如何提高生活质量:

* Hedge tail risk
* 少网聊, 多见面
* 每天早睡
* 保持锻炼
* 下周去HK把字签掉.

减少降低生活质量的东西

生活的还是不够舒适, 空调一直吹着.

深圳太热.

在本职事情上还要继续发力.

Don’t show up unless there is enough basis for trust. You can tell whether others trust you very soon, especially those who deal with a lot of people tend to be more alertful. Some apparently let in very bad people in their lives, which reduces trust when they meet new people.

Interact with various people to gain information and knowledge.

Only spread knowledge to those worth it, it’s other’s life at the end of the day. Those don’t understand within 1 minute, are never going to understand it their entire lifetime.

I don’t see any point in education. Use people’s ignorance to your advantage.

Use all your time acquiring and processing information, spend no time on sharing and educating people, it doesn't increase my utility.

Spend no time when the topic is not worthy of discussion or it doesn't work towards resources acquisition.

Value information, resources, positive energy.

Ignore judgments, opinions, negative energy.