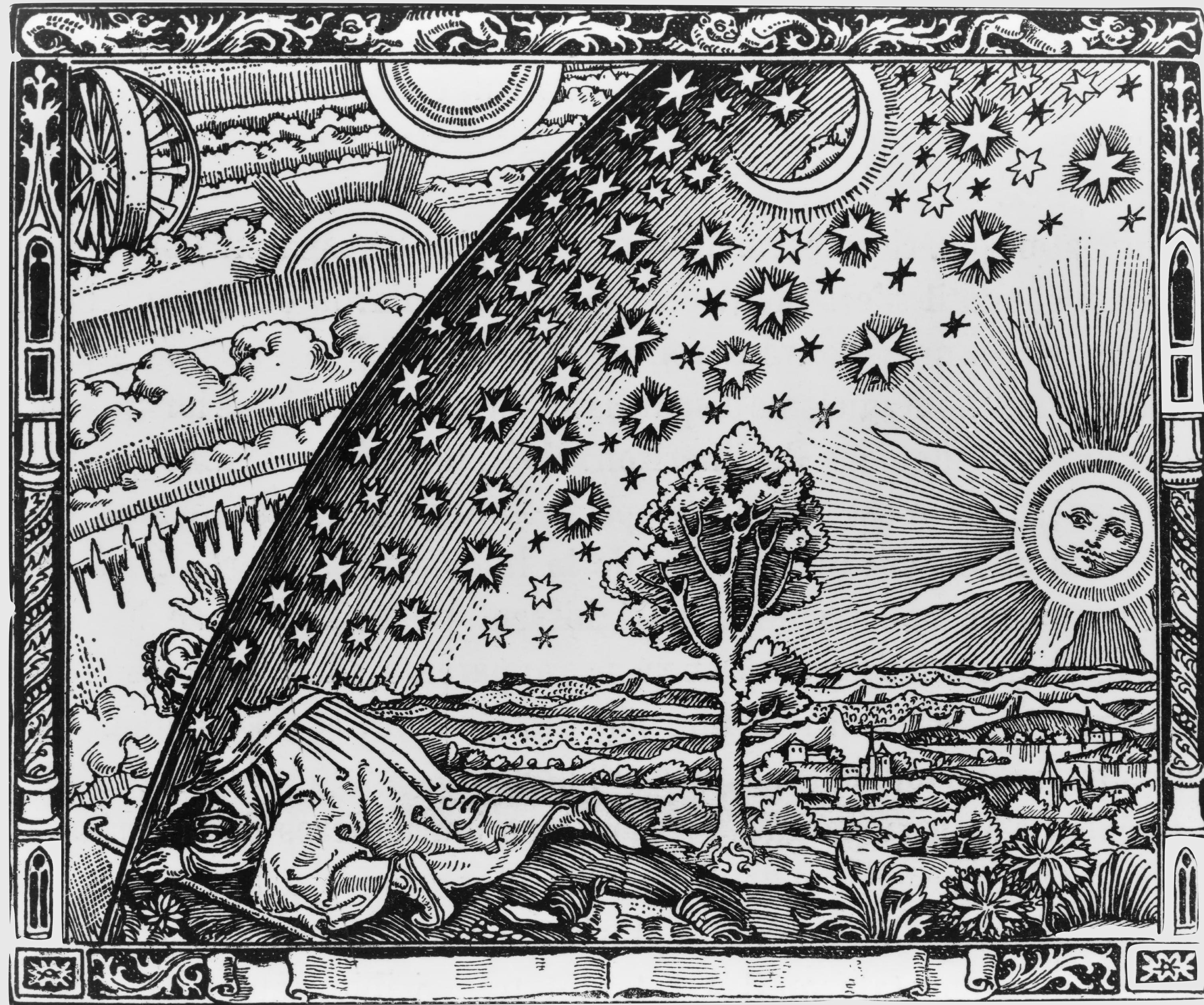


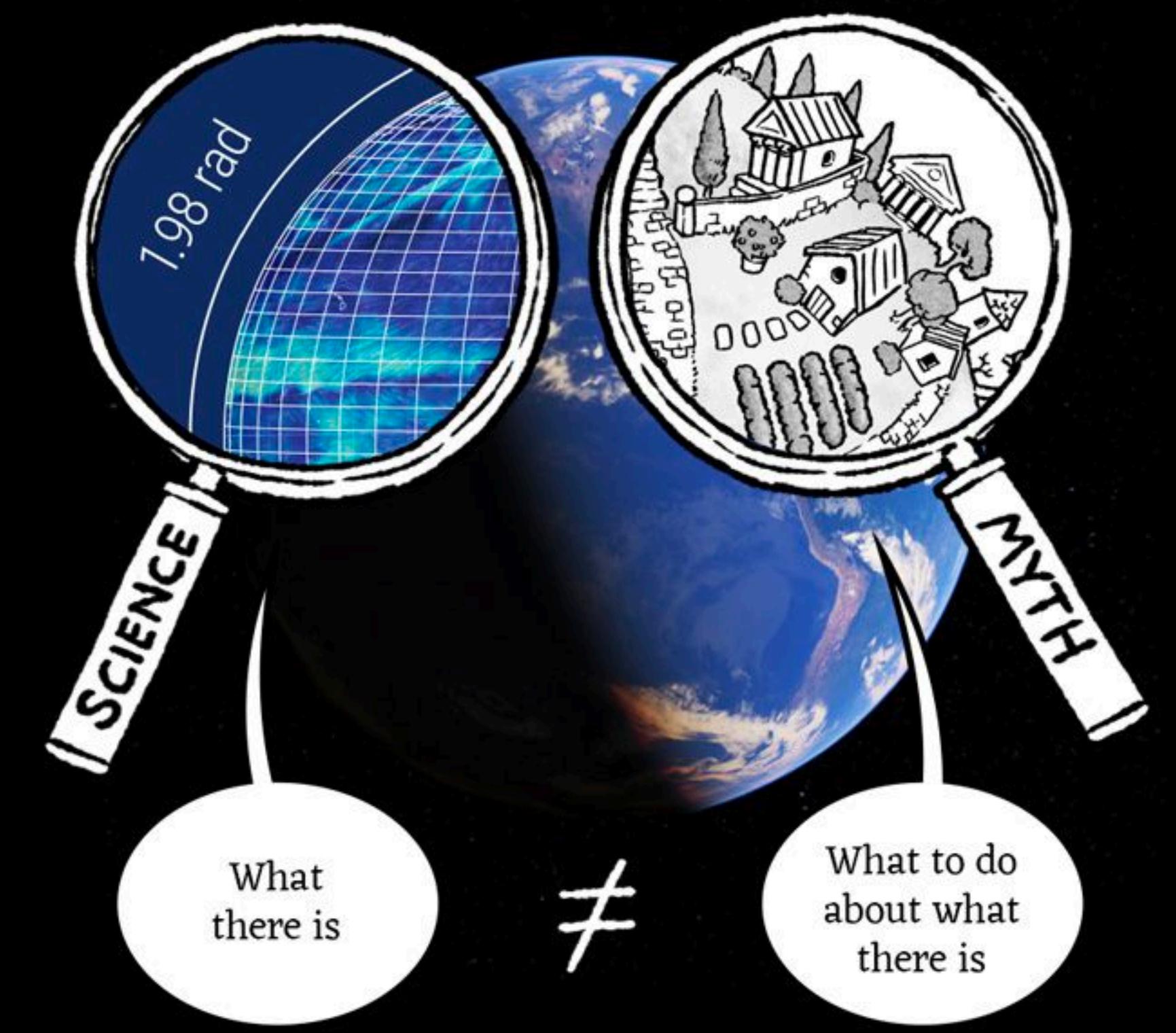


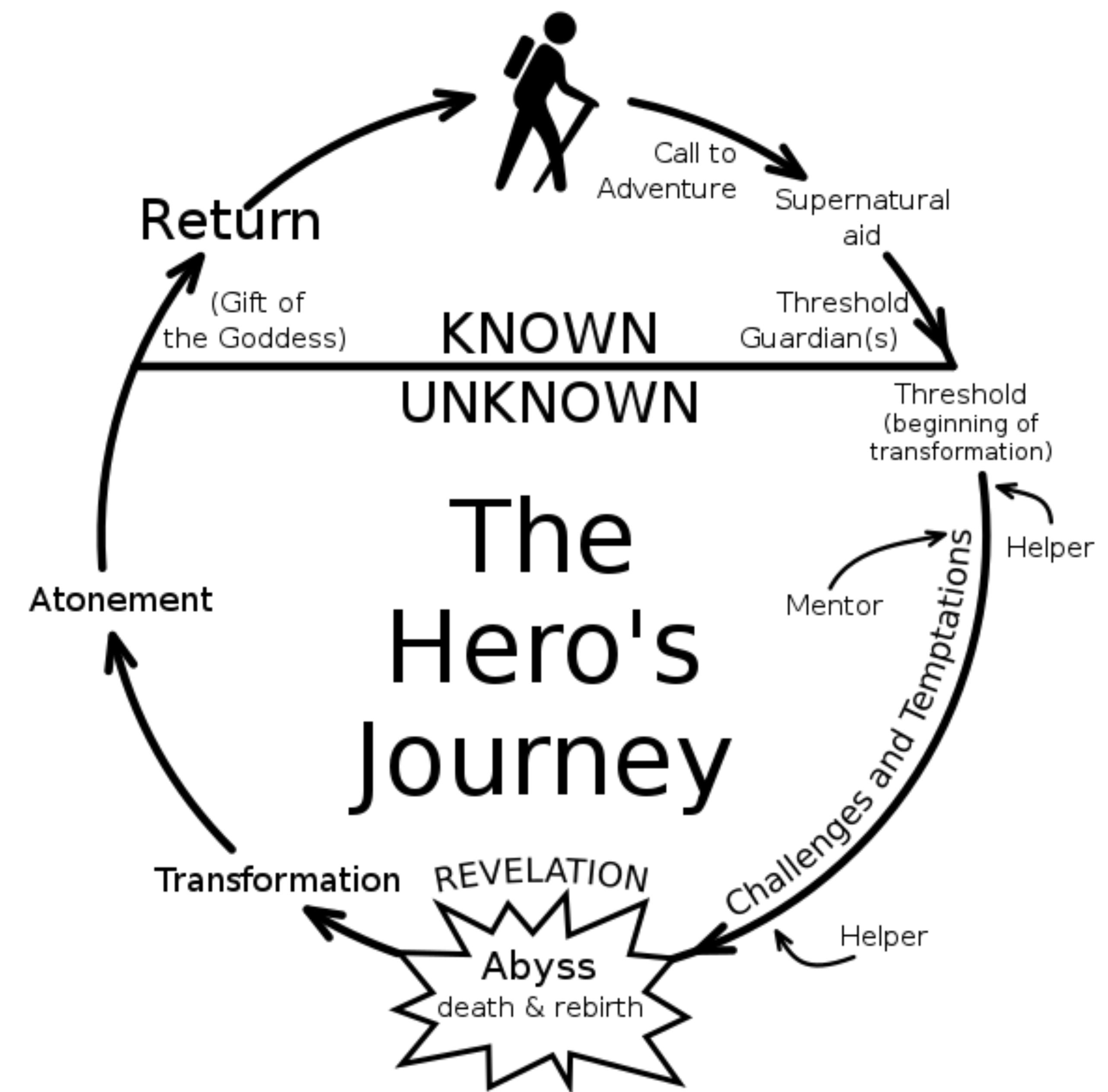


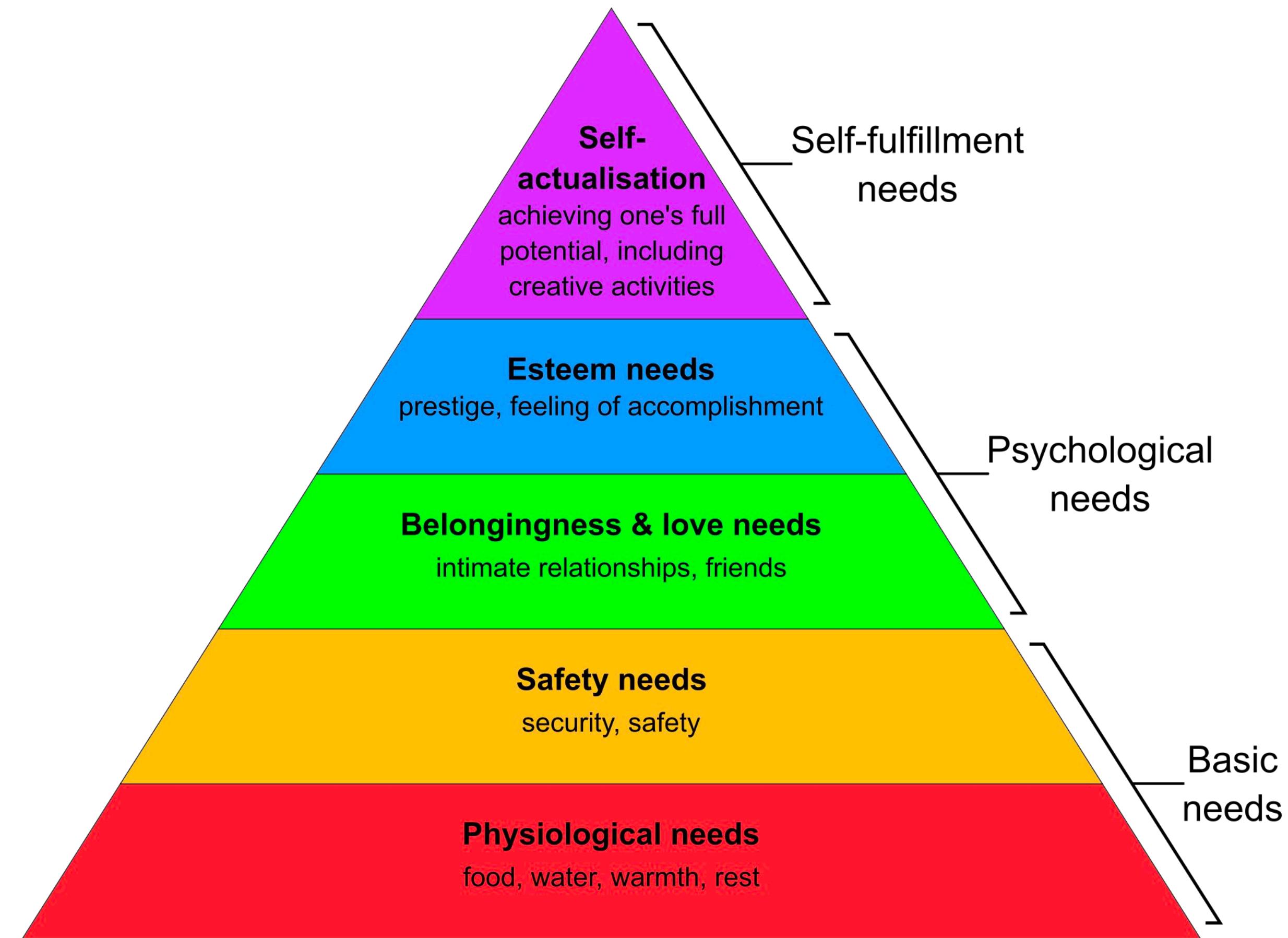
**“We have two lives,
and the second begins
when we realize
we only have one.”**

— Confucius







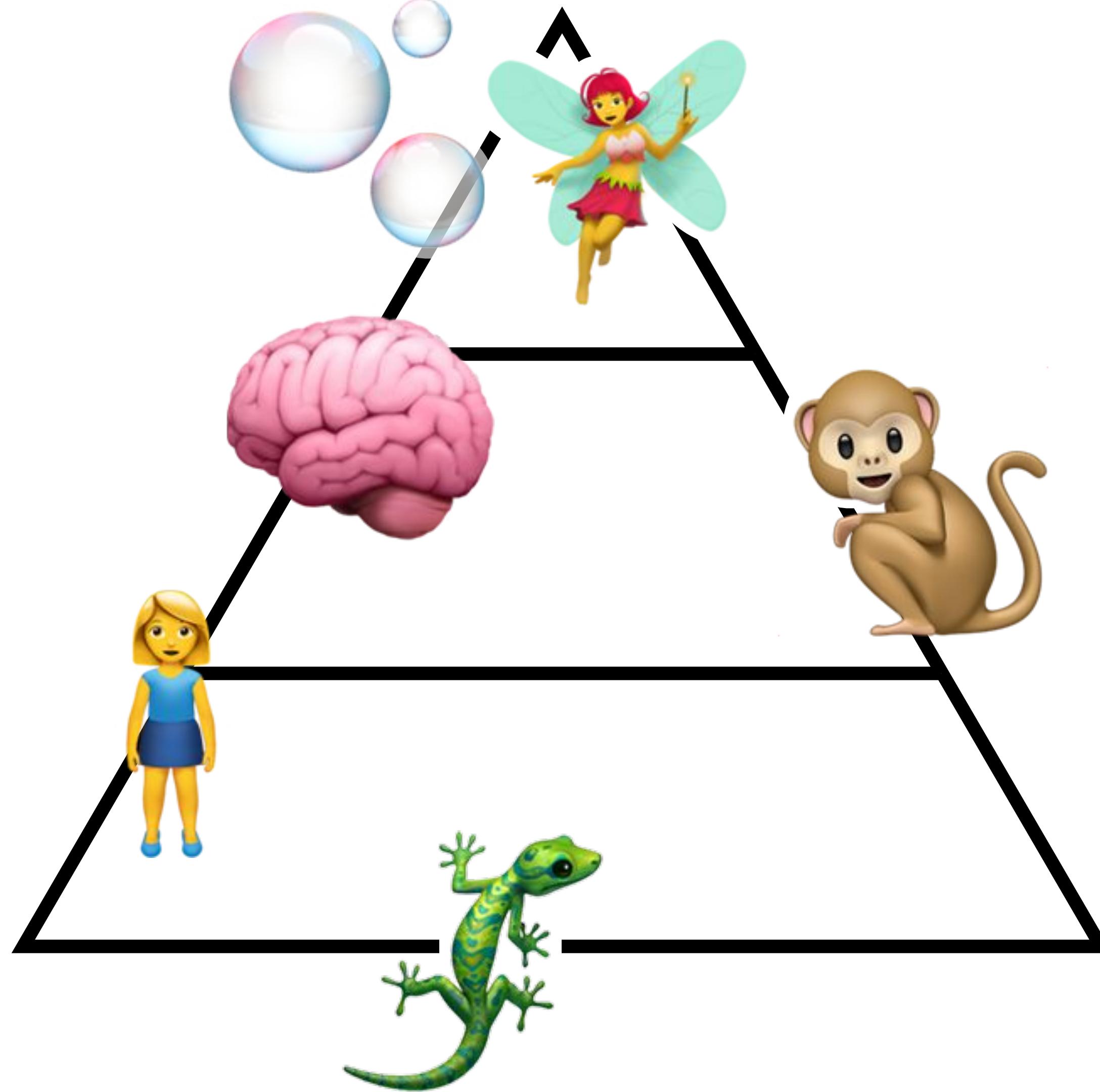


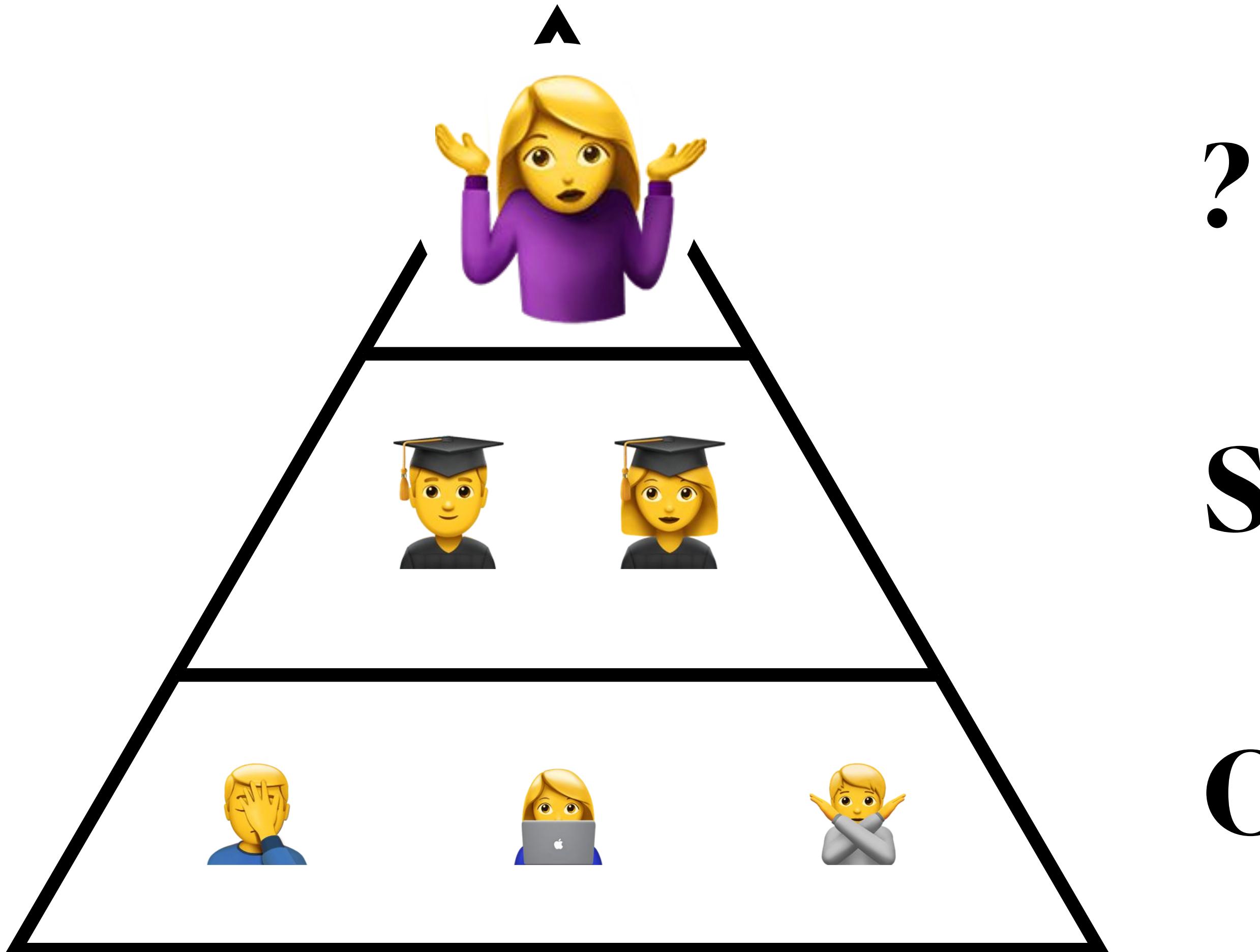
“These mountains that you are carrying, you were only supposed to climb.”
— Najwa Zebian

Soul

Mind

Body





?

Self

Others

Villain



Rescuer



Victim

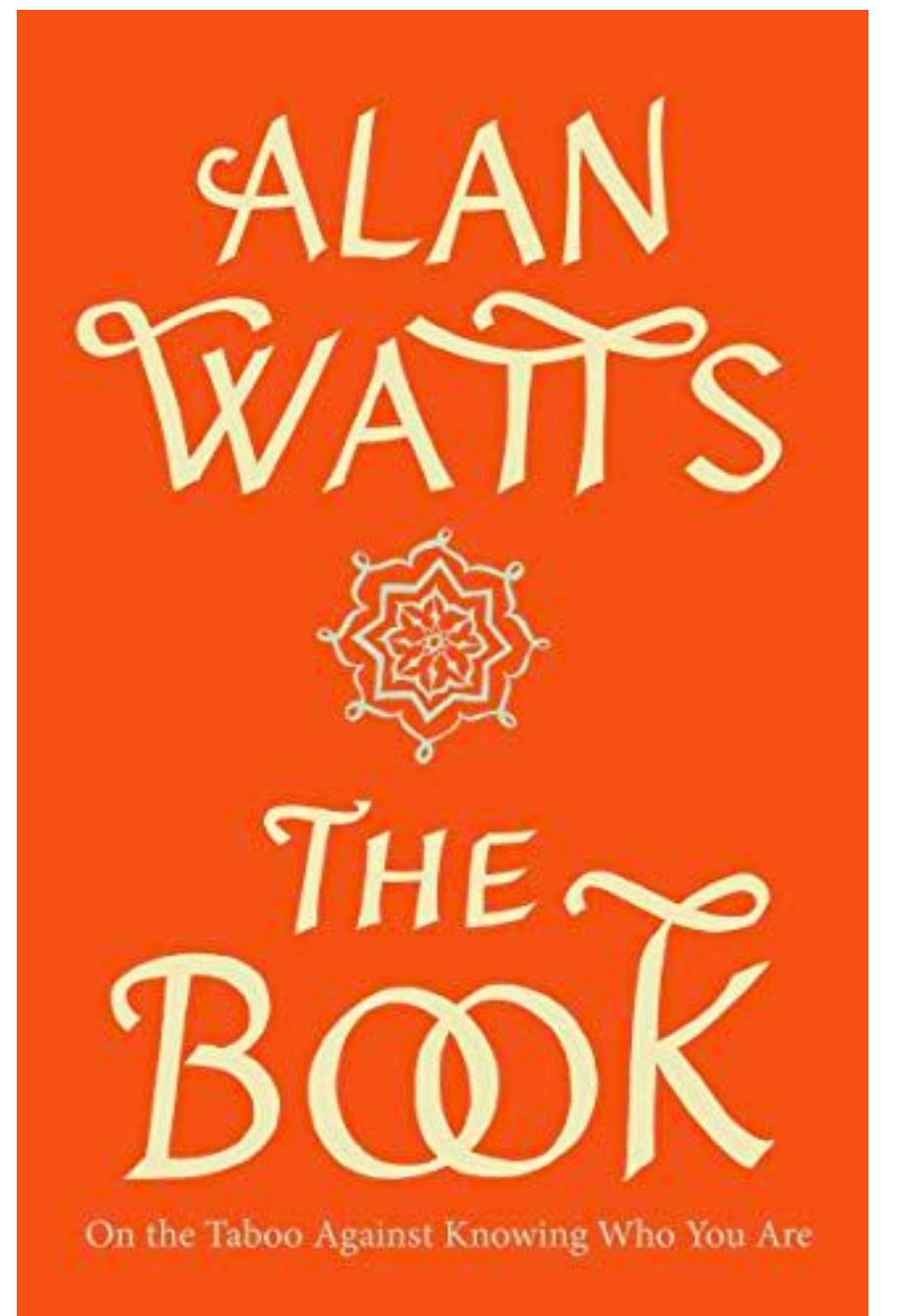
“You cannot continue to victimize someone else just because you yourself were a victim once—there has to be a limit”
— Edward Said

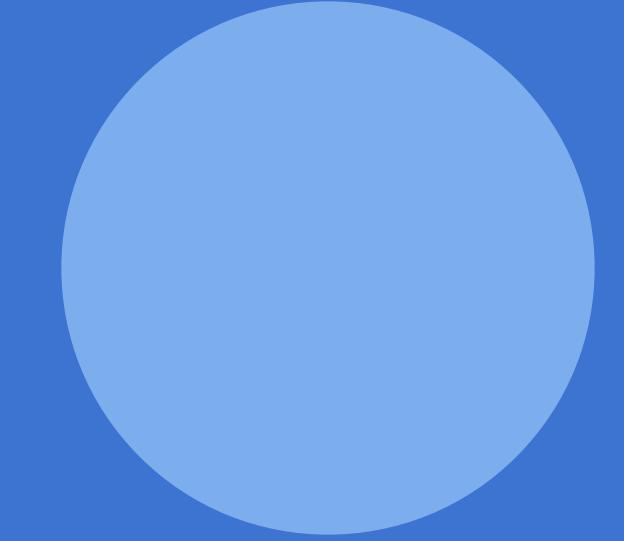
— I don't have problems. Life is hard.

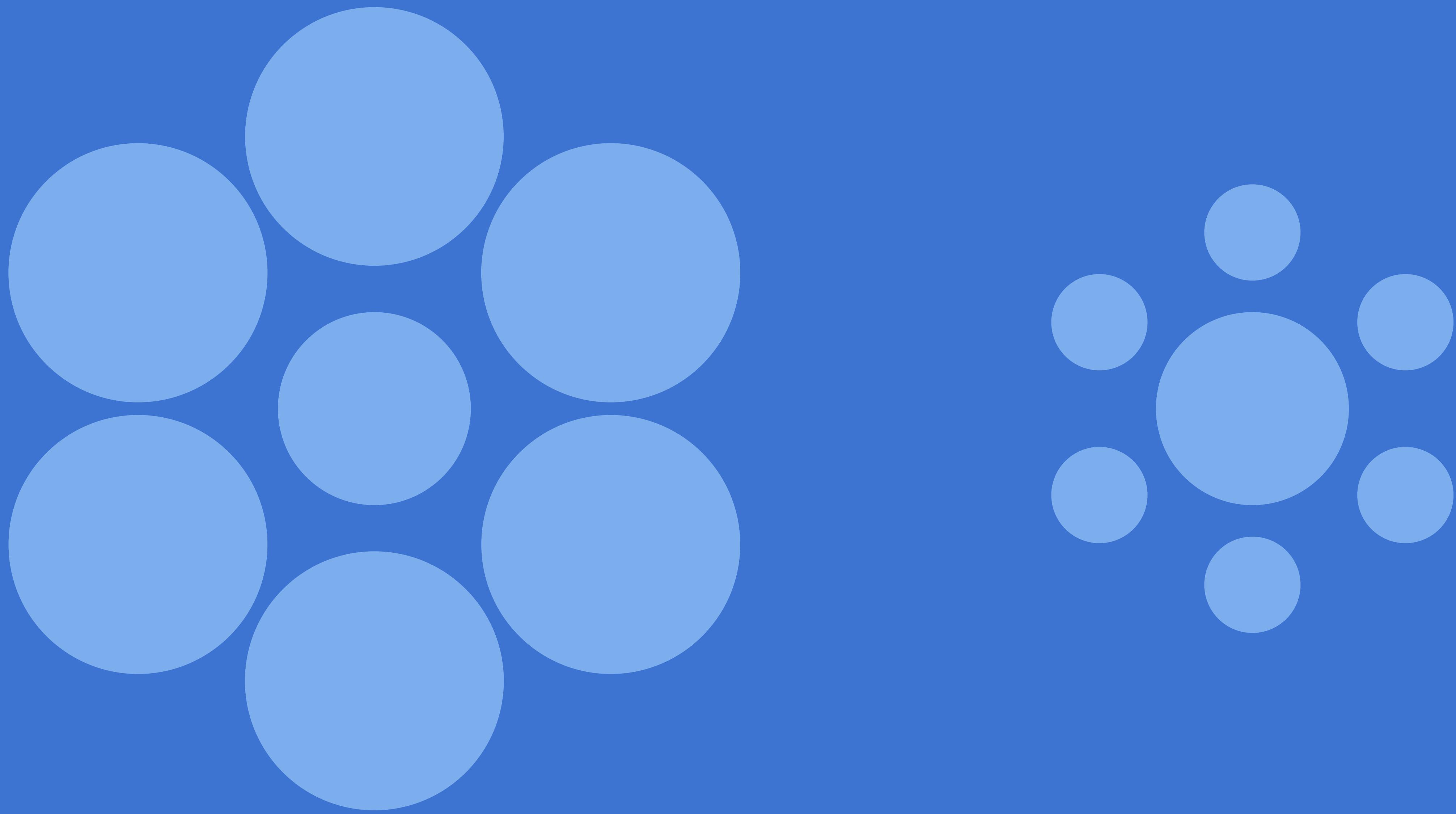


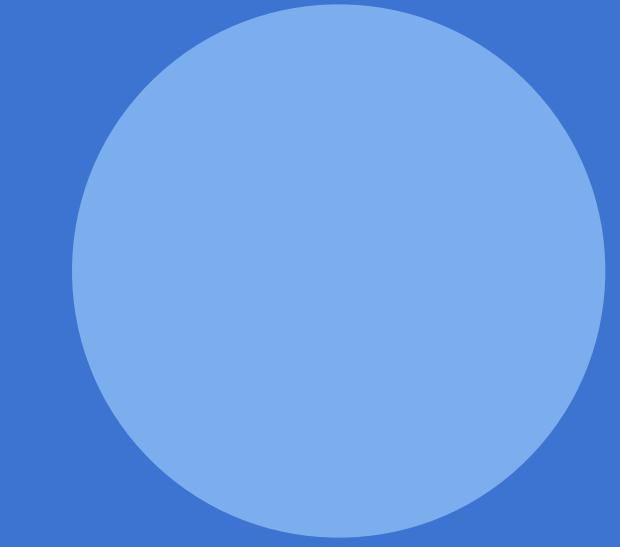
Unlearn

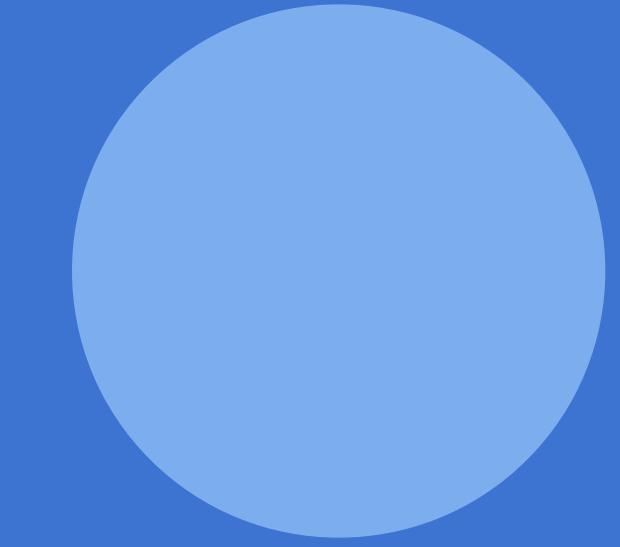
- We are not our body
- We are not ourselves
- We absorb everything from other people
- Their myths define your roles
- Their vocabulary describes your world
- Their beliefs become your religion
- It is not real











Mask on yourself

- Order > Happiness
- You are your responsibility
- Be the adult you needed as a child
- Set your house in perfect order
- Not too much, just one foot in order
- No expectations

OVER THREE MILLION COPIES SOLD

JORDAN B.
PETERSON

12 RULES
FOR LIFE

AN ANTIDOTE TO CHAOS

"The most influential public intellectual
in the Western world right now."

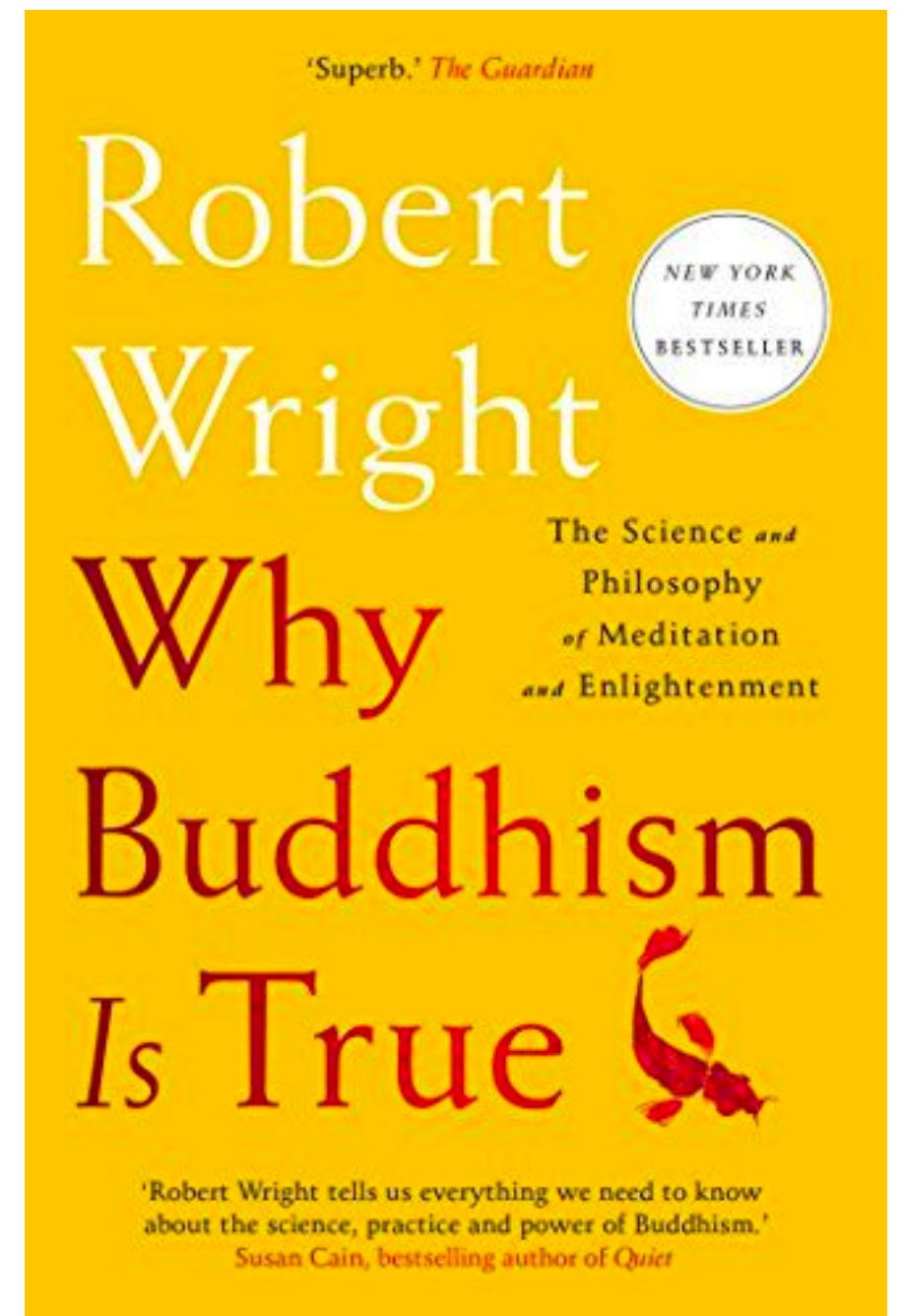
NEW YORK TIMES

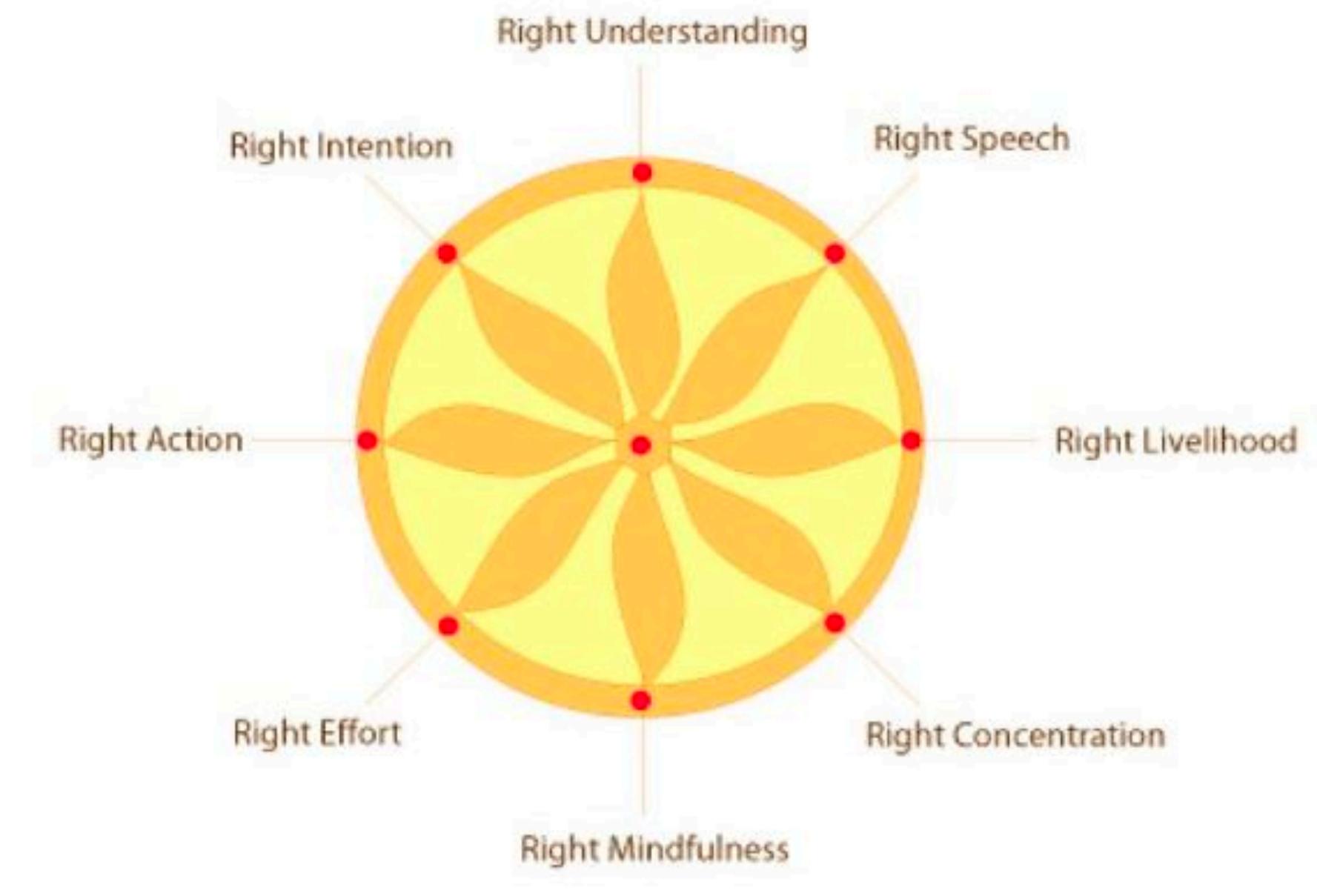
Step 1:
Admit it

Buddhism (Long version)

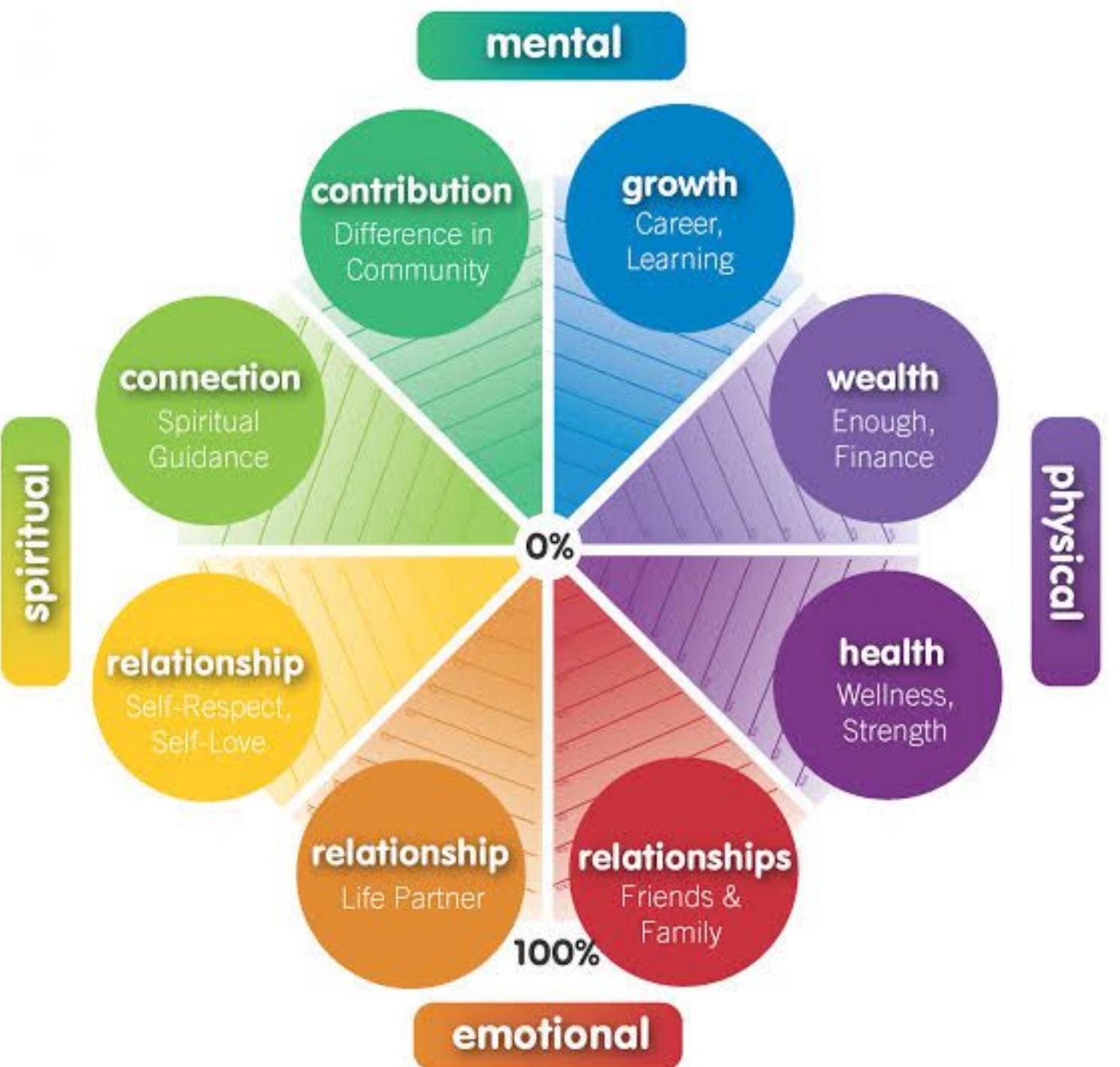
Ignorance, attachment (greed), and aversion (fear).

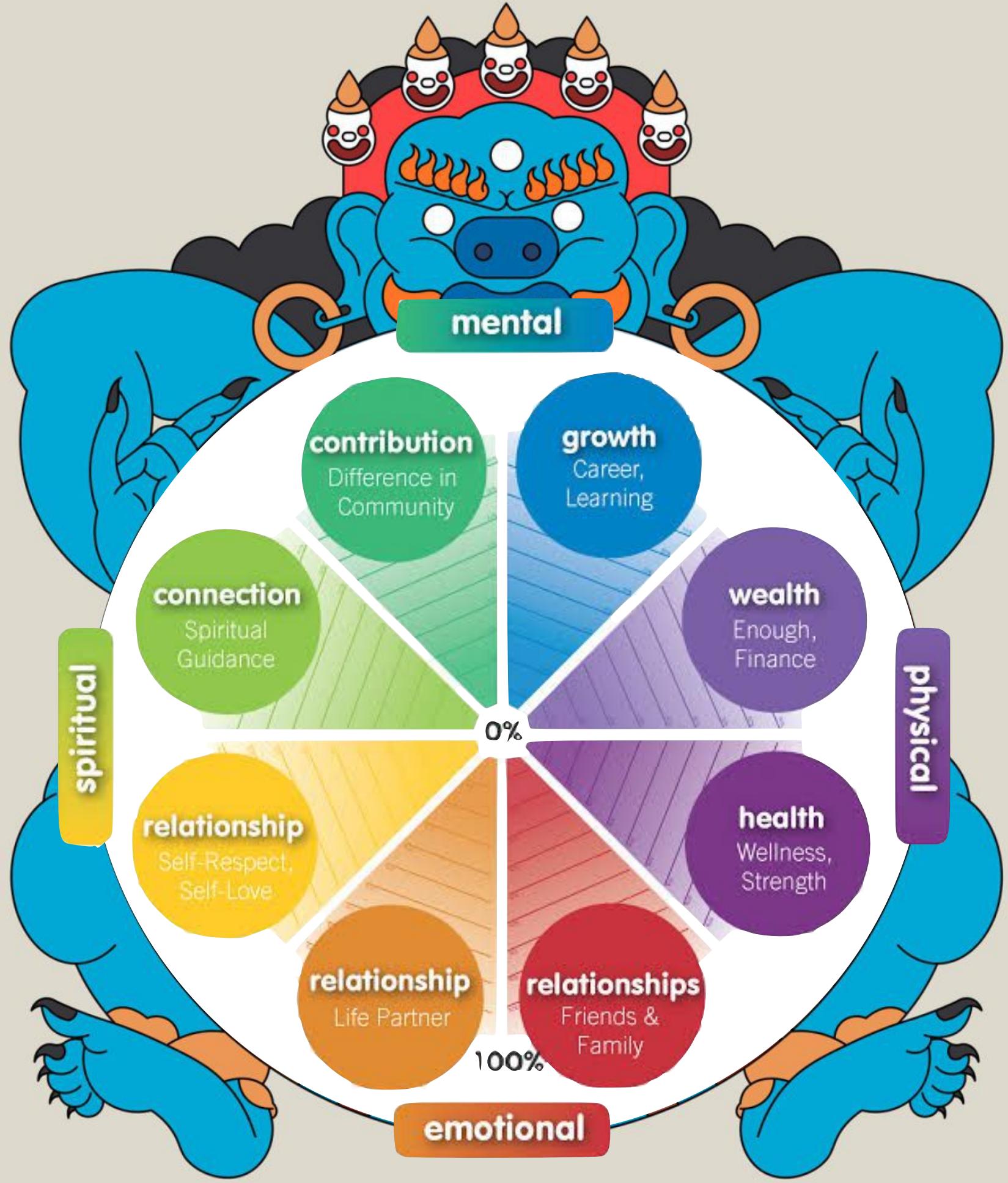
1. Understanding: Everything is connected, and everything changes.
2. Intent: Wanting to do good and not harm others.
3. Speech: Using kind and honest words.
4. Action: Doing good things and avoiding bad things.
5. Livelihood: Making a living in a way that doesn't harm others.
6. Effort: Trying to do your best and not giving up easily.
7. Concentration: Focusing your mind on one thing at a time.
8. Mindfulness: Paying attention to what's happening in the present moment.



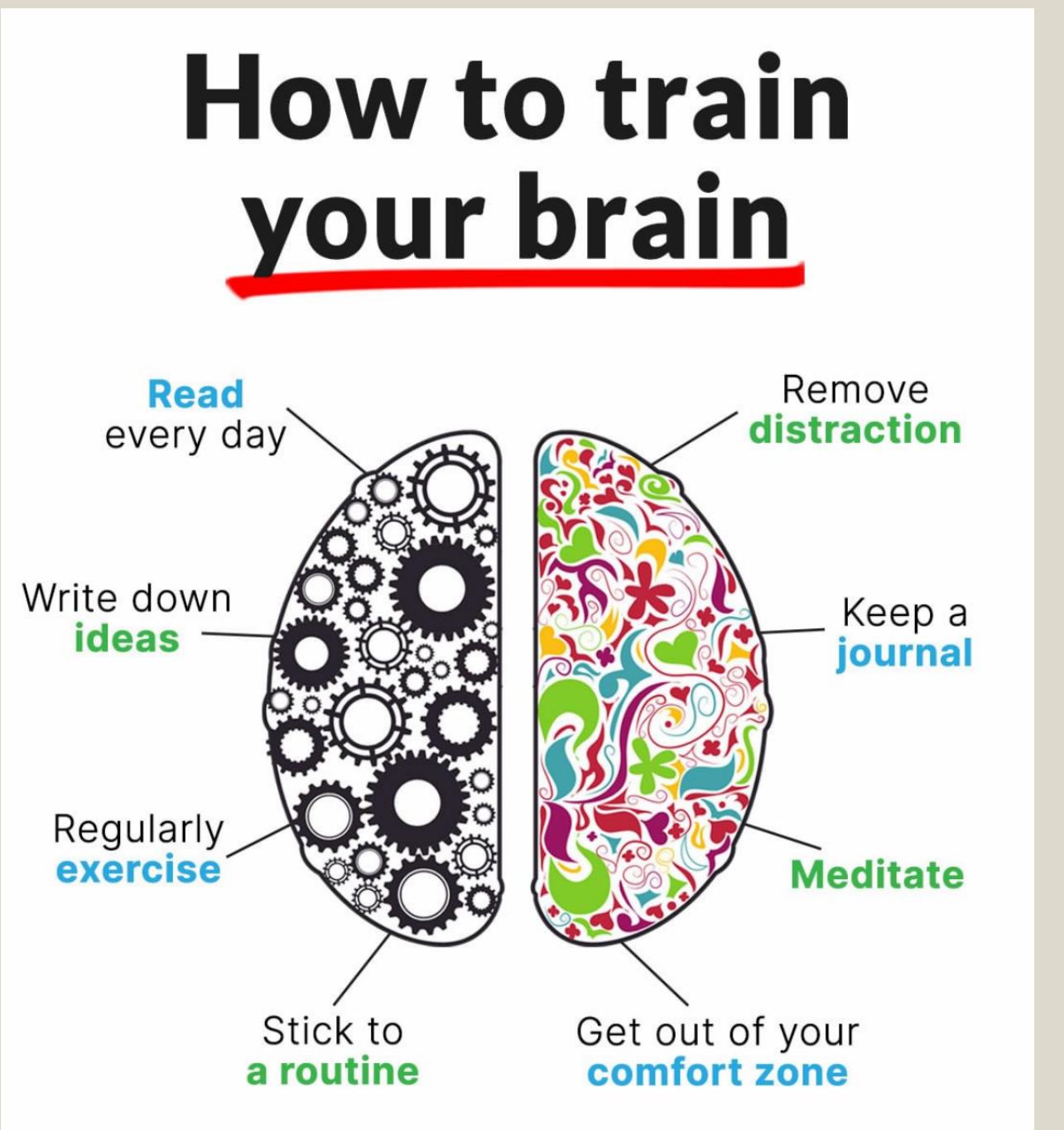


Eightfold path

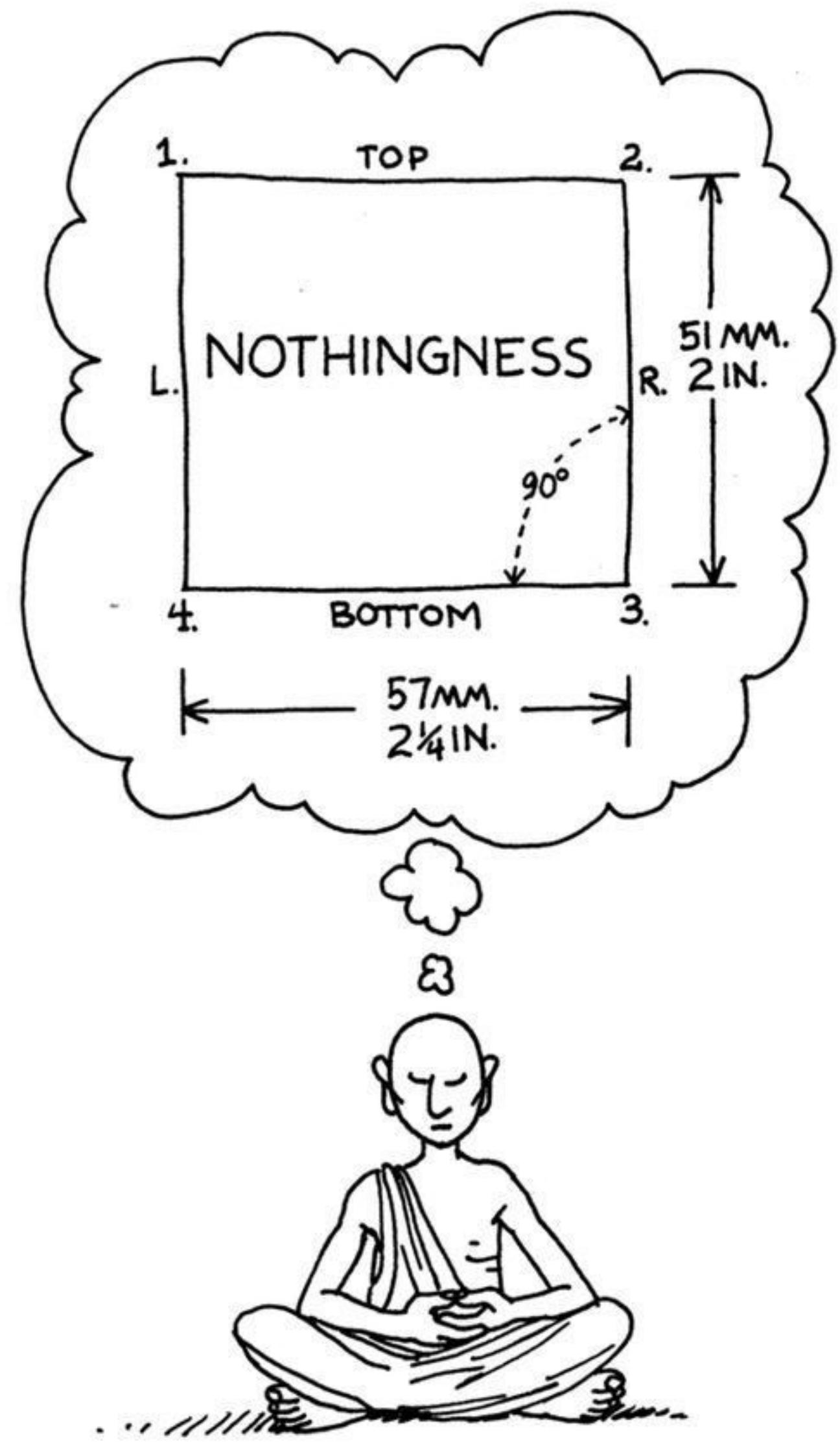




1. Understanding: Everything
2. Intent: Wanting to do good
3. Speech: Using kind and honest words
4. Action: Doing good things
5. Livelihood: Making a living
6. Effort: Trying to do your best
7. Concentration: Focusing your mind
8. Mindfulness: Paying attention



1. Understanding: Everything
2. Intent: Wanting to do good
3. Speech: Using kind and honest words
4. Action: Doing good things
5. Livelihood: Making a living
6. Effort: Trying to do your best
7. Concentration: Focusing your mind
8. Mindfulness: Paying attention

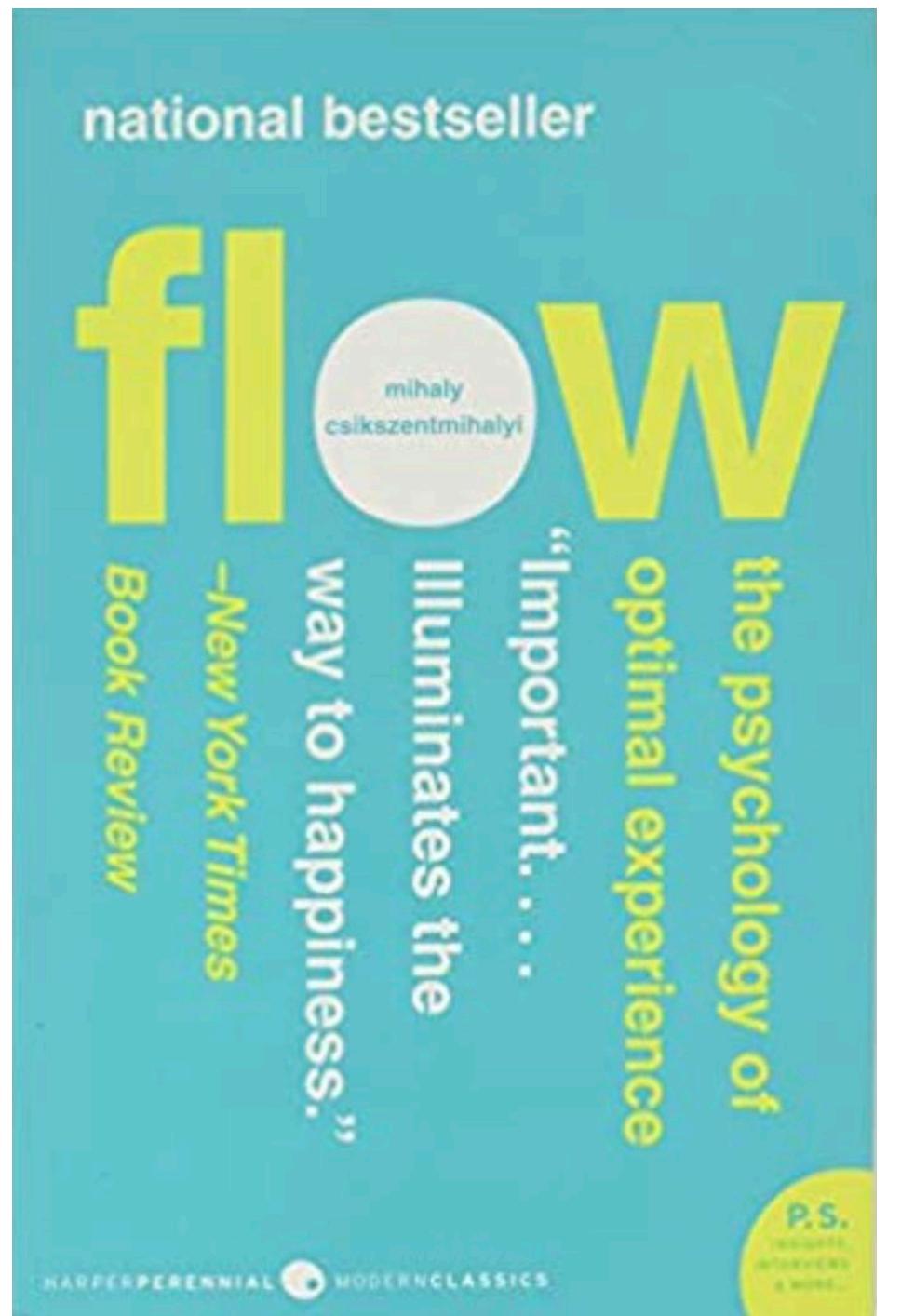


... paying attention to
whatever is happening
is mindfulness meditation.

B. Kliban®

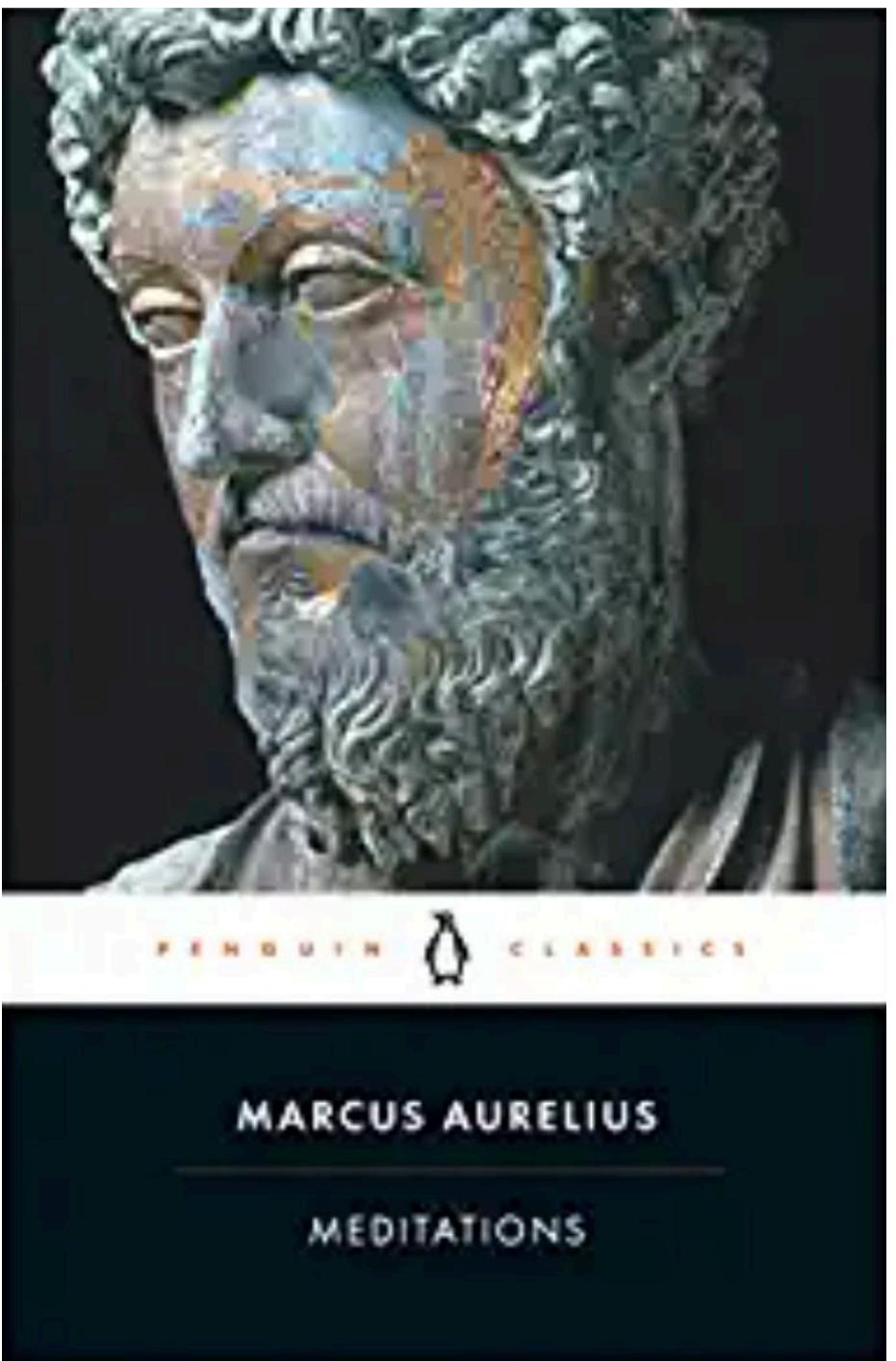
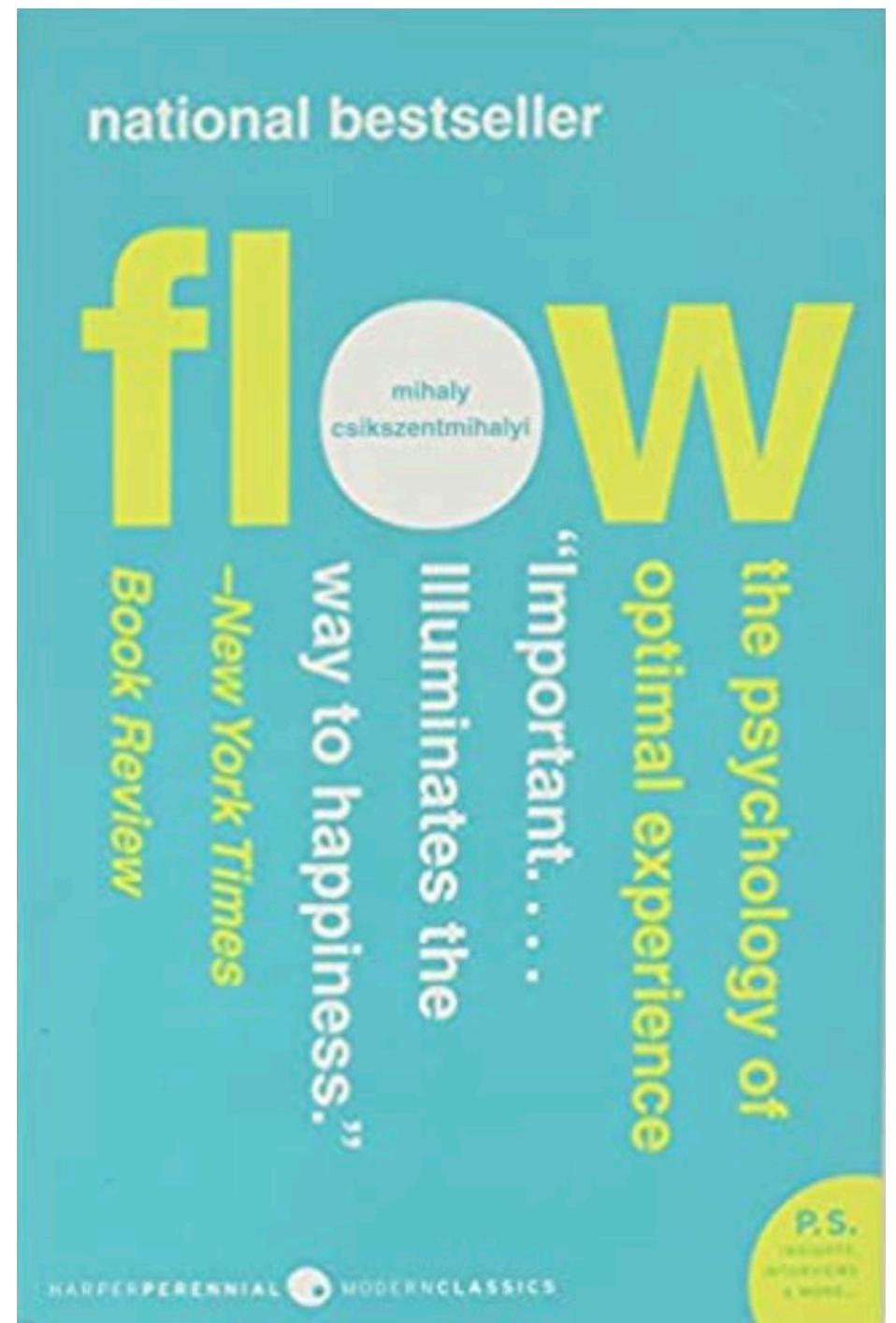
Fasting for the soul

It's all the same

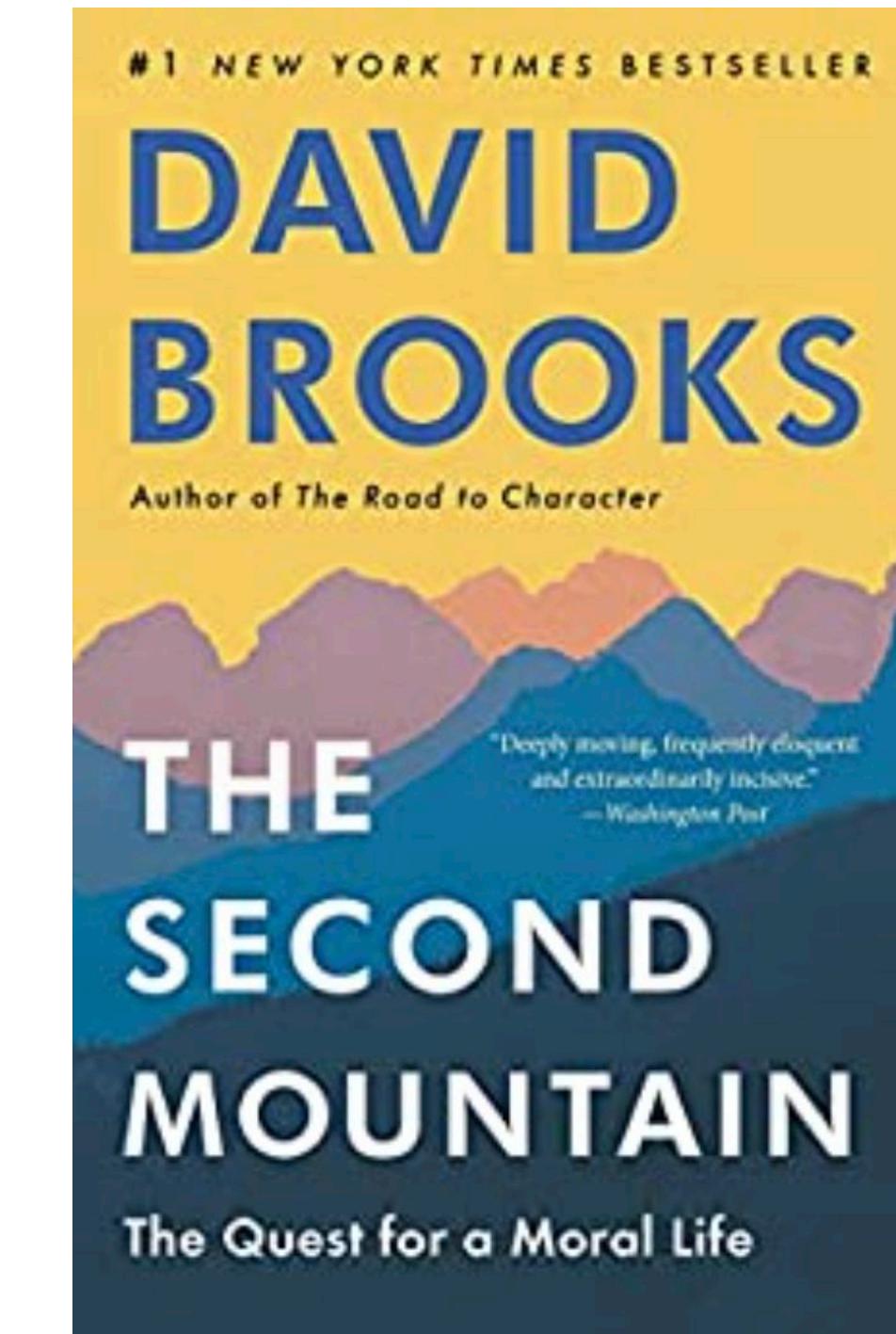
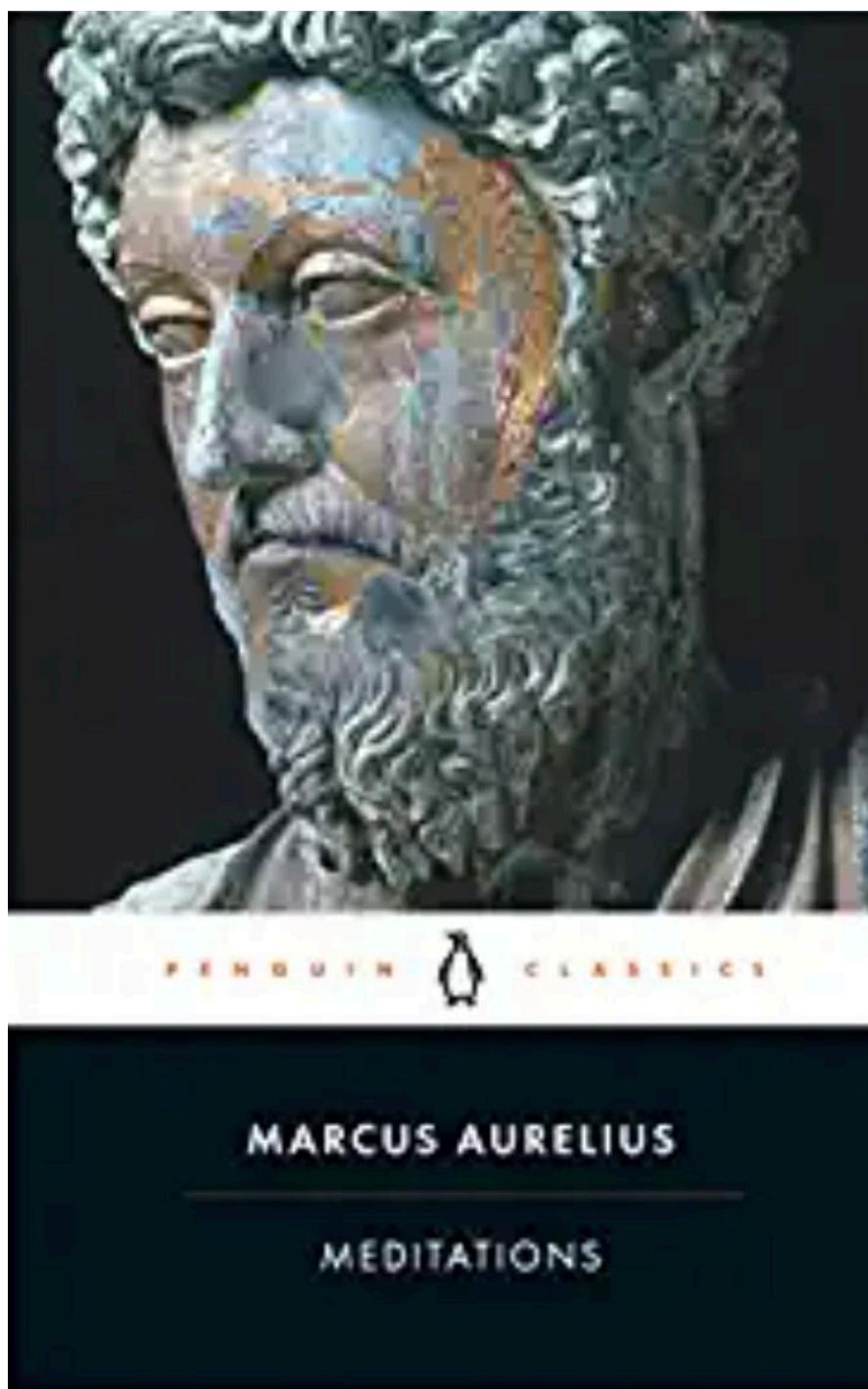
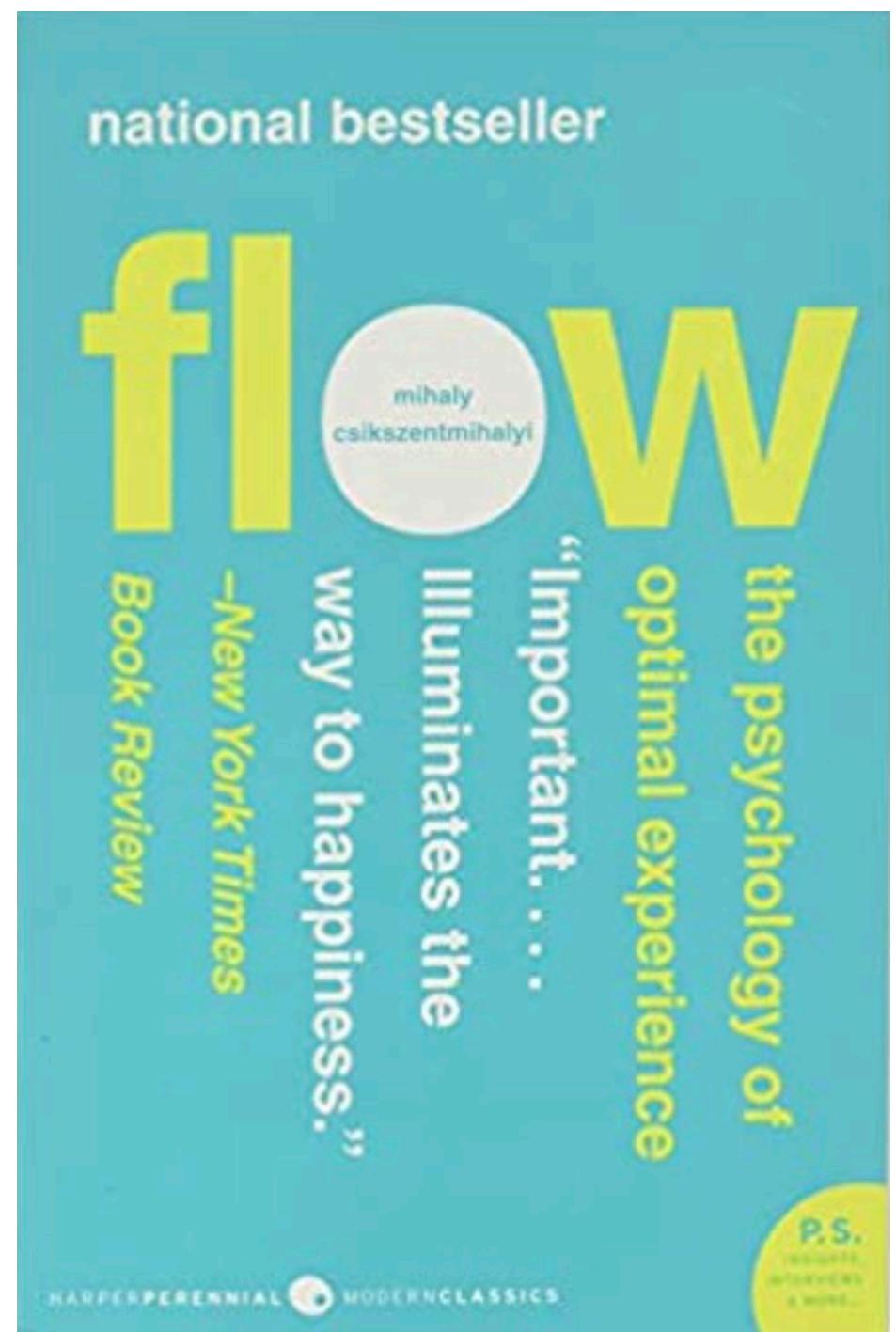




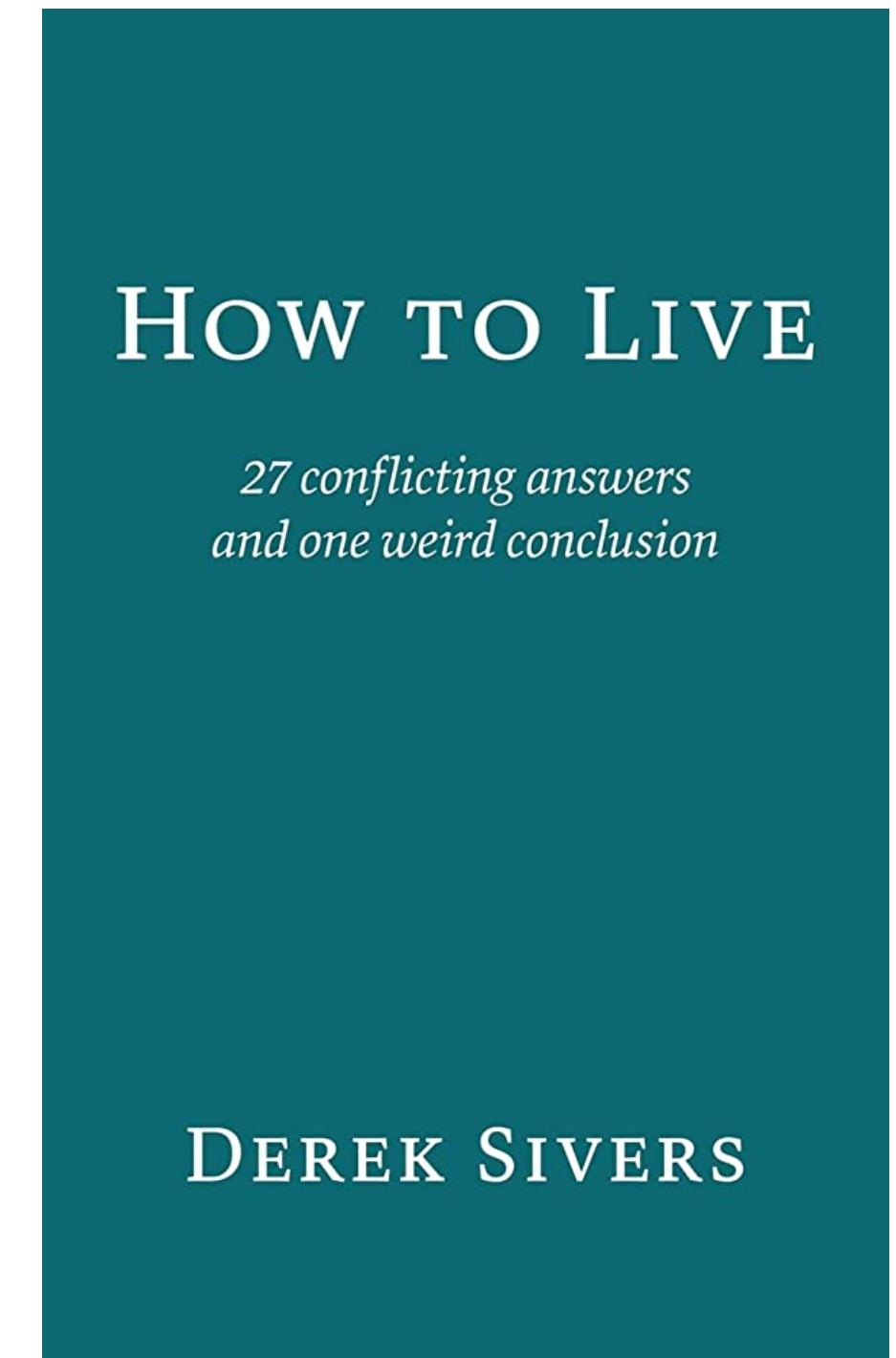
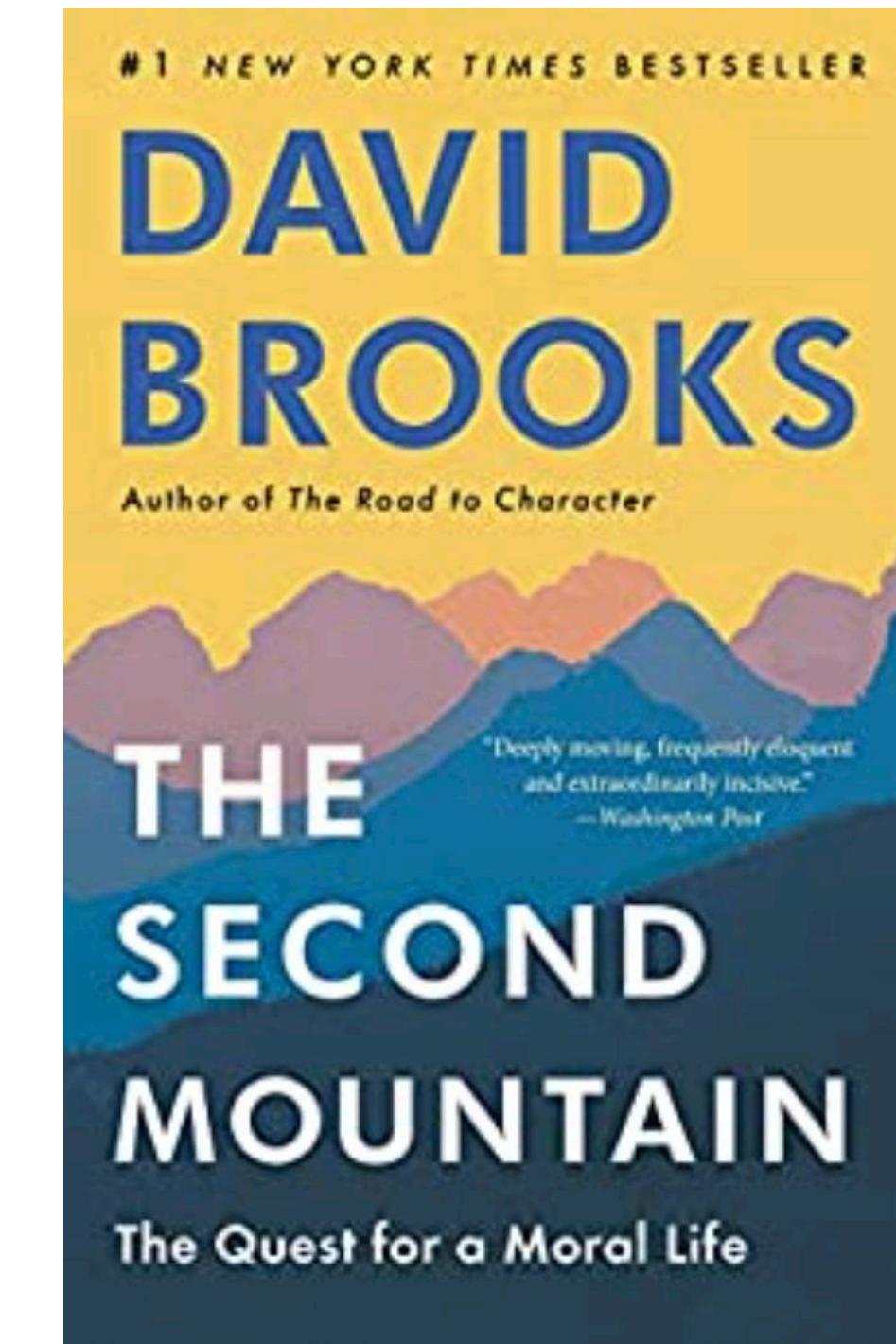
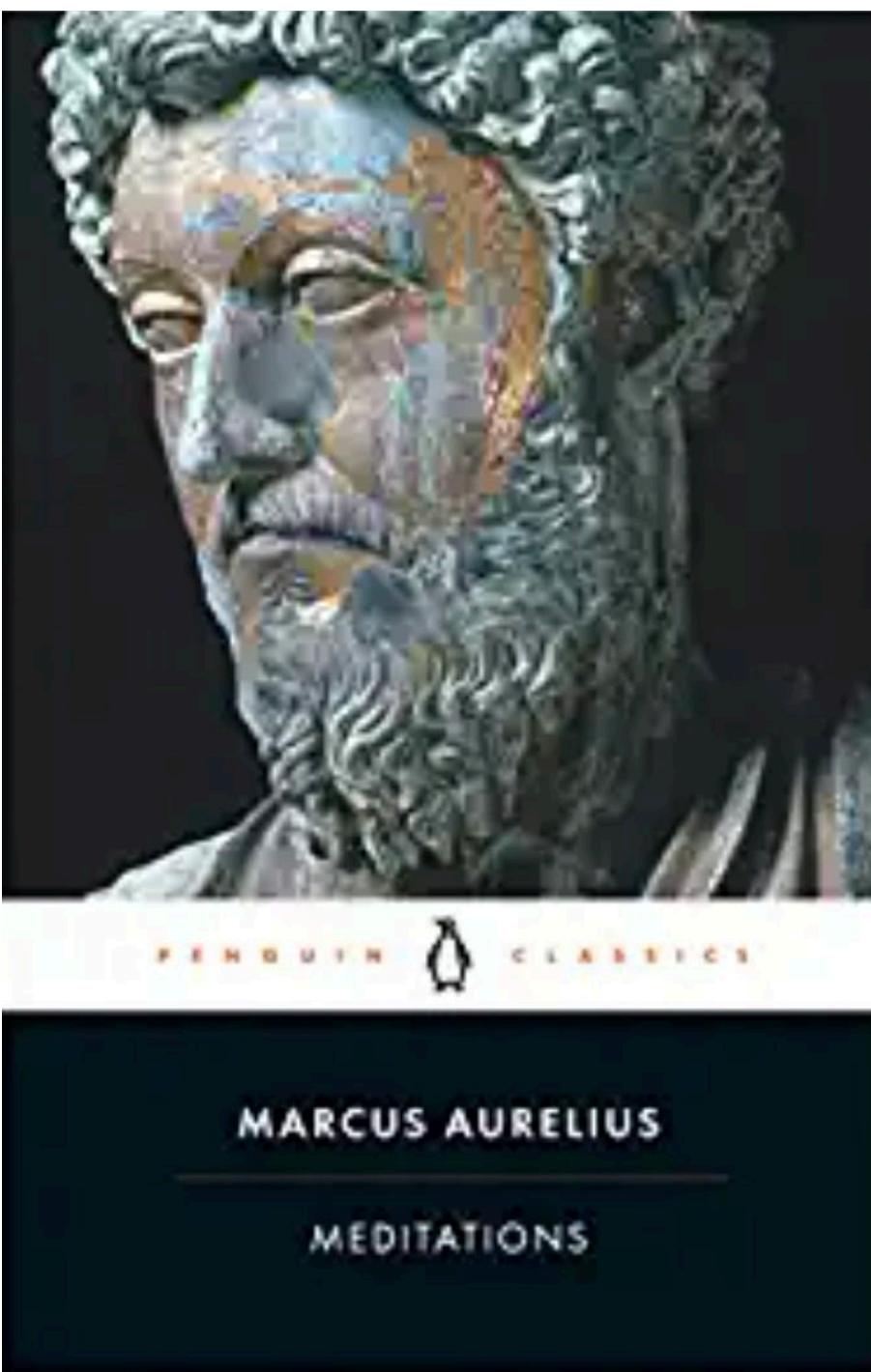
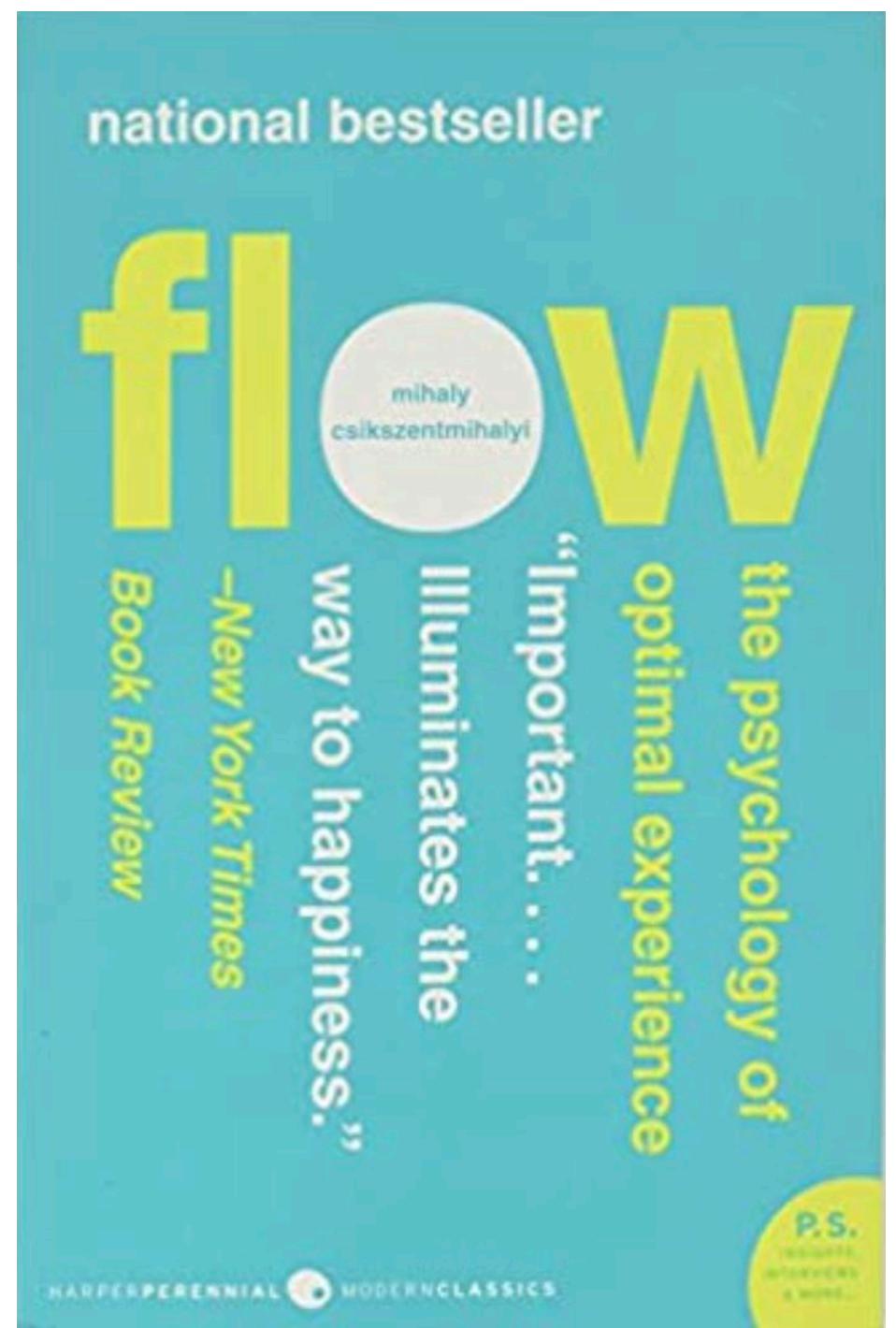
It's all the same

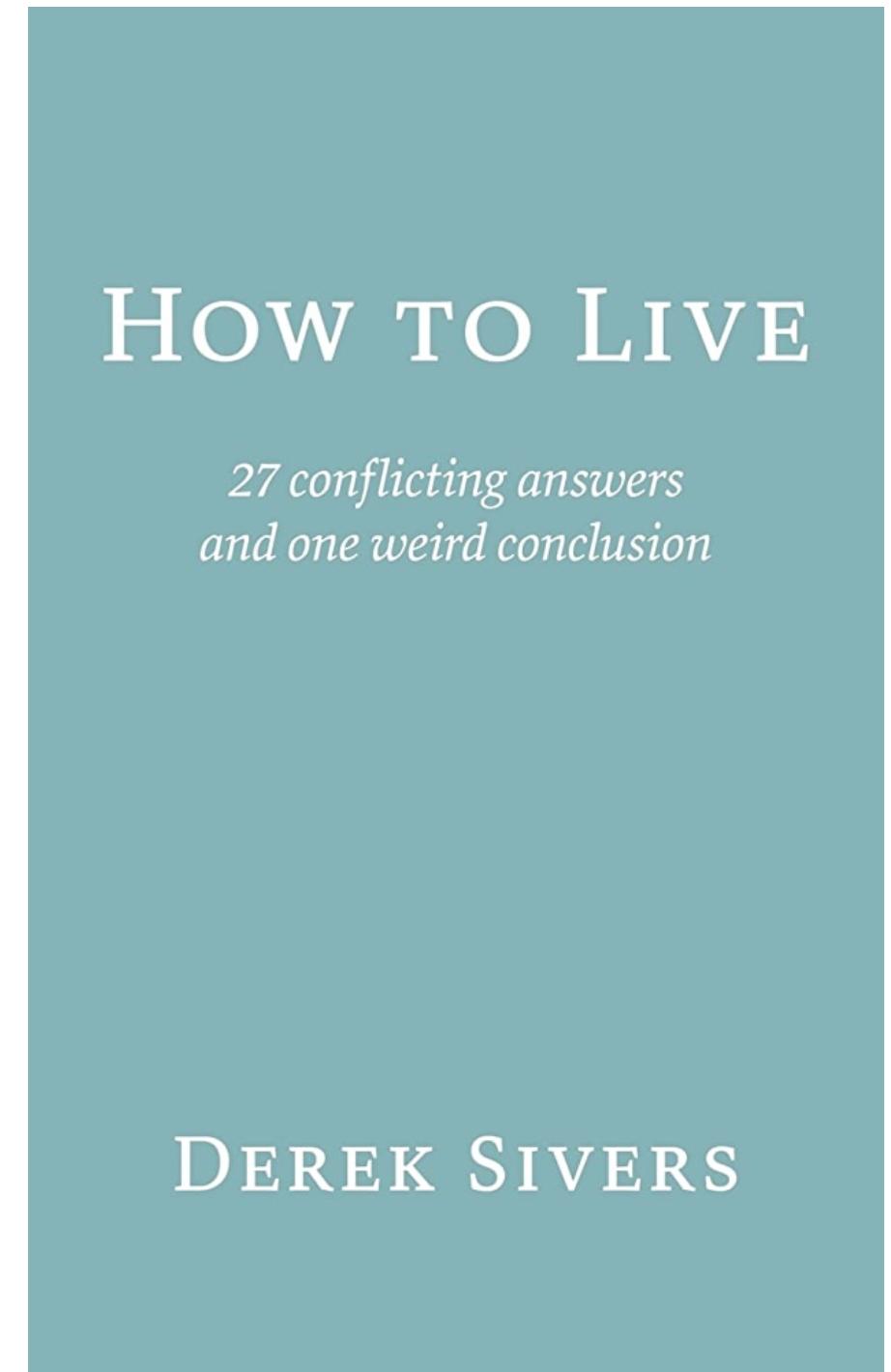
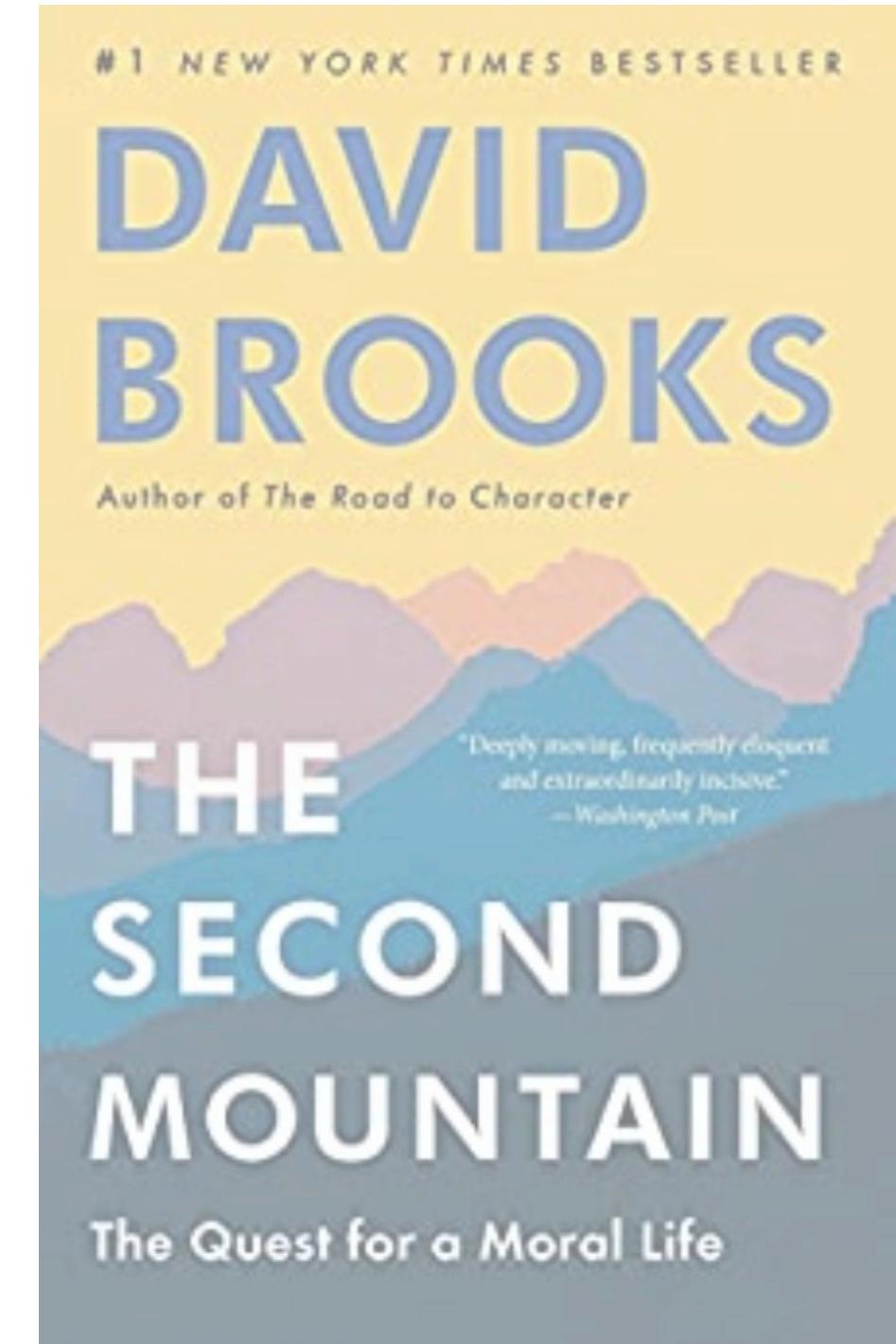
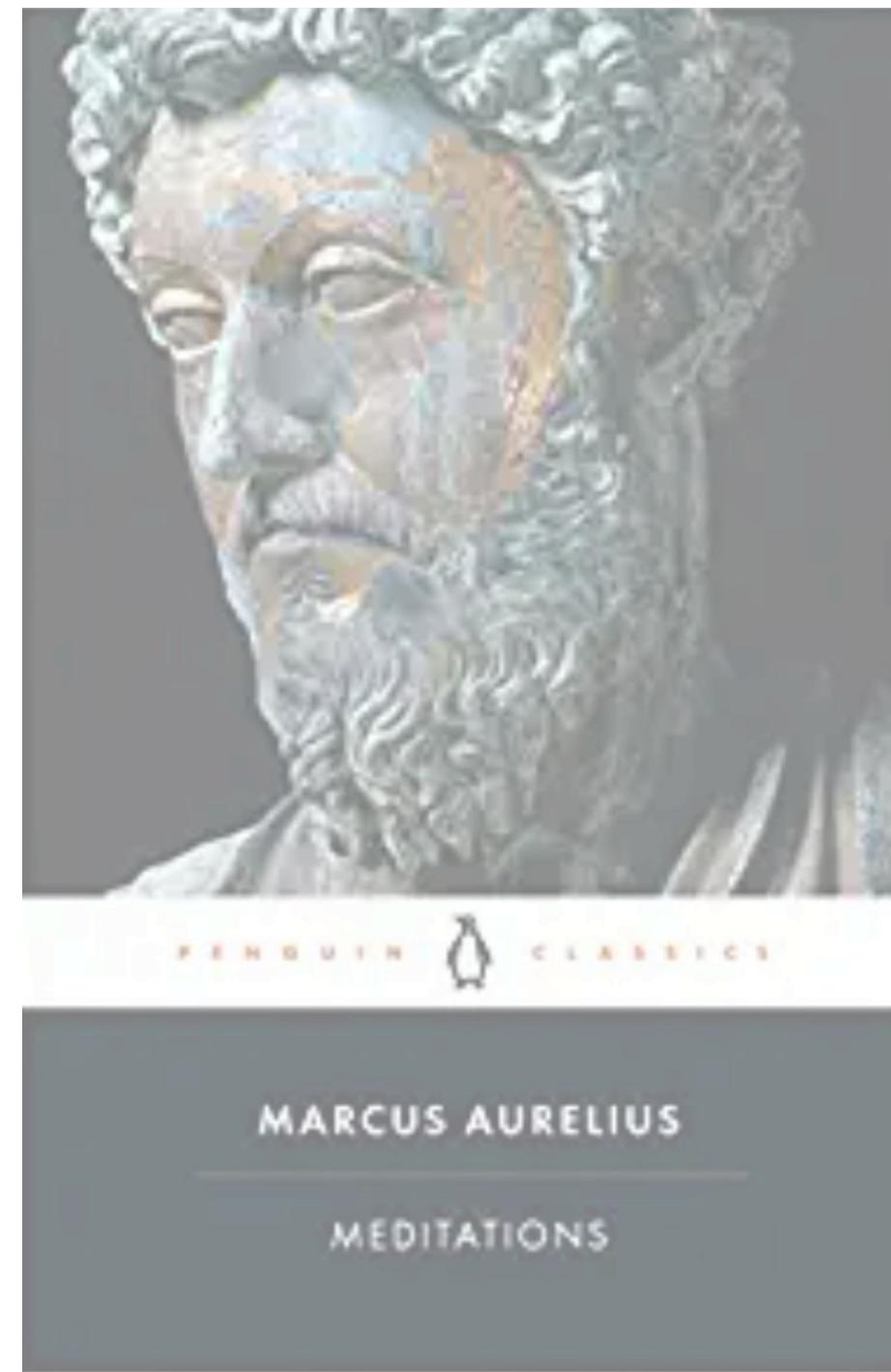
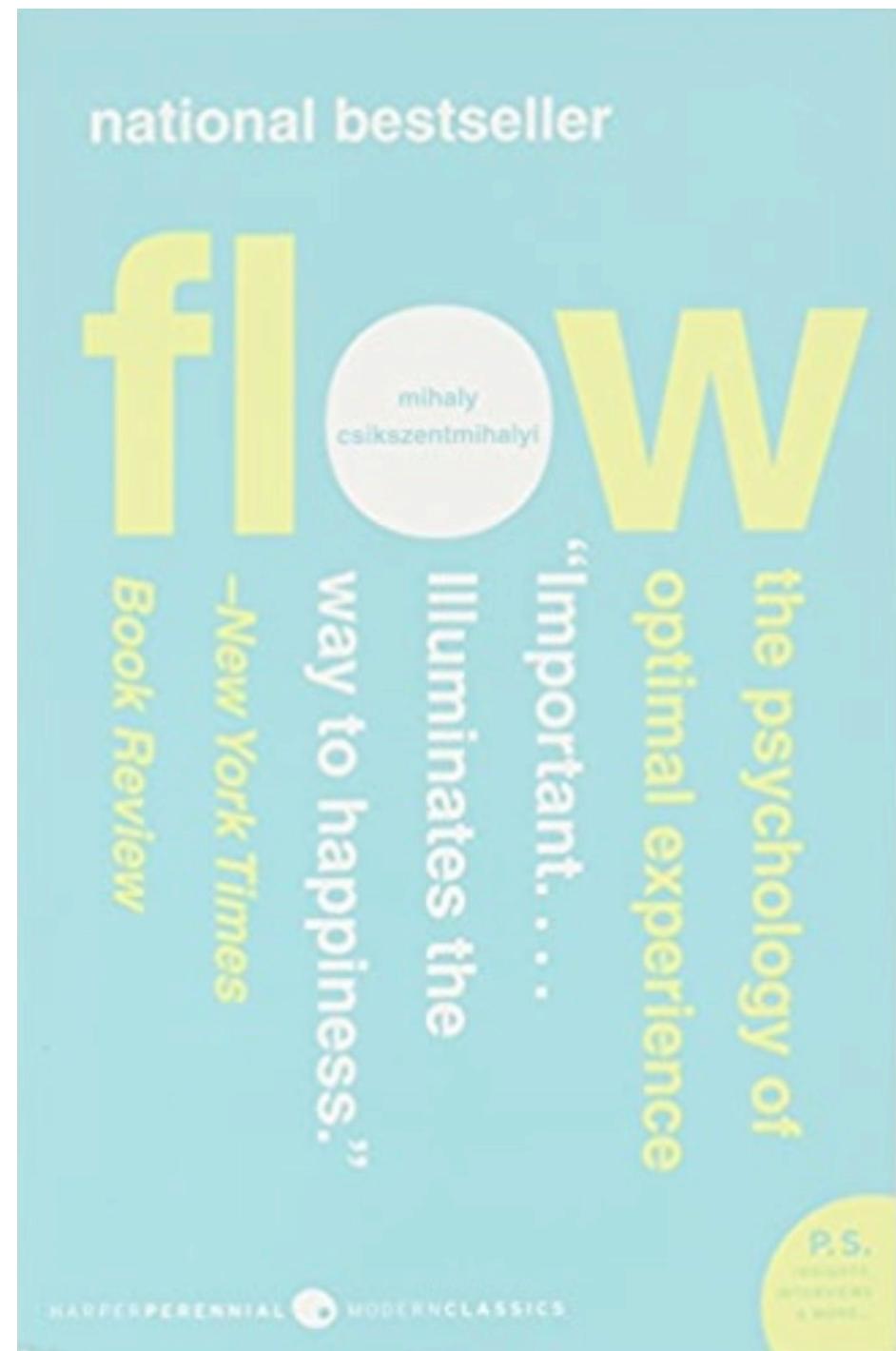


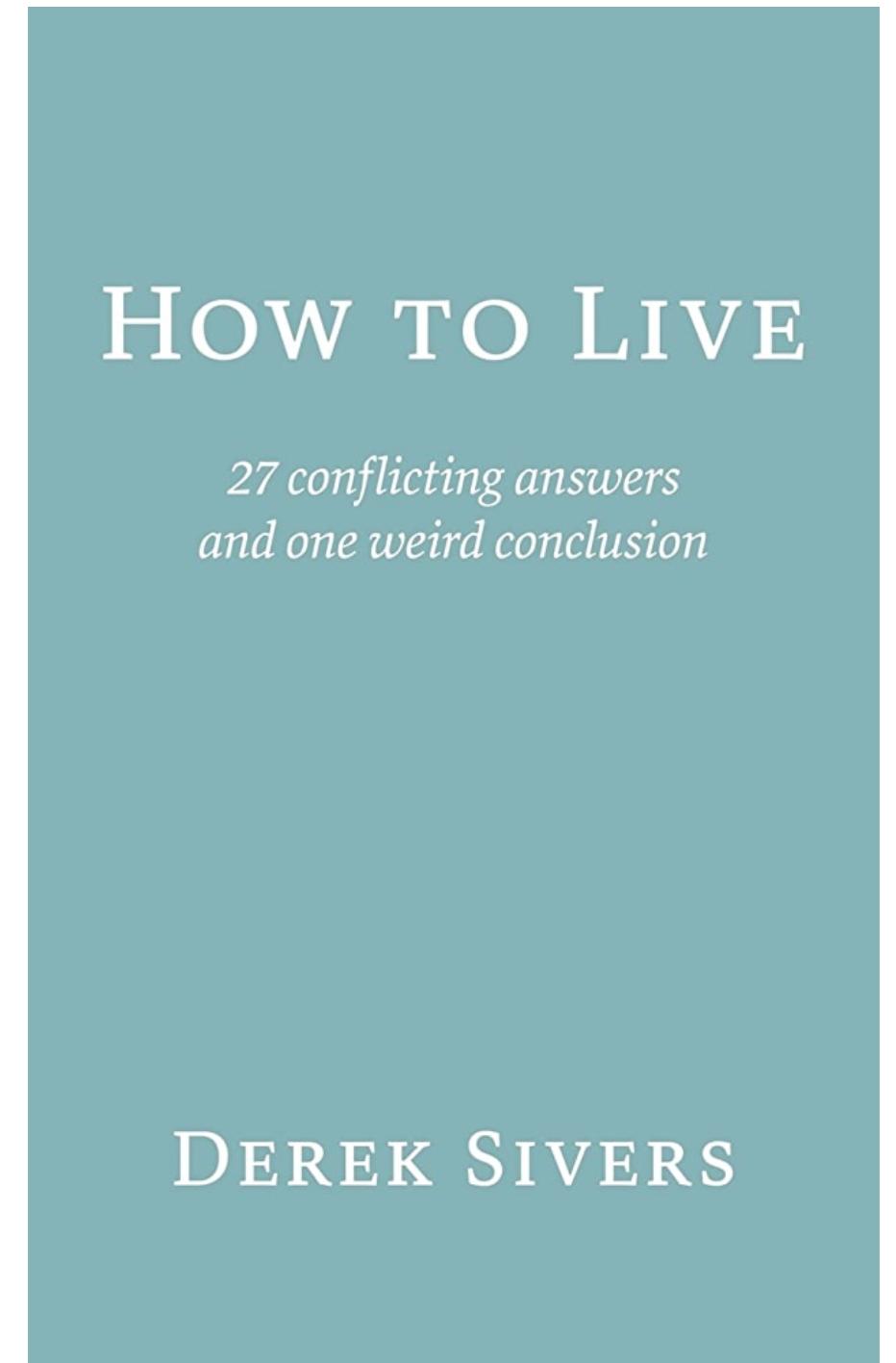
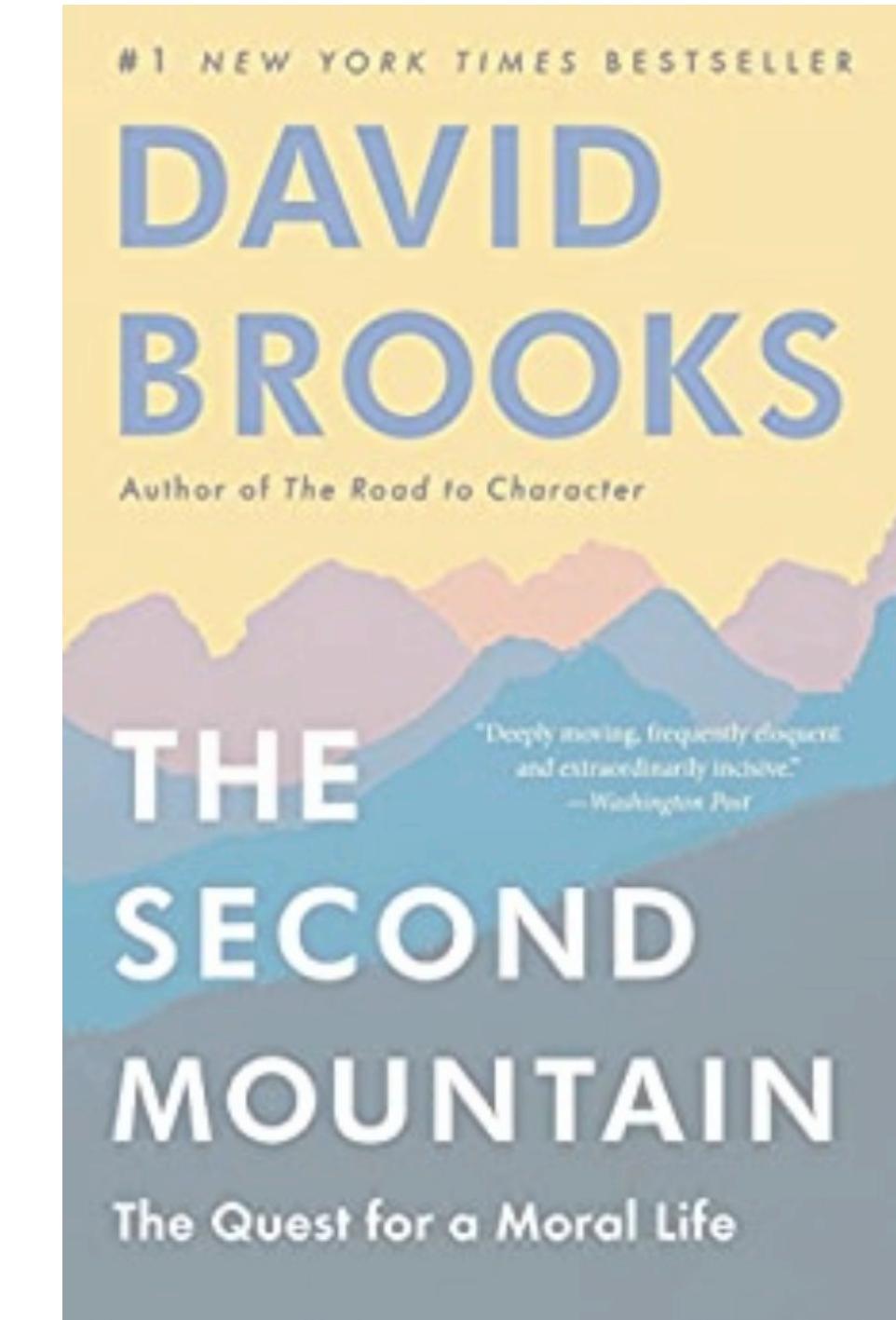
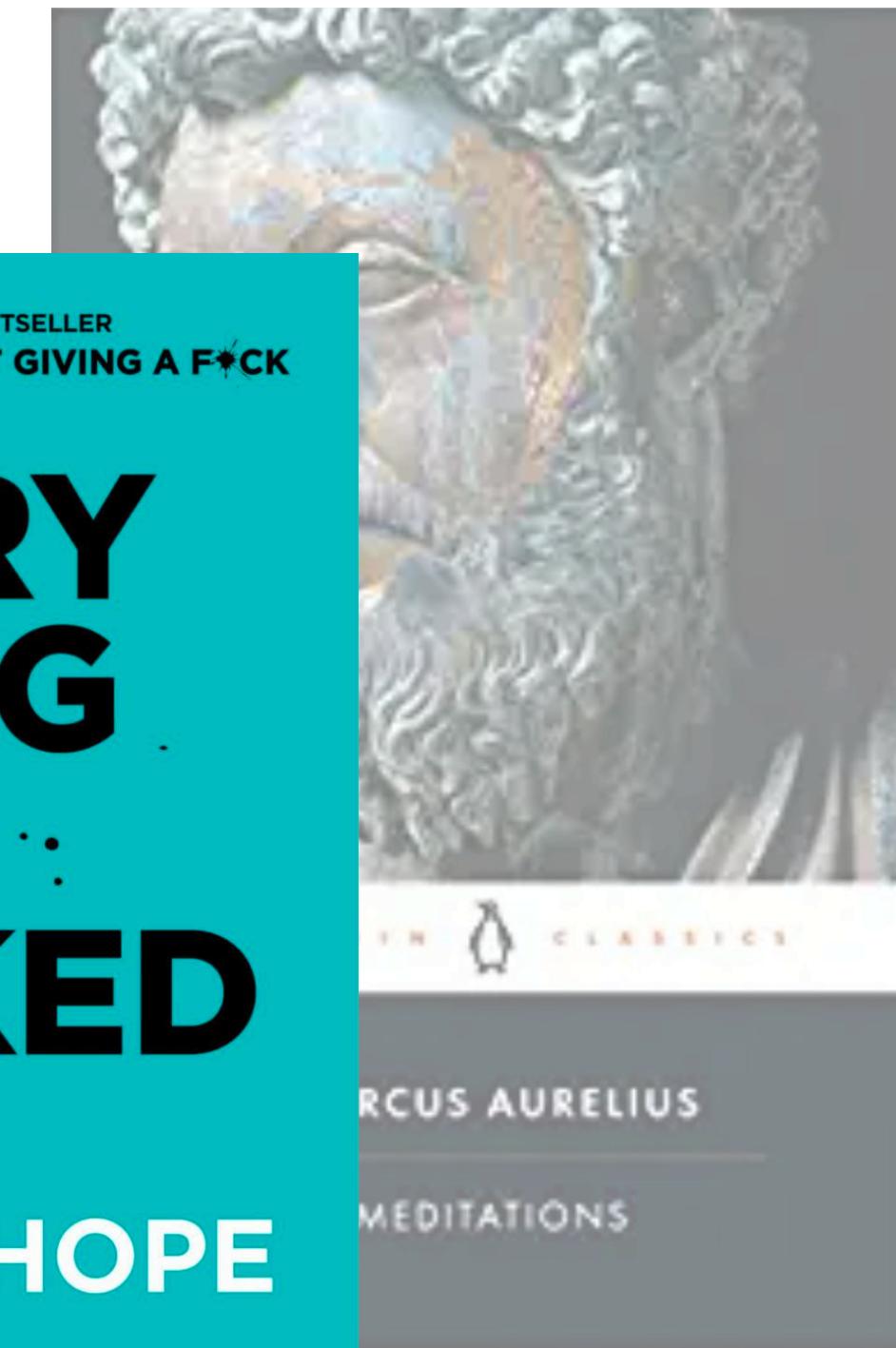
It's all the same

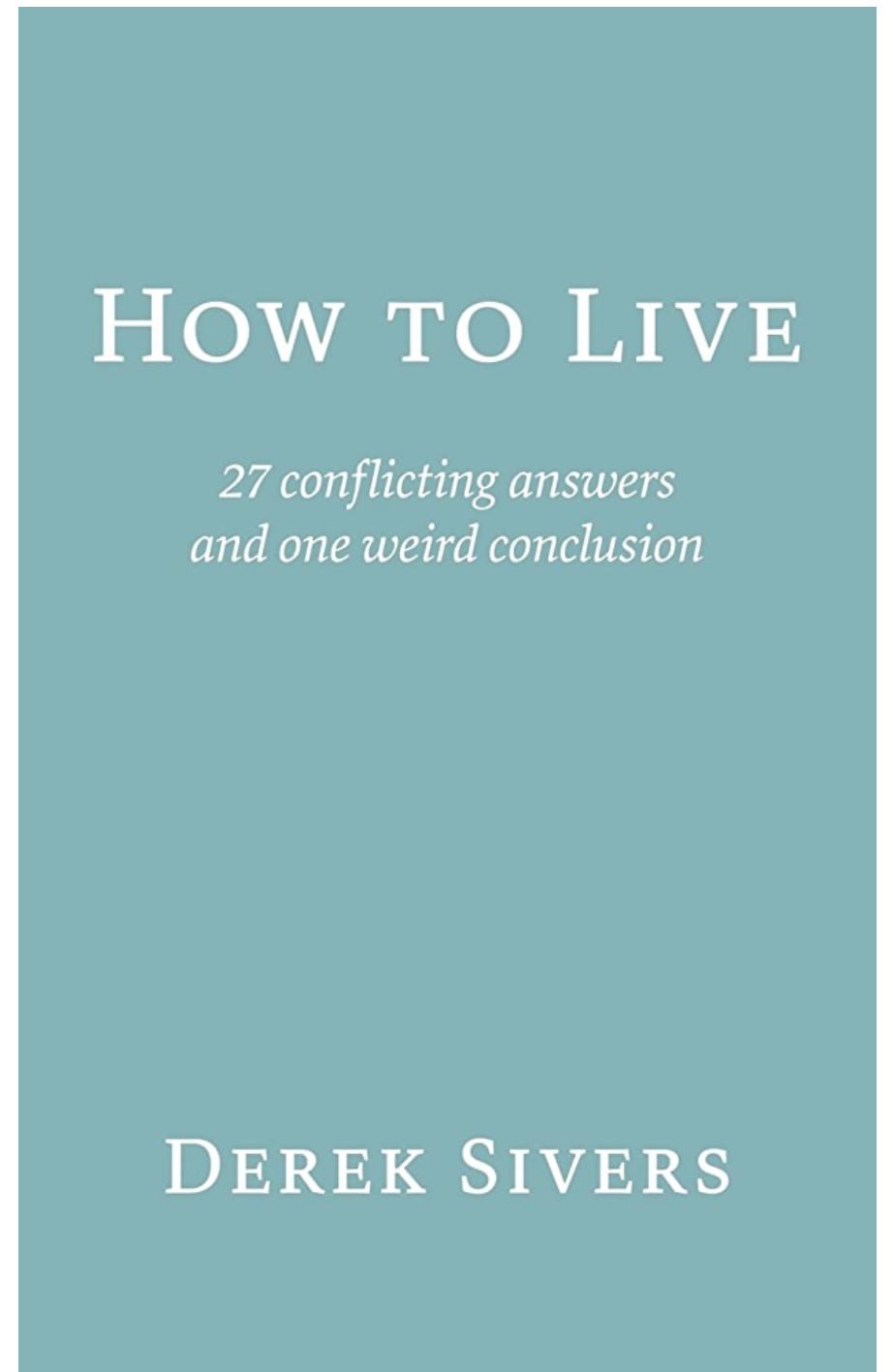
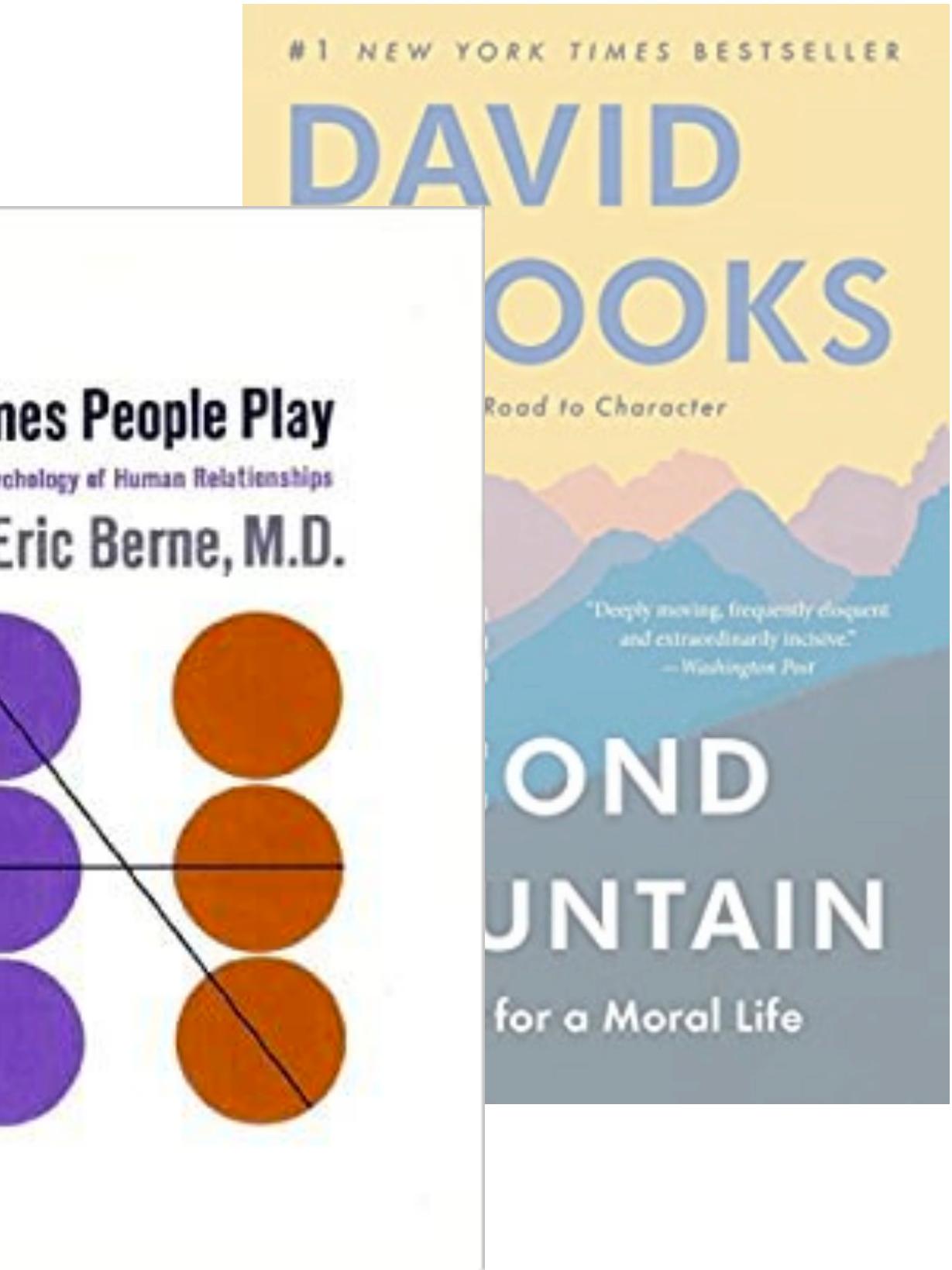


It's all the same









national bestseller

flow
mihaly
csikszentmihalyi

"Important...
illuminates the
way to happiness."

-New York Times

**EVERYTHING
IS
F*CKED**
A BOOK
ABOUT HOPE
MARK MANSON

AUTHOR OF THE #1 NATIONAL BESTSELLER
THE SUBTLE ART OF NOT GIVING A F*CK



#1 NEW YORK TIMES BESTSELLER

**DAVID
OOKS**

Road to Character

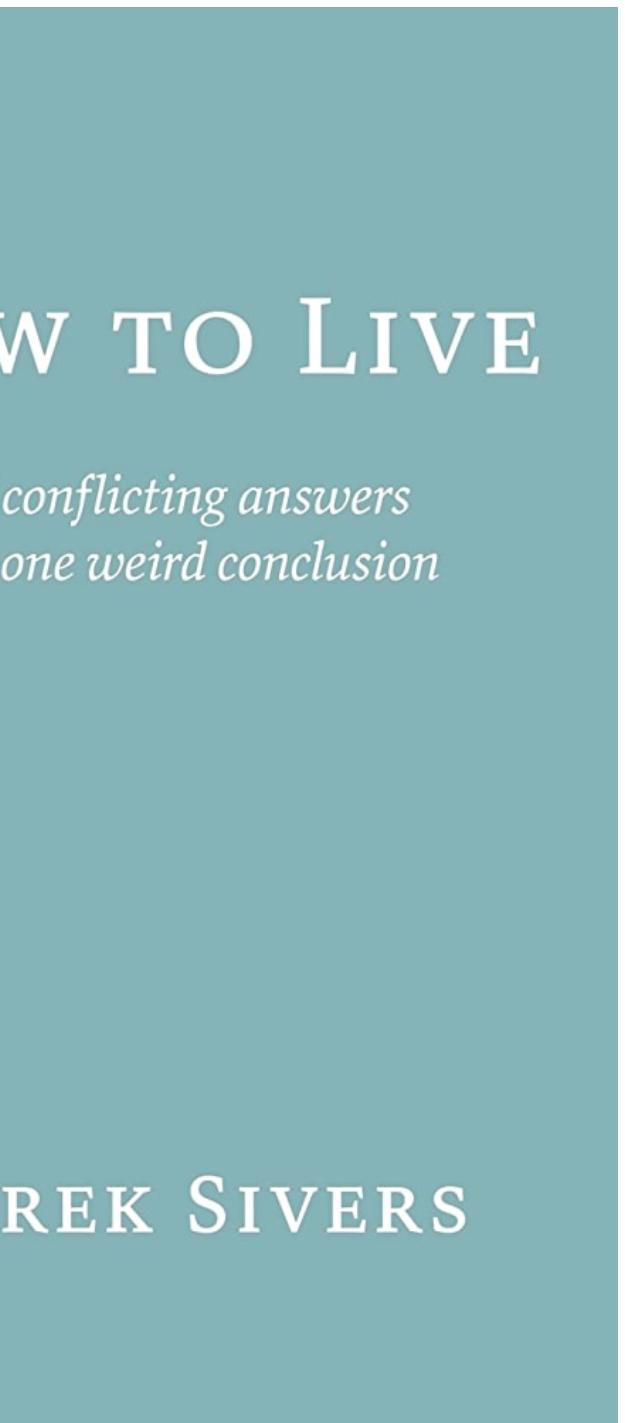
"Deeply moving, frequently eloquent
and extraordinarily incisive."
—Washington Post

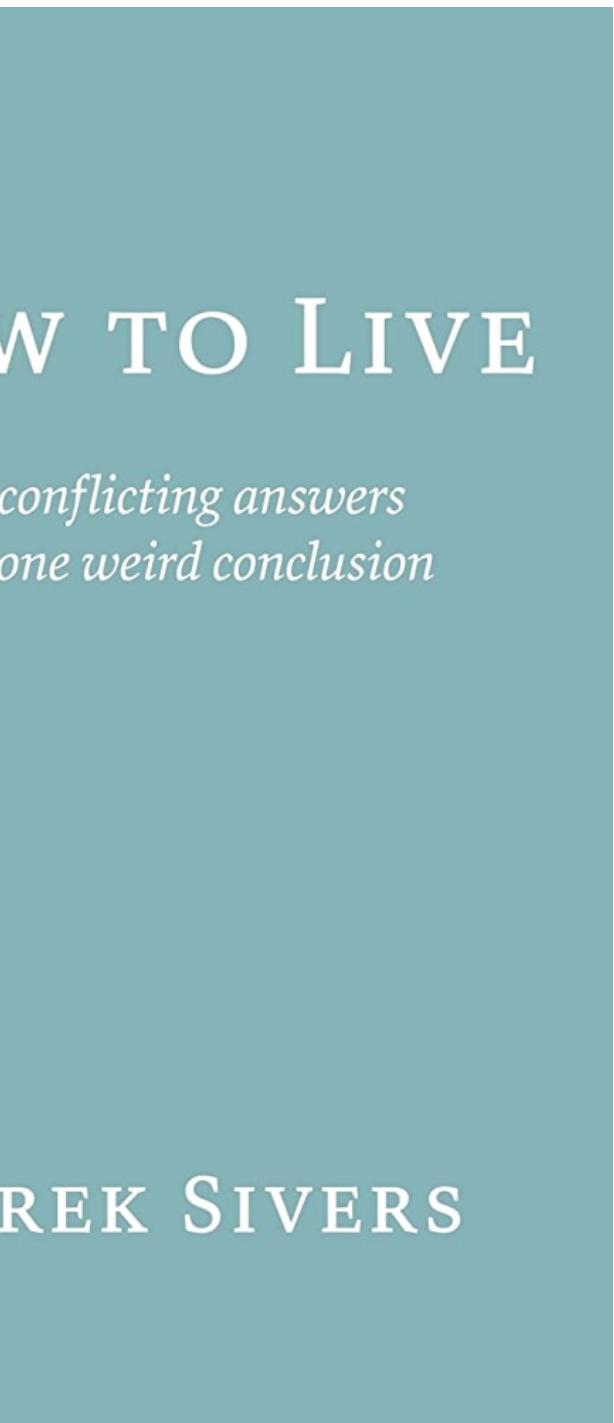
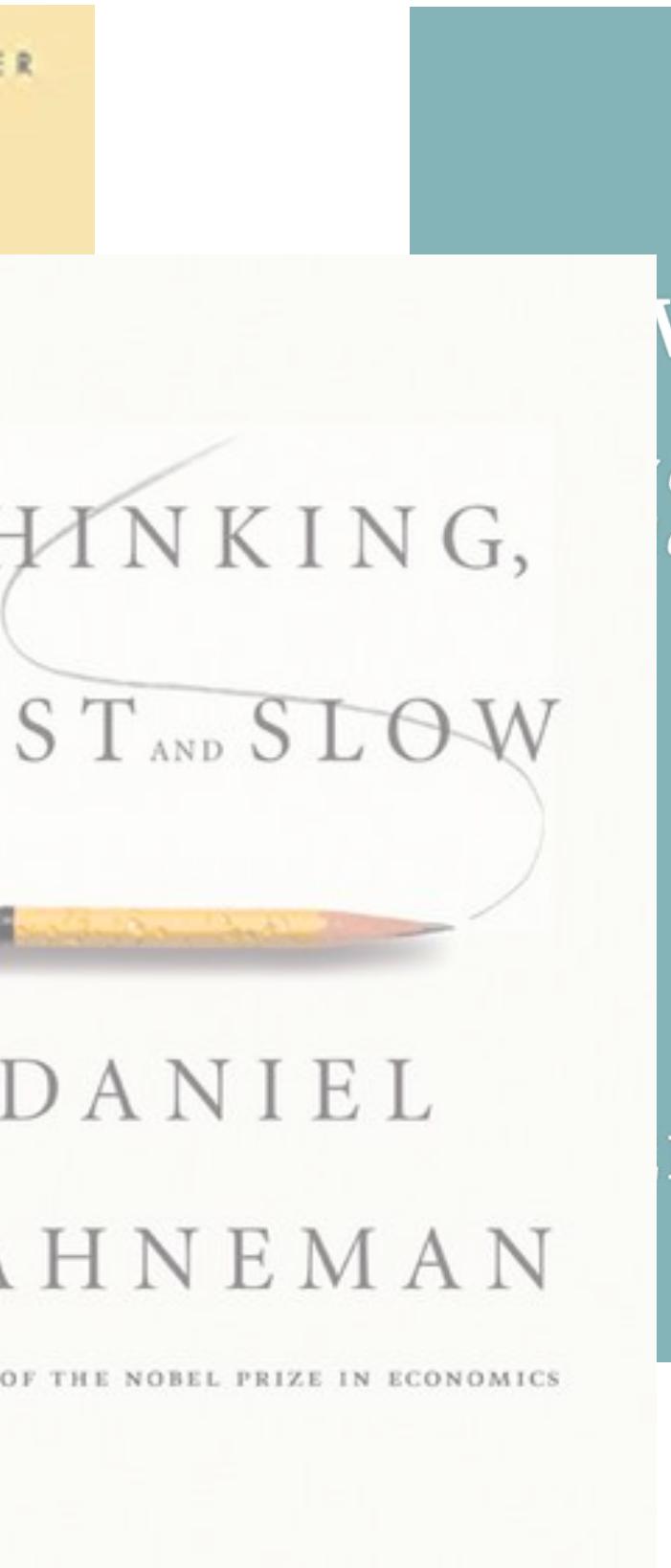
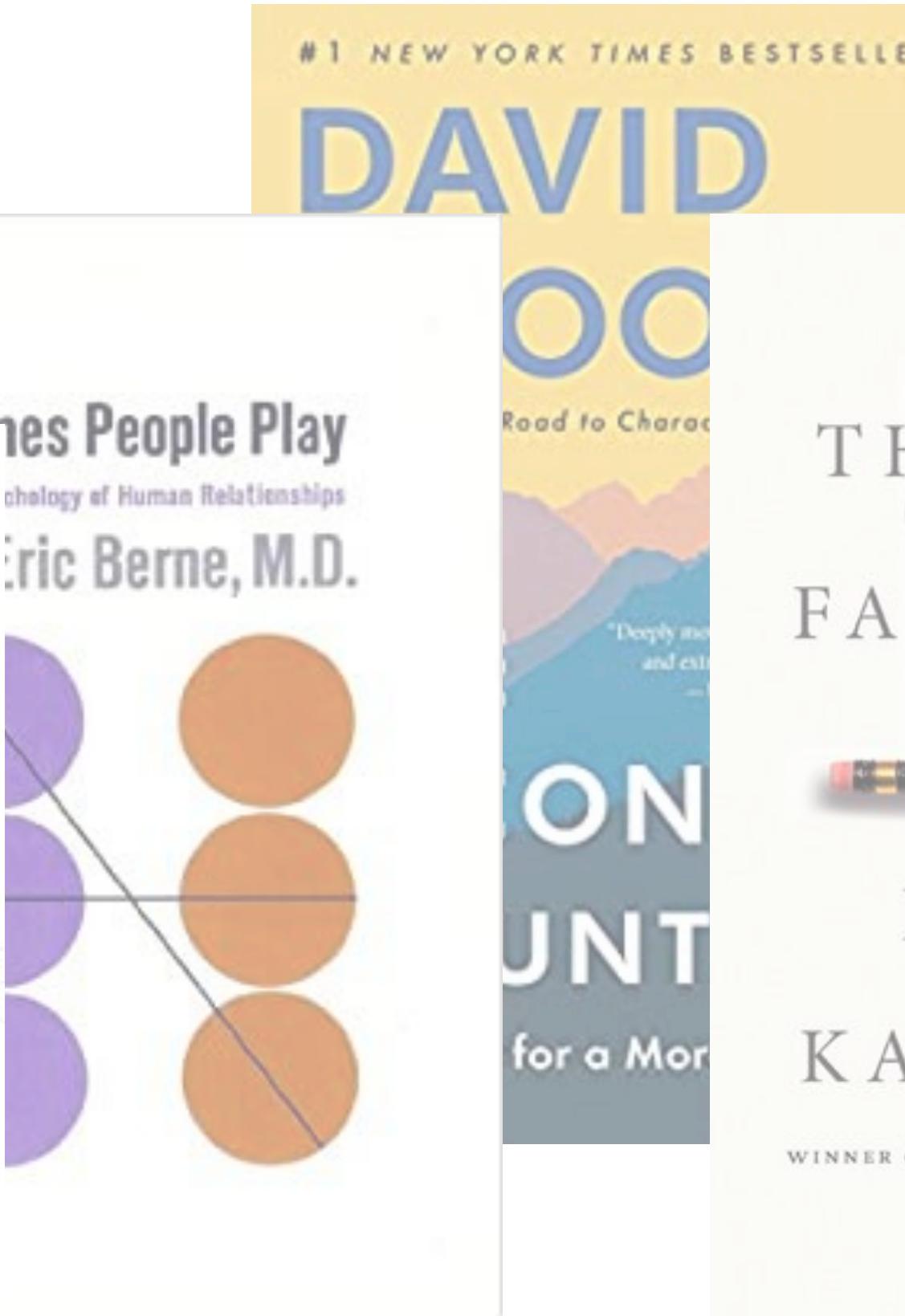
**OND
UNTAIN**
for a Moral Life

HOW TO LIVE

27 conflicting answers
and one weird conclusion

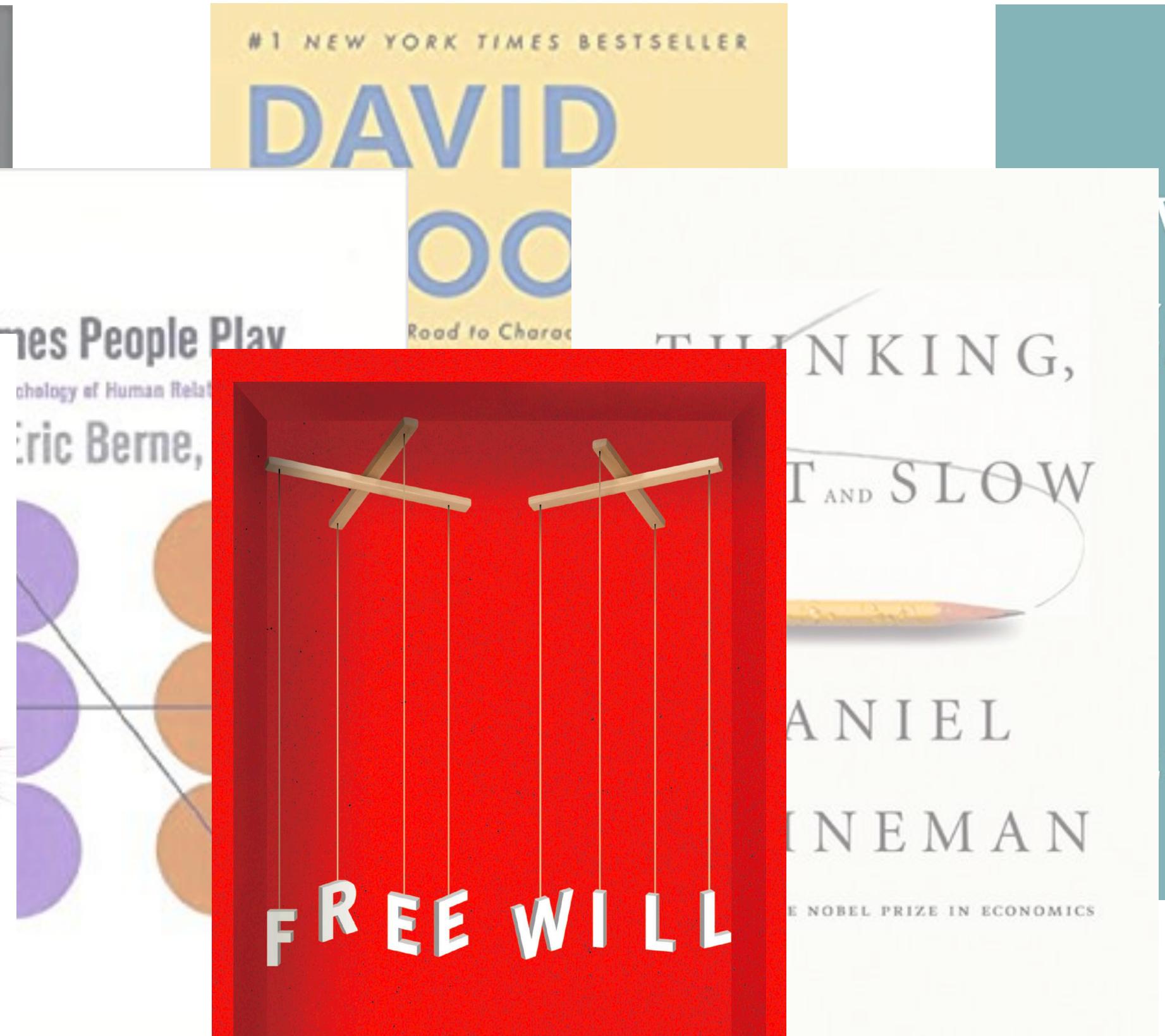
DEREK SIVERS





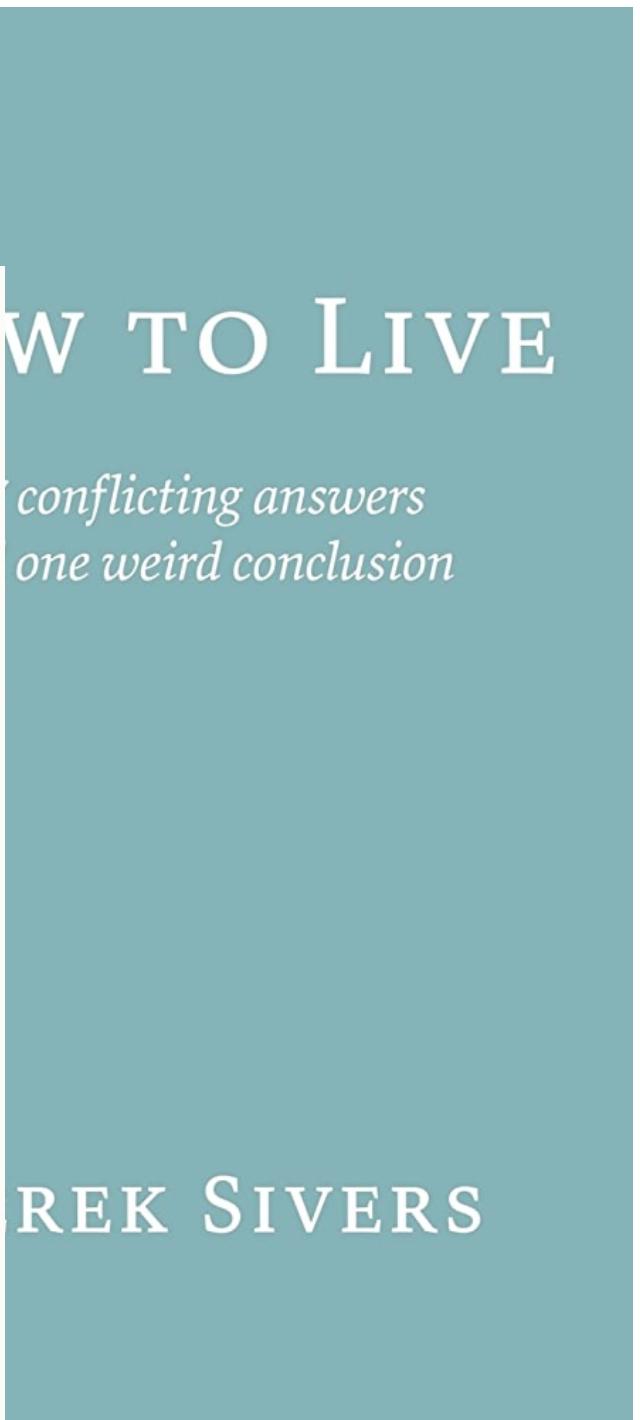
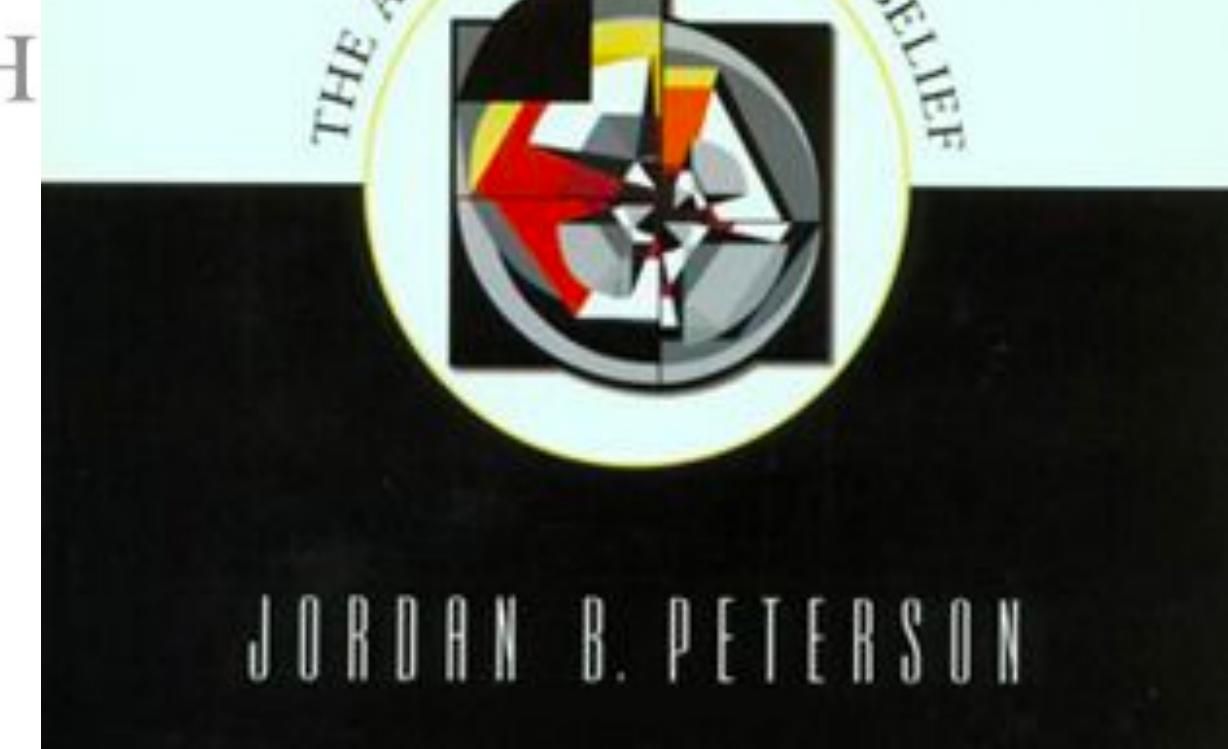
Lying

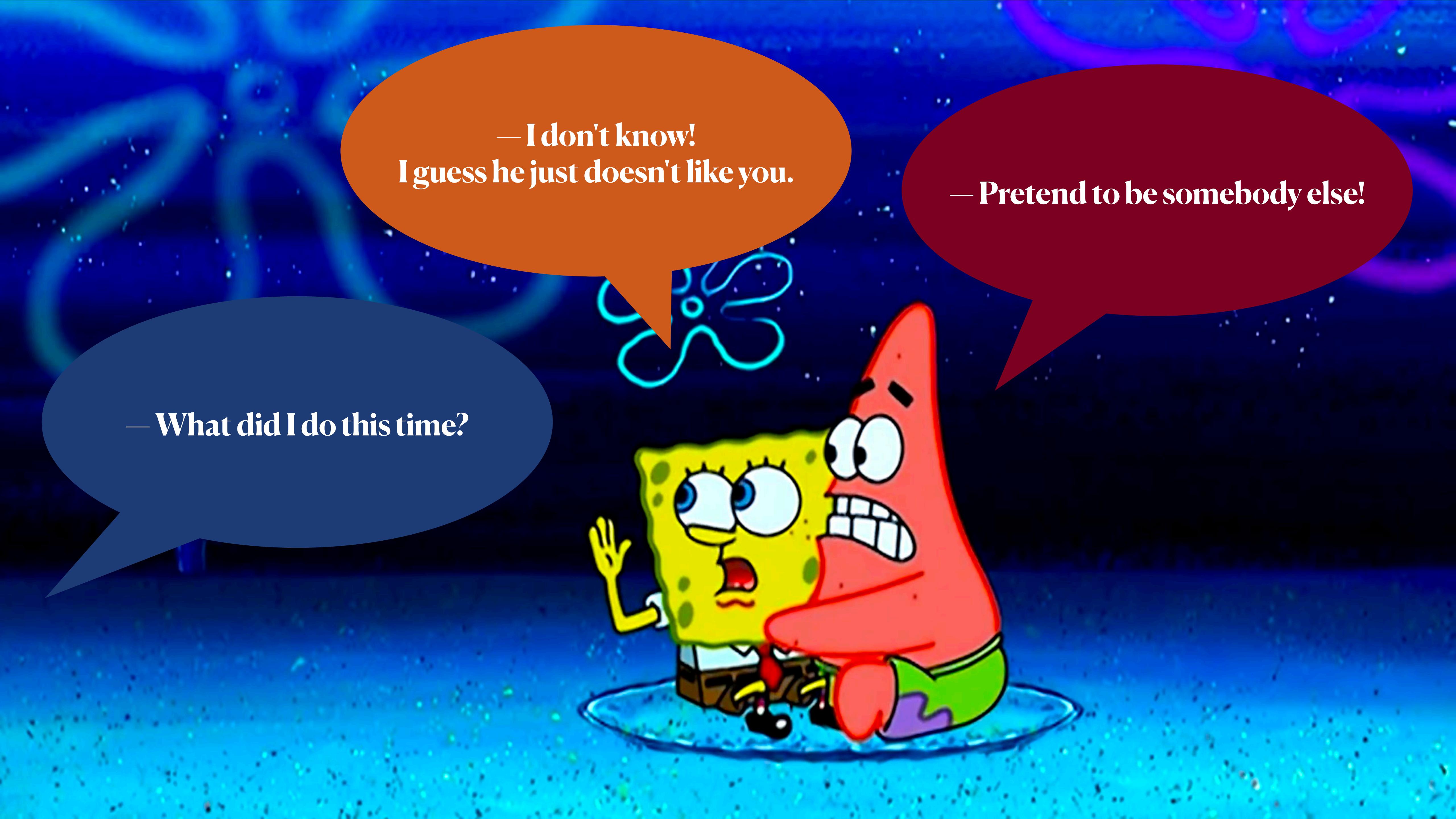
Sam Harris



Lying

Sam Harris



A scene from the animated TV show SpongeBob SquarePants. SpongeBob, a yellow sponge with a single eye and a wide mouth, is sitting on the left. He has his right hand raised in a gesture. Patrick, a red starfish with two eyes and a small mouth, is sitting next to him, looking surprised or worried. They are both sitting on a blue beach chair on a sandy beach at night. The background shows a dark blue sky with stars and a bright moon. There are some blue flowers in the background.

— What did I do this time?

— I don't know!
I guess he just doesn't like you.

— Pretend to be somebody else!

Fear is not real

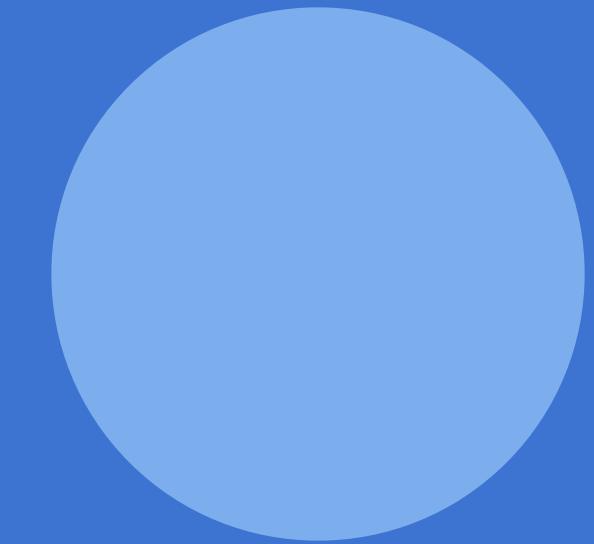


A joyful path

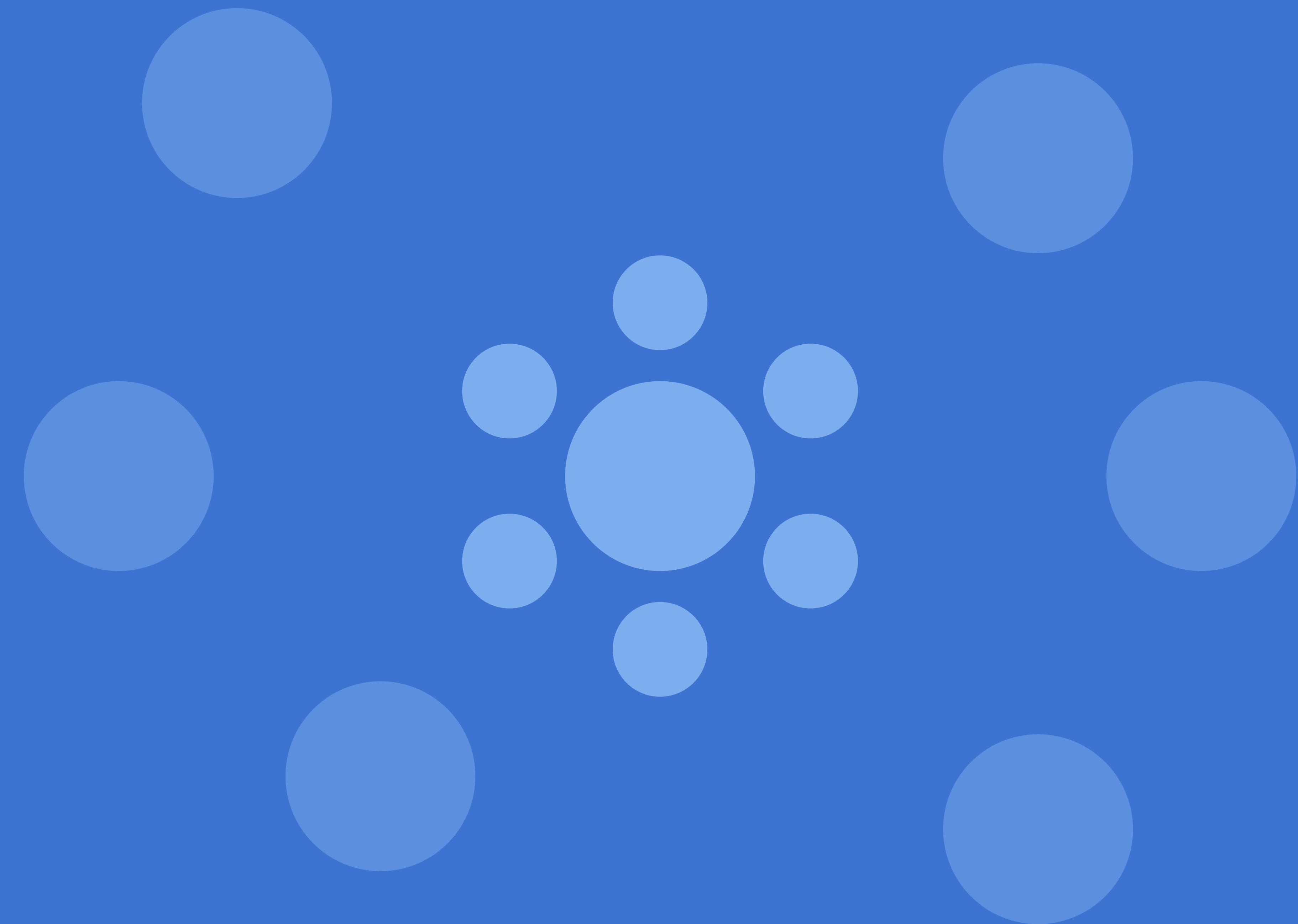
1. Yourself
2. Others
3. Thinking
4. Love + Couple + Children
5. Money
6. Freedom

Fix it

8bn people



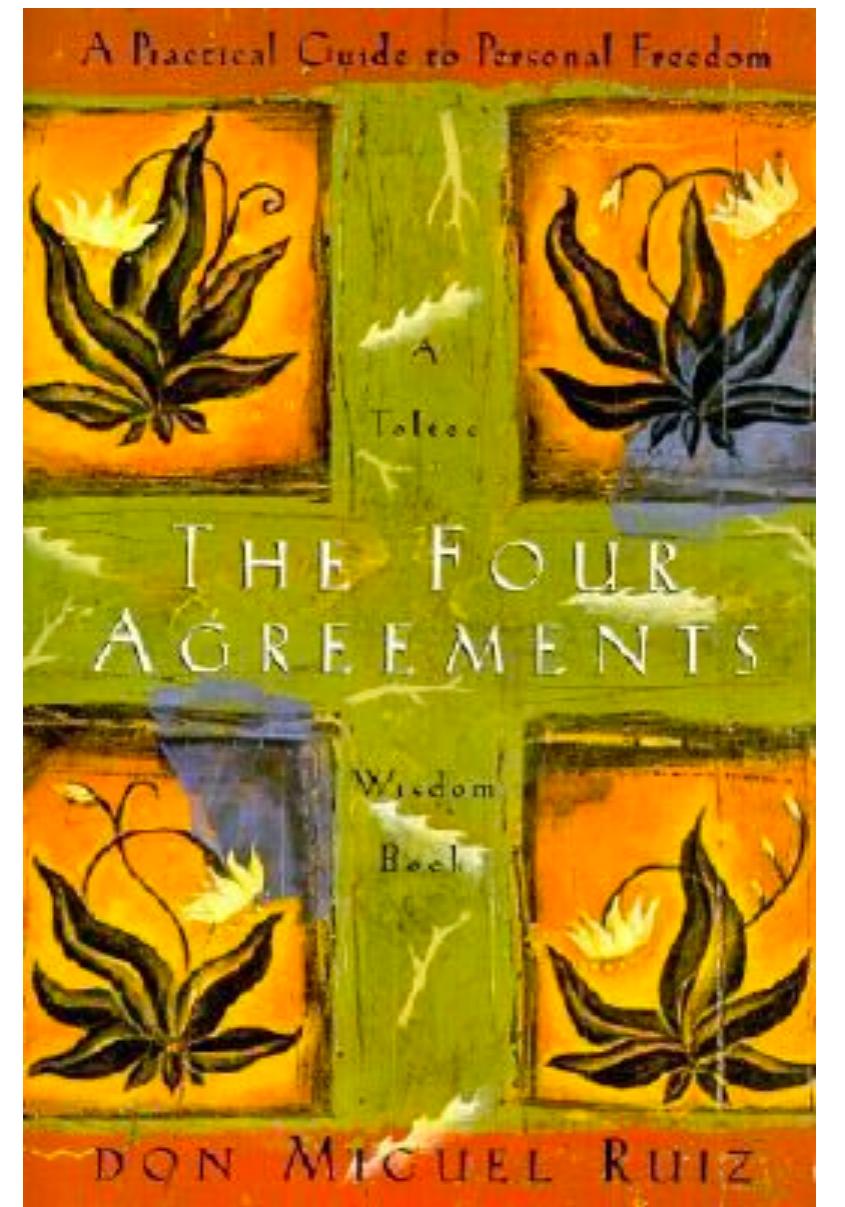
find yours





Others

- Be impeccable with your word.
- Do not take anything personally.
- Do not make assumptions.
- Always do your best.



You have my trust,
it's up to you to earn distrust.

NOTHING GETS
THROUGH THIS
ARMOUR



YOU'RE A GOOD
PERSON AND I
RESPECT YOU



Thinking

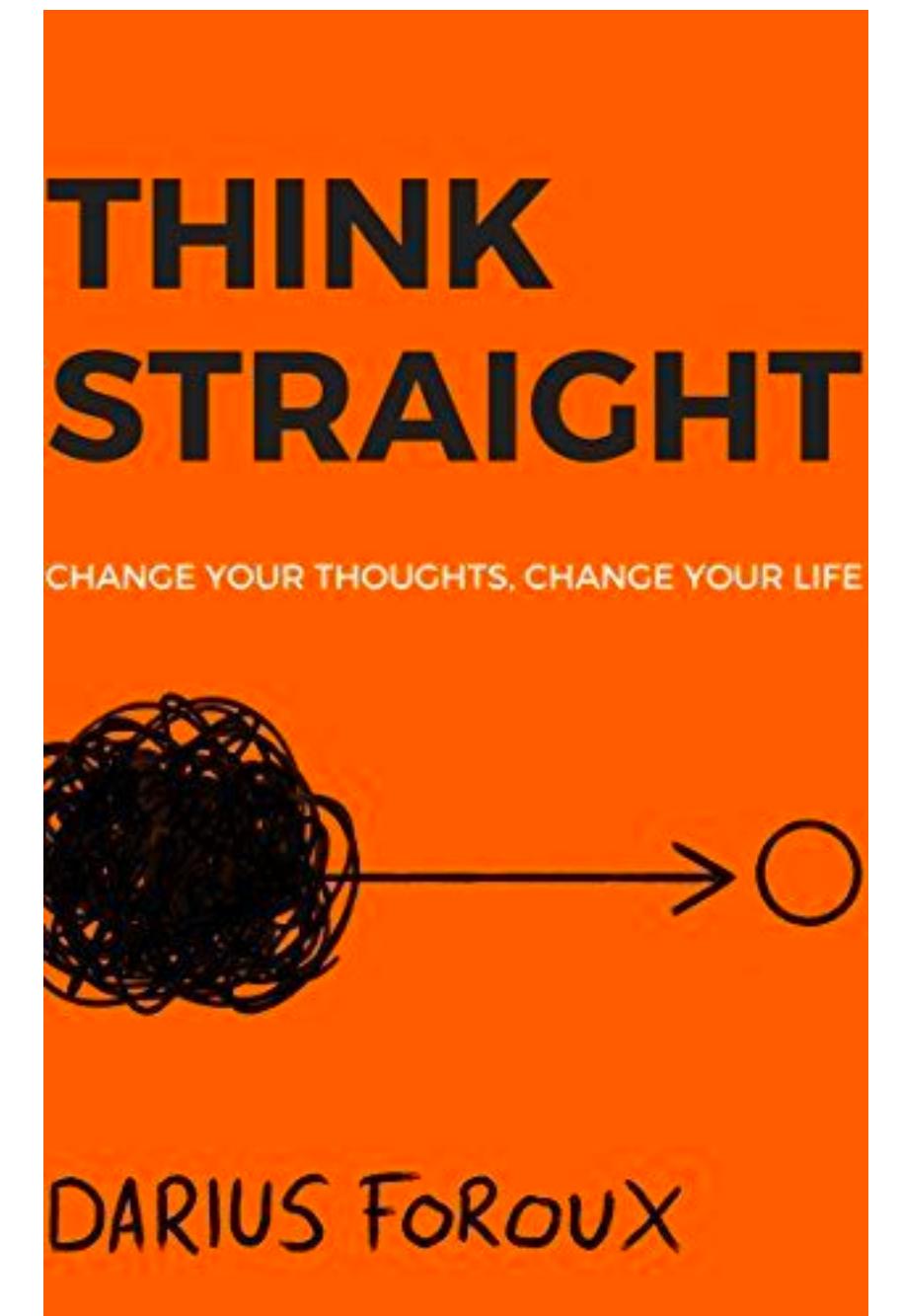
True is what works

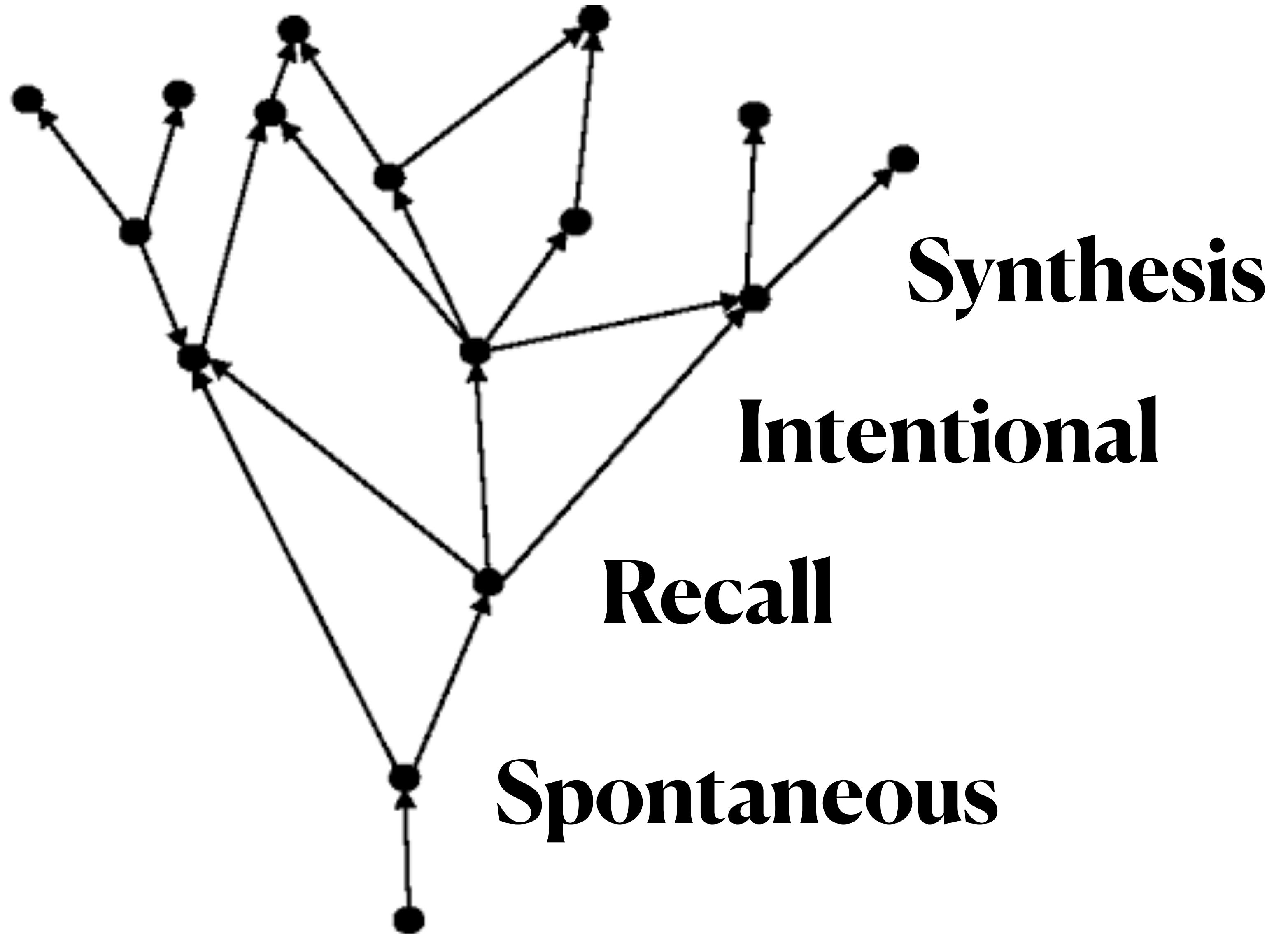
Think about:

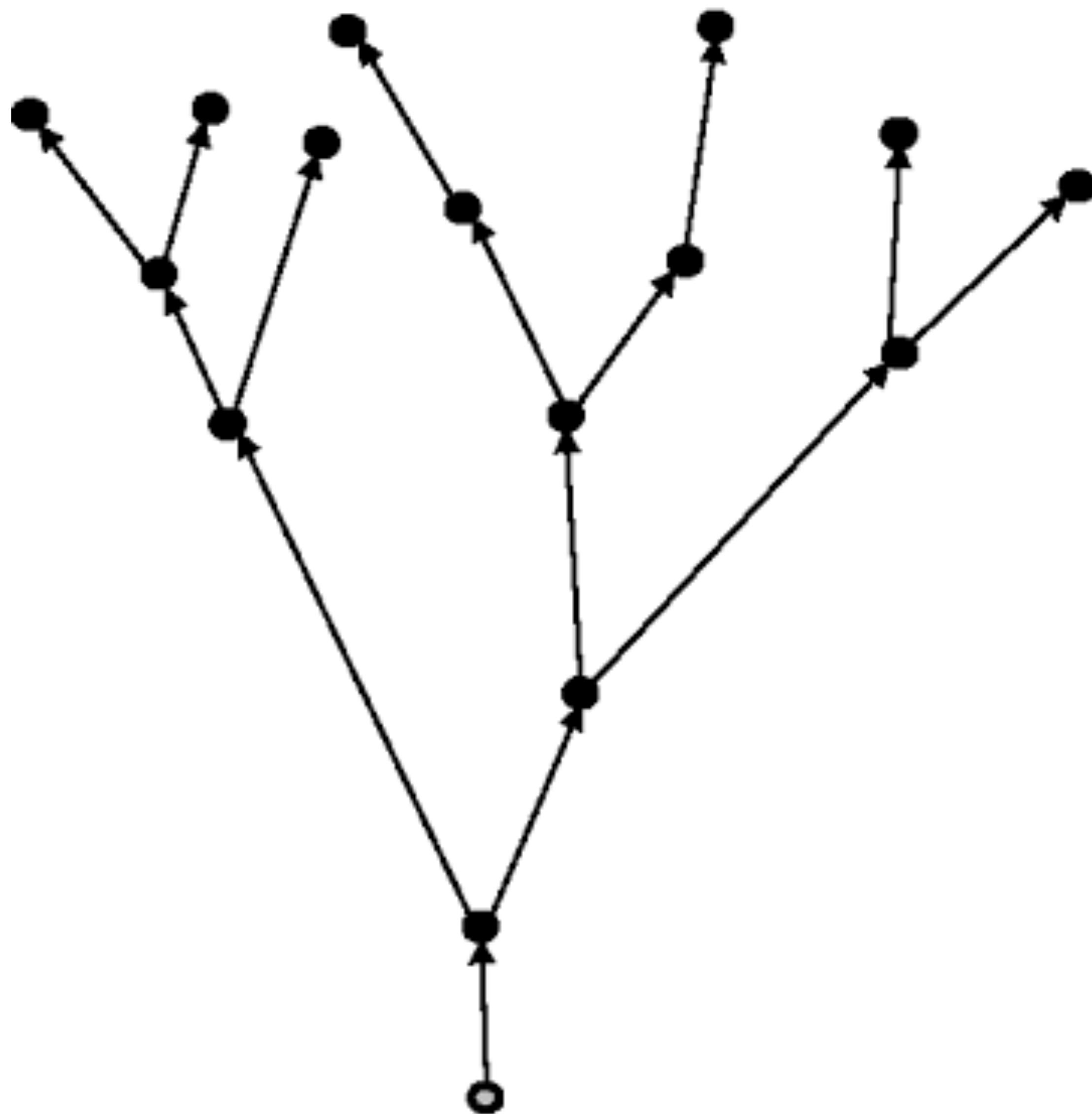
- Desires
- Actions
- Words
- Intentions

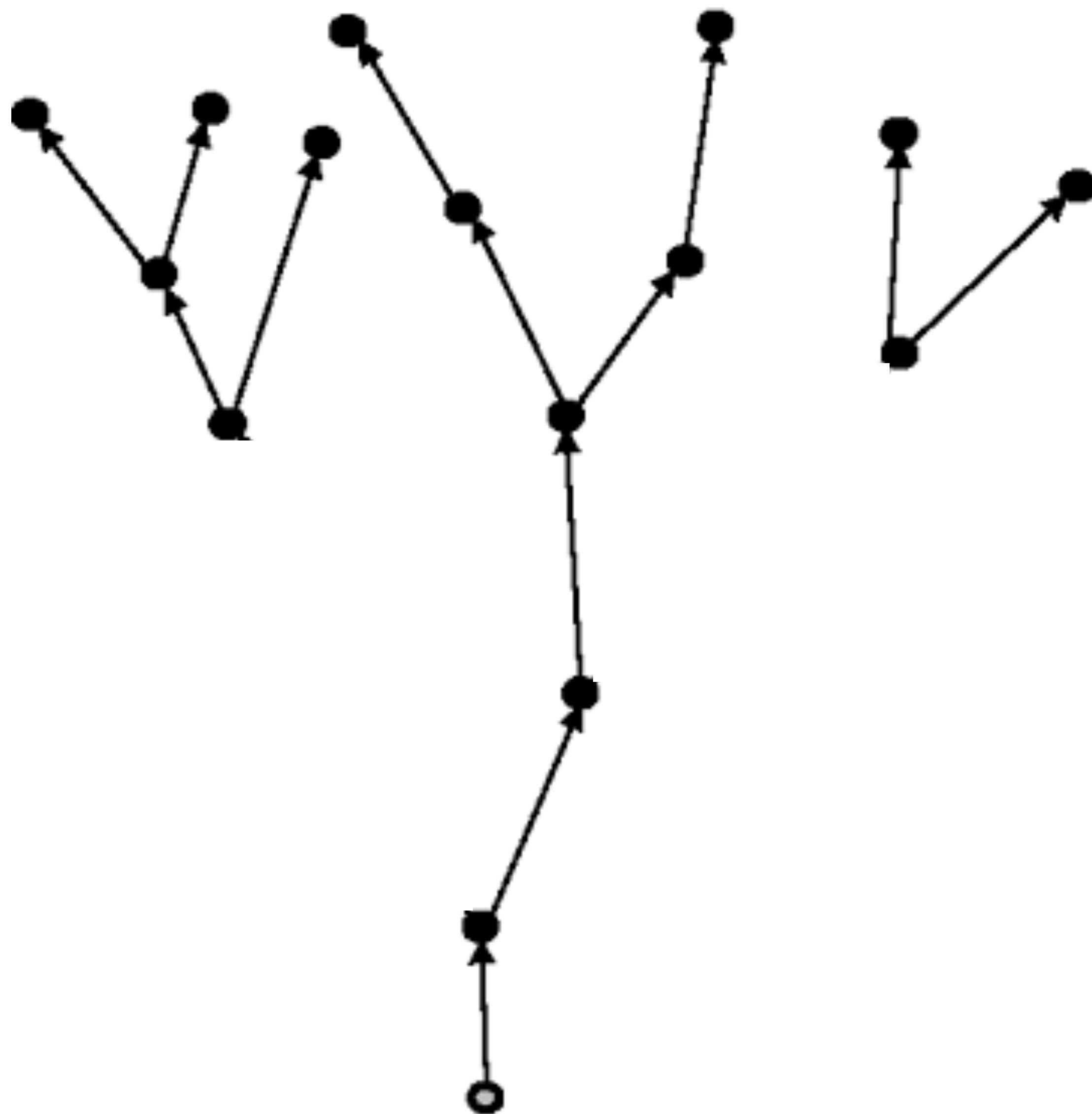
Think to:

- Solve problems
- Understand knowledge

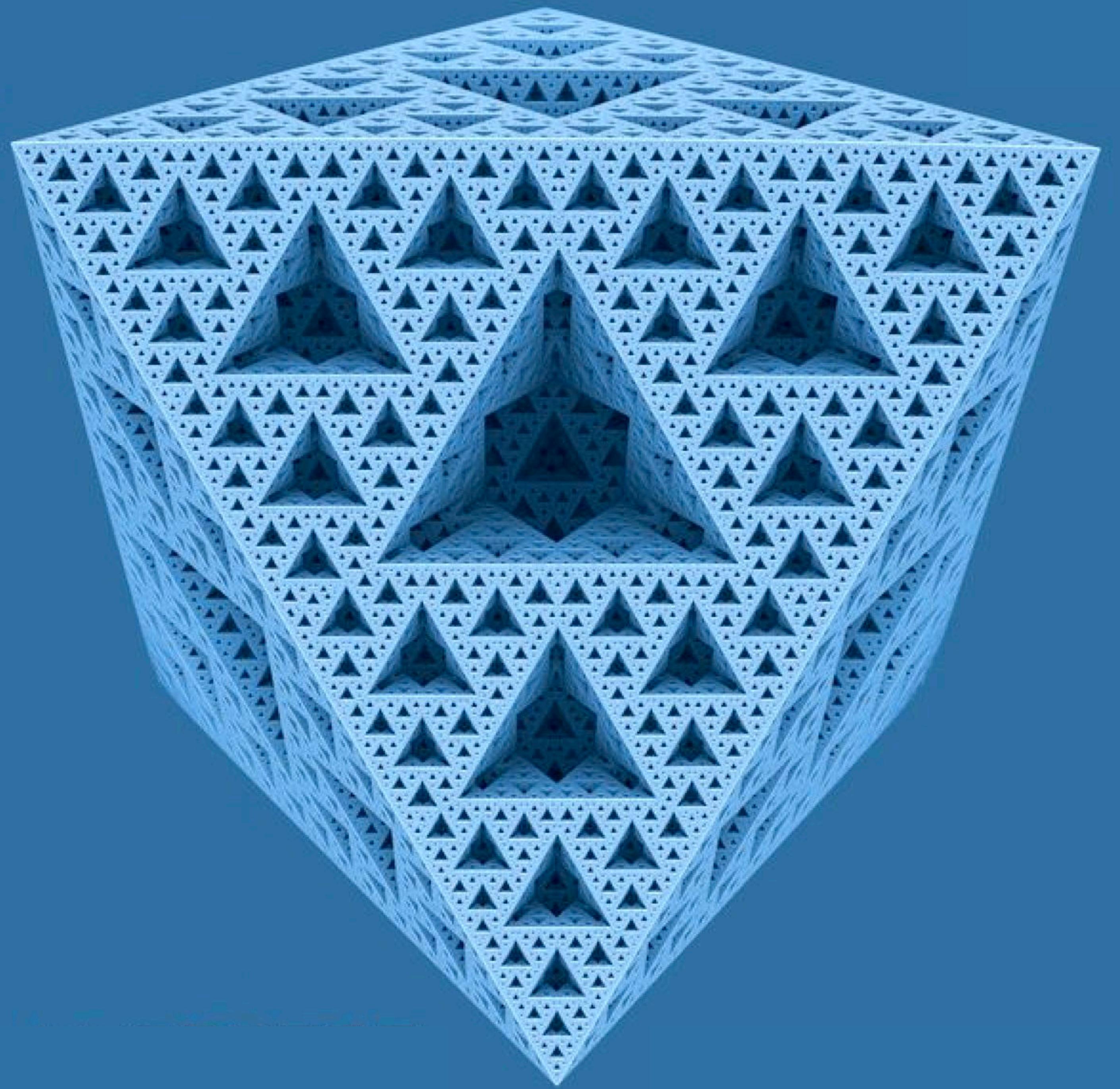










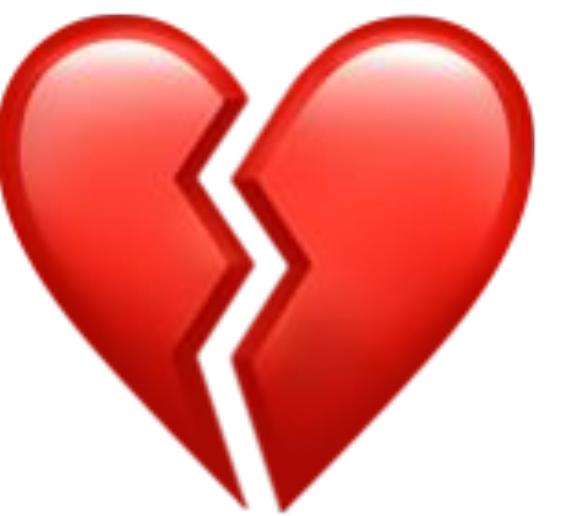


Trust the inner voice

No teacher, preacher, parent, friend
or wise man can decide
what's right for you - just listen to
the voice that speaks inside.

— Shel Silverstein

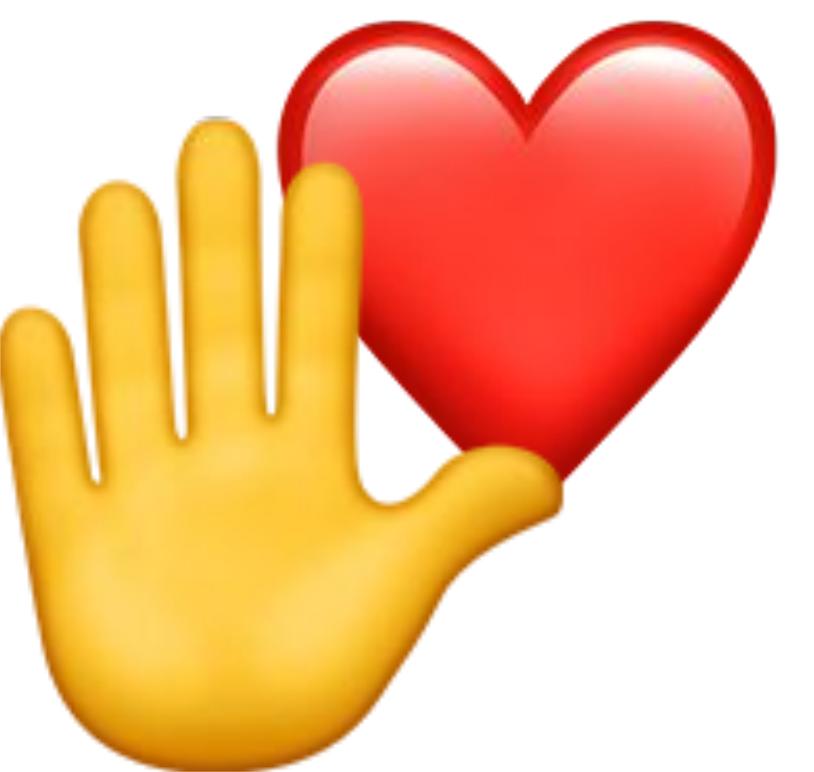
Stop



Heal



Refuse

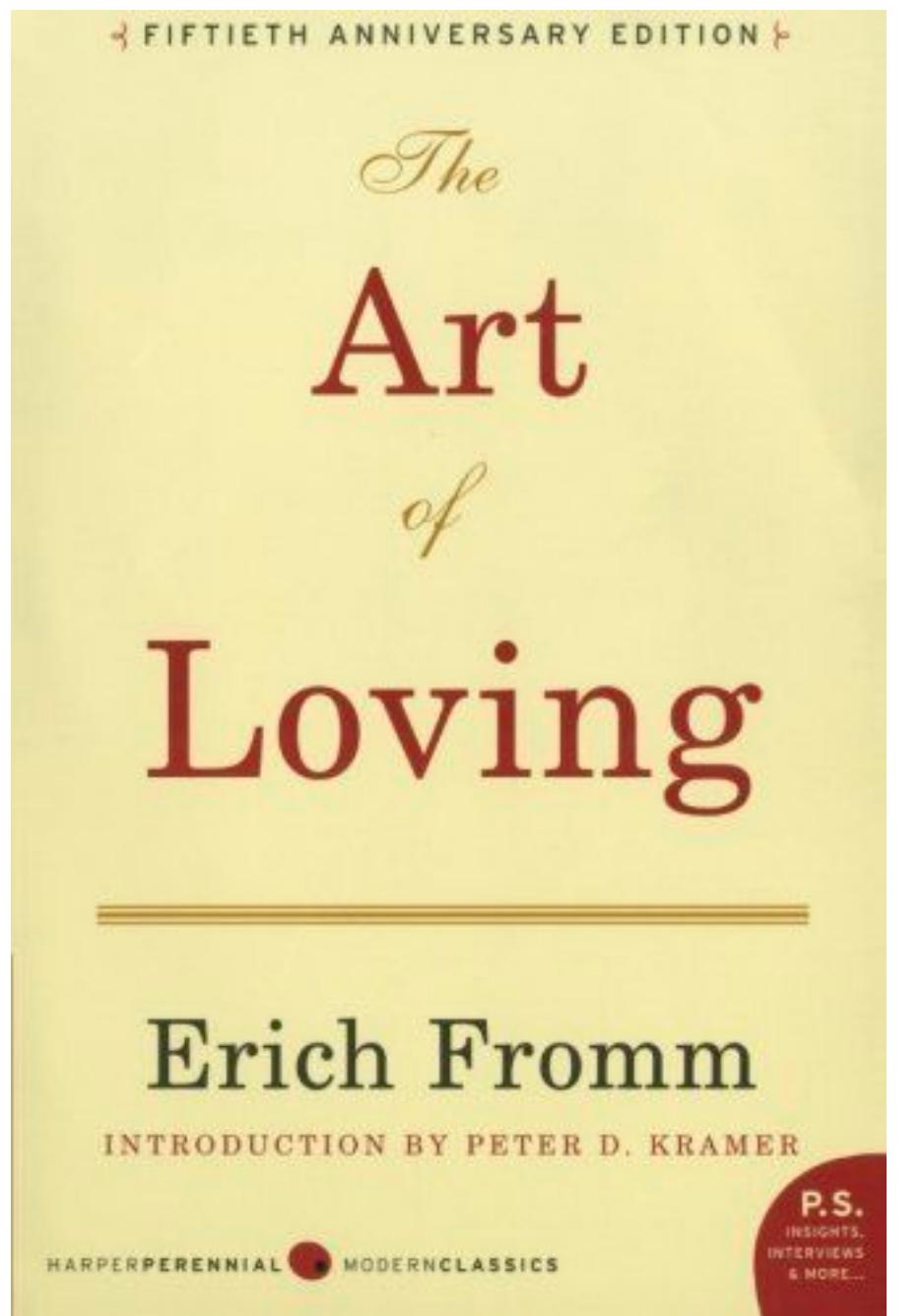


Pass it on



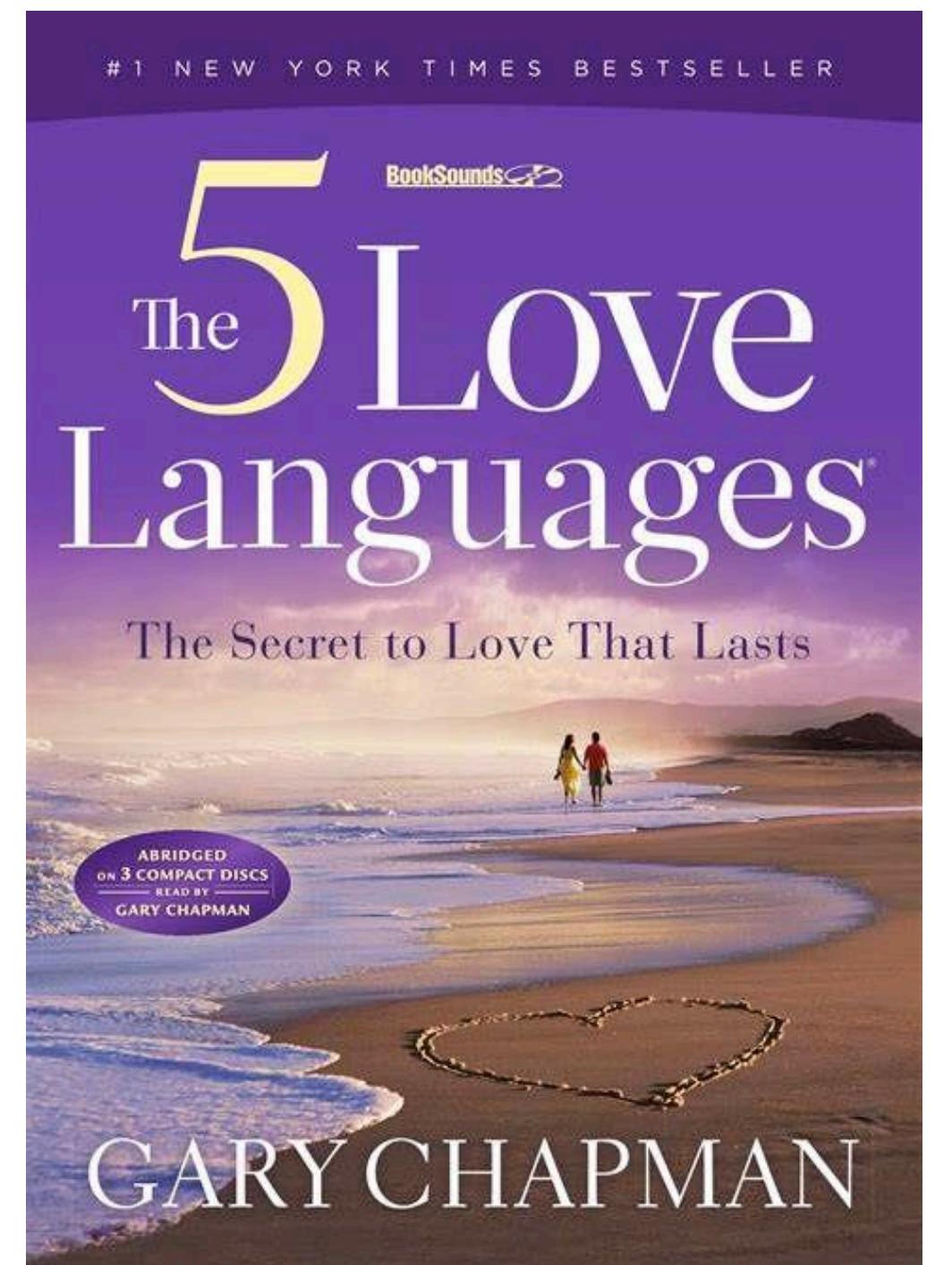
Love

- Friendship is love
- Love is a verb
- The active concern for that which we love



Couple

- Follow your gender roles
- Love languages
- MGTOW
- Talk talk talk ... and talk.
- About your self



Children

- Family is training wheels
 - Minimum parenting
 - Do not let them make you dislike them
1. They can support themselves.
 2. They aren't a social deviant.
 3. They don't blame you for everything that's wrong with their life.

BARE MINIMUM
~~Superior~~
Parenting

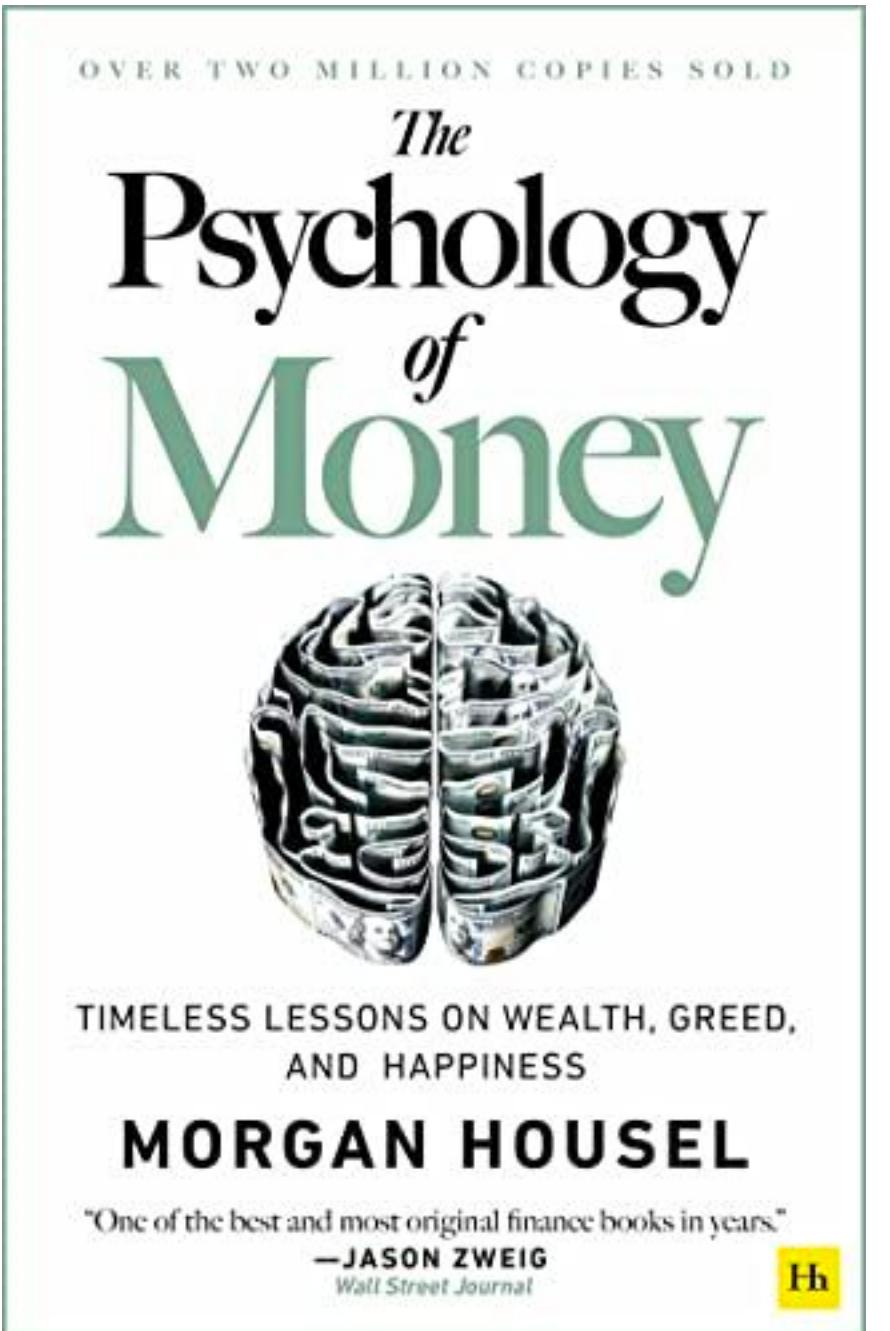
*The Ultimate Guide to
Raising Your Child*

NOT QUITE RUINING

James Breakwell, Ph.D.

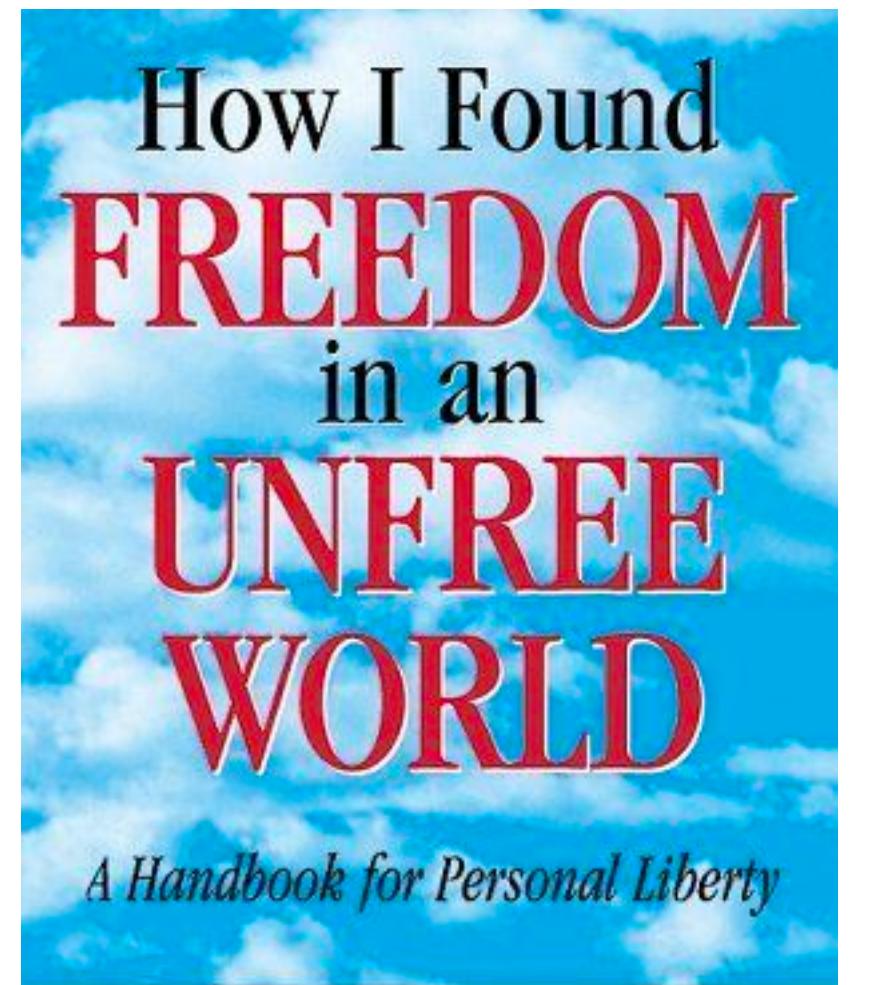
Money

- Rich vs Wealth
- Be enough
- Life is going to make choices for them
- Midsömmar
- Learn Bitcoin



Freedom

- Live the life you want to live
- Traps
- Freedoms
- Moral



HARRY BROWNE

25TH ANNIVERSARY EDITION

WITH A NEW FOREWORD AND AFTERWORD

Live and love your life

- 1. Refuse to suffer**
- 2. Calmness is an absence of fear**
- 3. Joy is a proof of work**



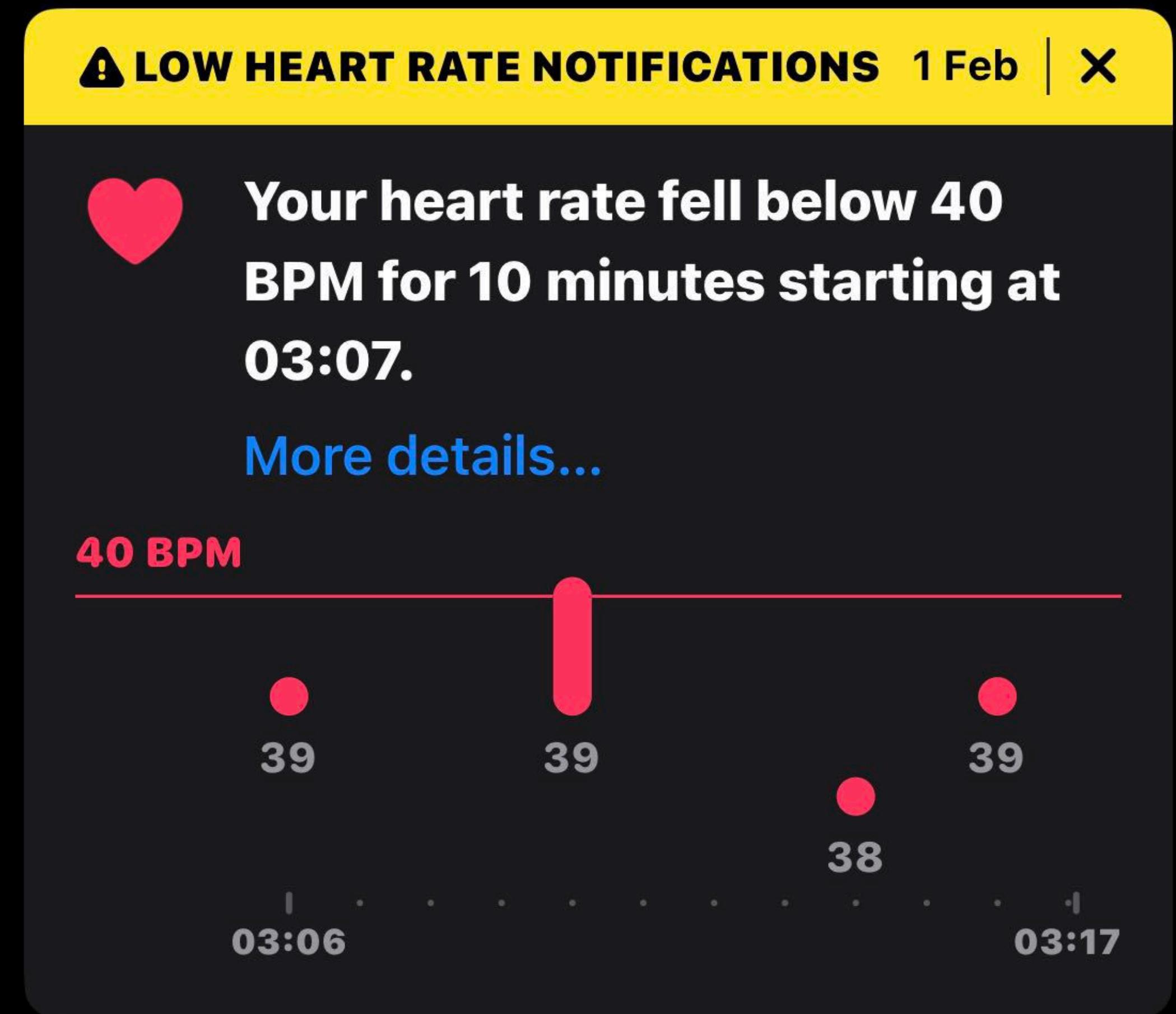
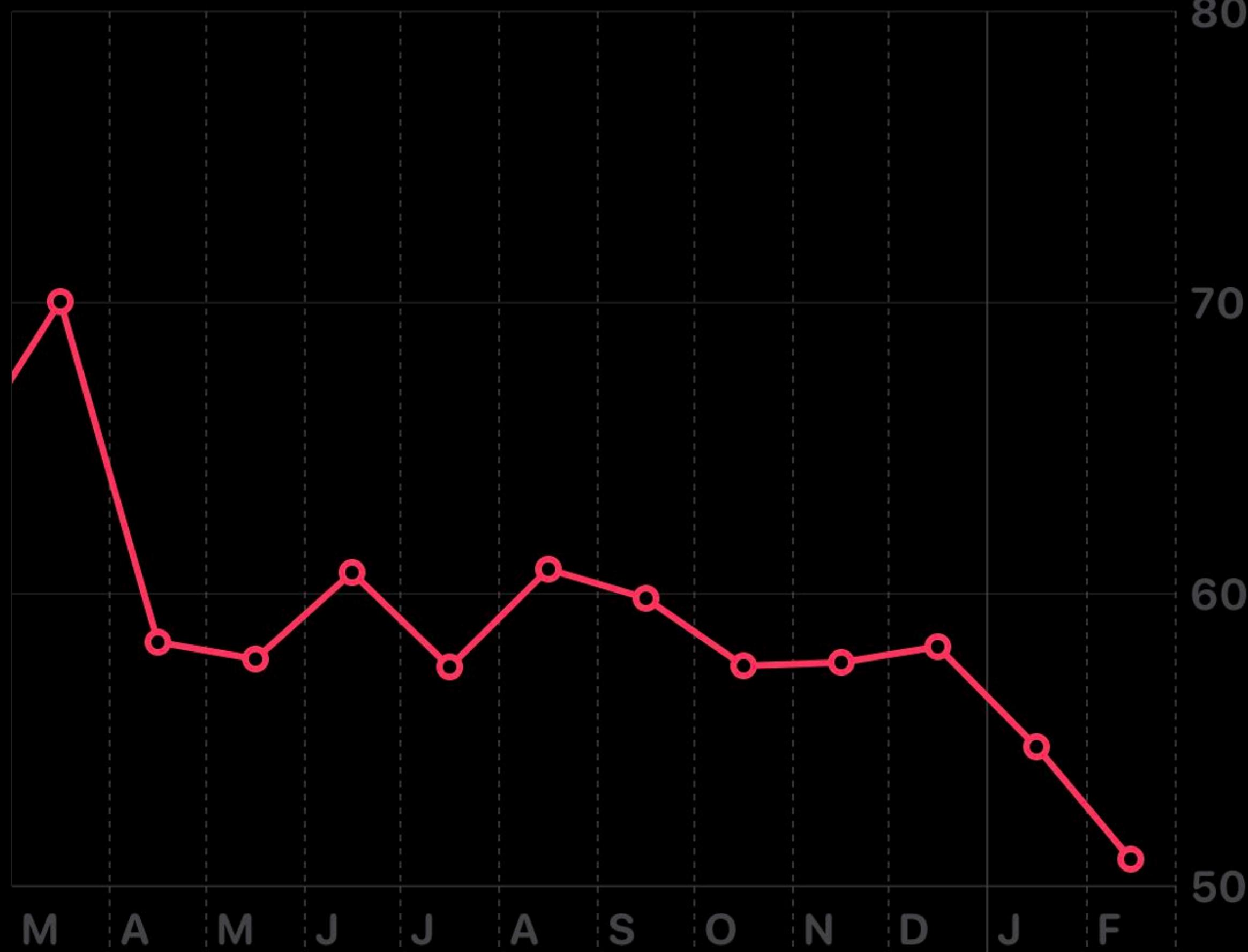
Life is for mining joy



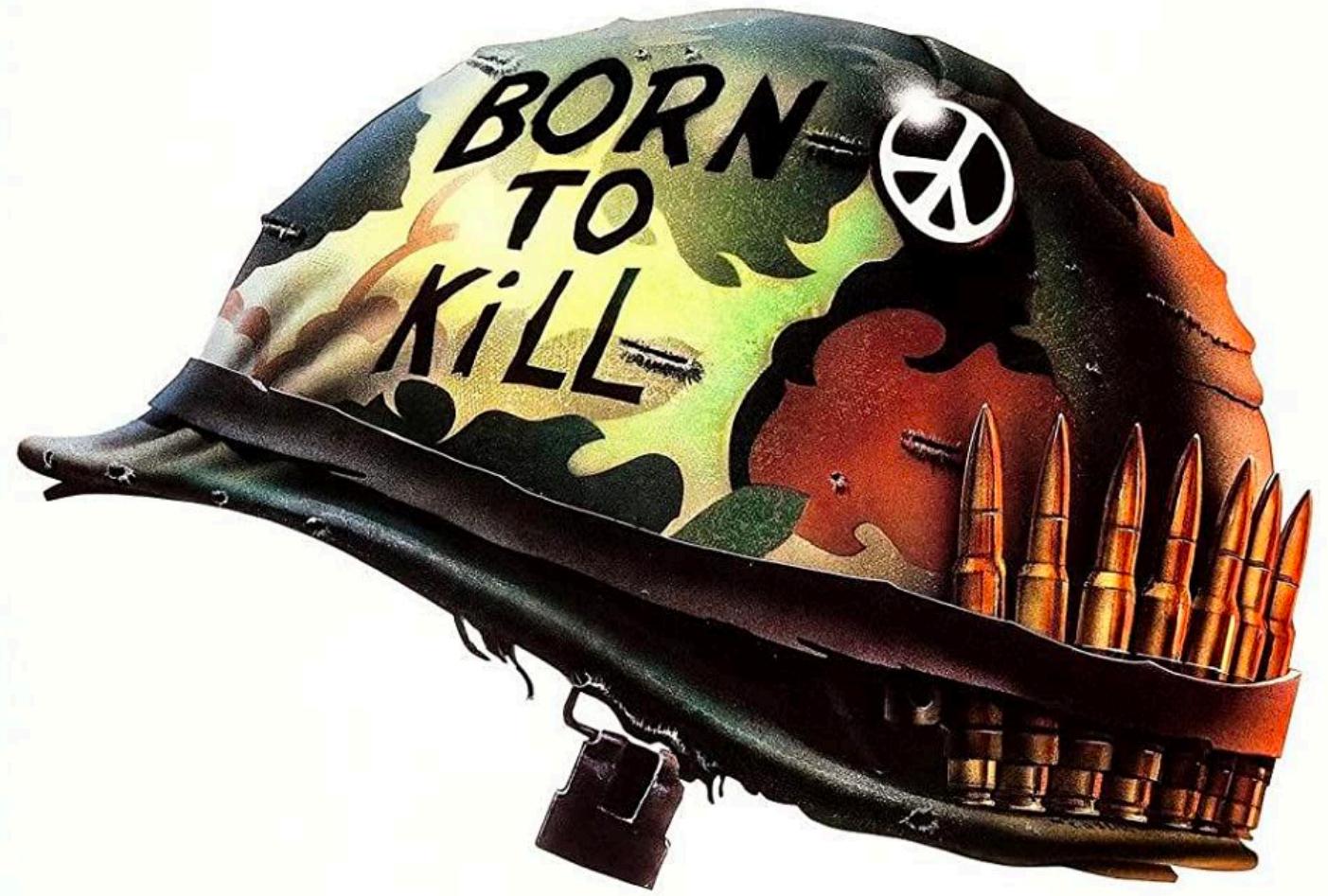
Or you're holding it wrong

Does it work?

Mar 2022 – Mar 2023



**IN VIETNAM
THE WIND
DOESN'T BLOW
IT SUCKS**



**Stanley Kubrick's
FULL
METAL
JACKET**

WARNER BROS PRESENTS STANLEY KUBRICK'S FULL METAL JACKET

STARRING
MATTHEW MODINE ADAM BALDWIN VINCENT D'ONOFRIO LEE ERMELY DORIAN HAREWOOD ARLISS HOWARD

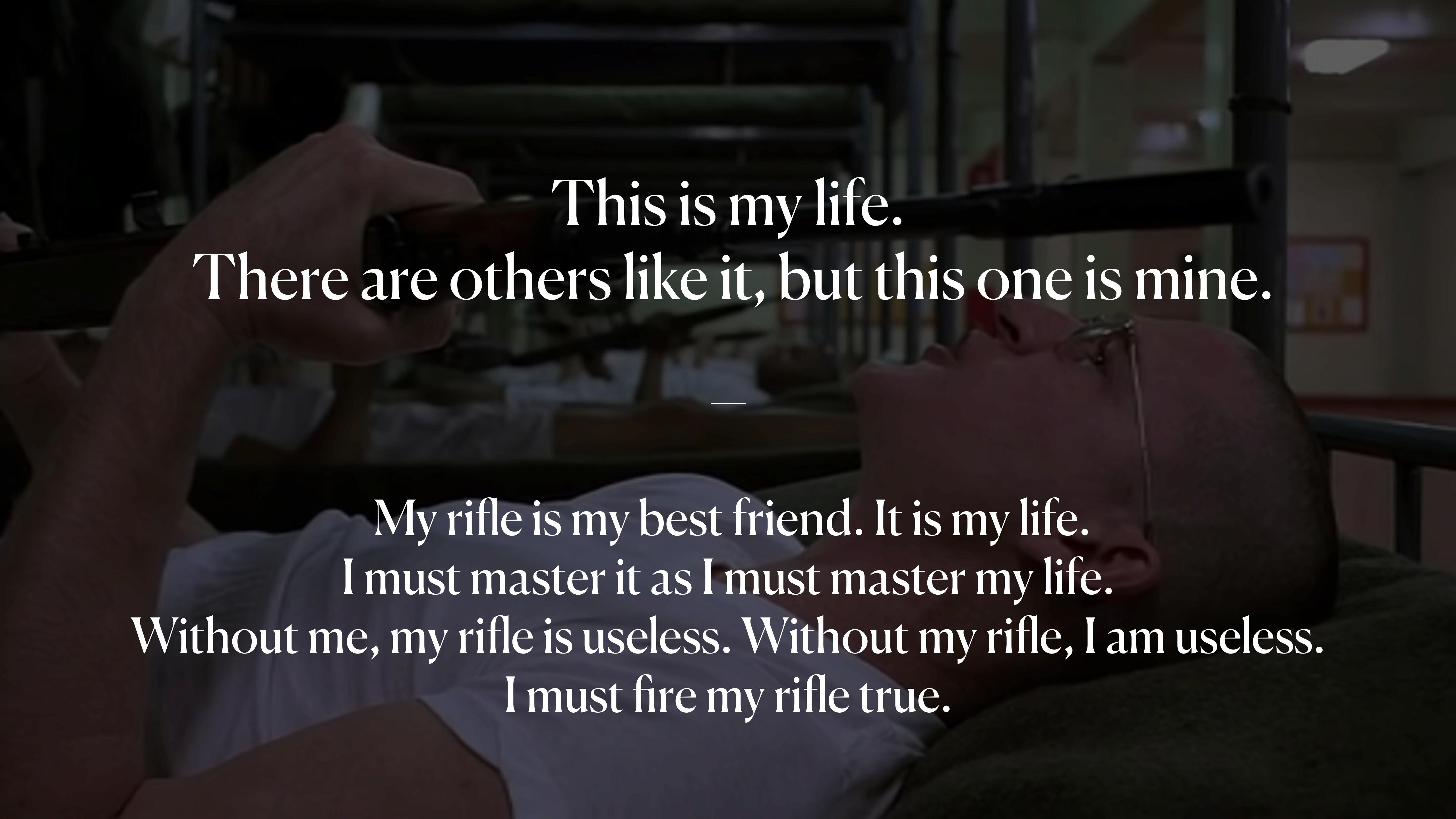
KEVYN MAJOR HOWARD ED O'ROSS SCREENPLAY BY STANLEY KUBRICK MICHAEL HERR GUSTAV HASFORD

BASED ON THE NOVEL THE SHORT-TIMERS BY GUSTAV HASFORD CO-PHOTOGRAPHED BY PHILIP HOBBS EXECUTIVE PRODUCER JAN HARLAN PRODUCED AND DIRECTED BY STANLEY KUBRICK

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ADVANCE ONE SHEET



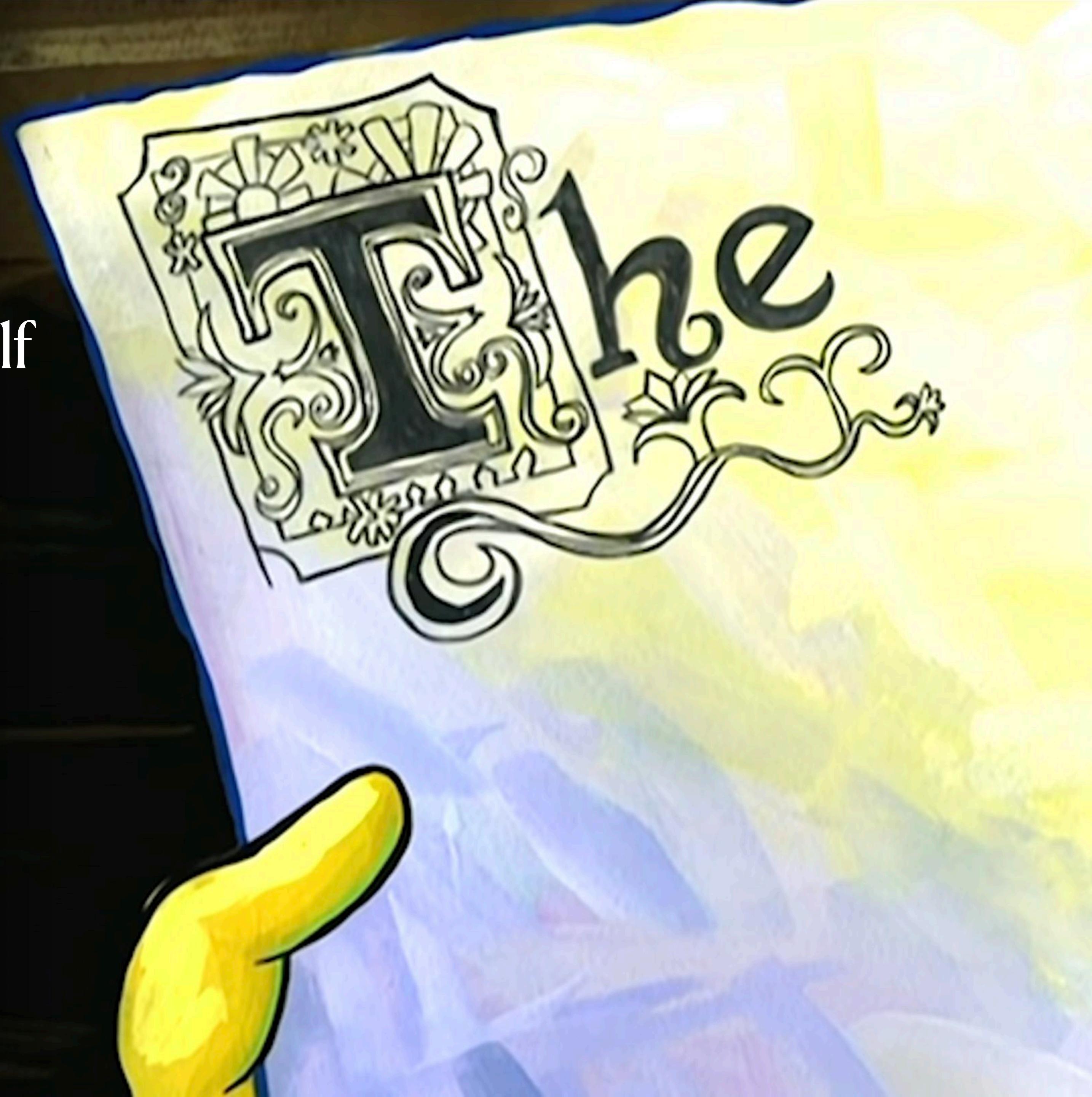


This is my life.
There are others like it, but this one is mine.

My rifle is my best friend. It is my life.
I must master it as I must master my life.
Without me, my rifle is useless. Without my rifle, I am useless.
I must fire my rifle true.

Enjoy Your Life

0. You're only cheating yourself
1. Integrity comes from Intent
2. Act not react
3. Body is a friend
4. Perfect day every day
5. Always do your best



A large, illuminated sign on a building wall reads "QUESTION EVERYTHING". Above the main text, smaller graffiti includes "TEASER" and "I-L-W". To the left, a vertical tag says "NICK". To the right, a vertical tag says "FIRE". The scene is set in a dark, urban environment with a paved ground.

QUESTION
EVERYTHING

nick@firedev.com