Monday, September 18, 2017

Find places where it gives you energy instead of taking it away or harmful.

2010-1 that was recovery, going uphill.

2013-5 only in Van for a week and ended up with pneumonia.

Toronto was also energy-sucking. If you notice things gradually going downhill, physical condition starts to suck.

2010-8 was in top condition after SZ-HK, then slowly went downhill until 2011-2 (started sleeping at 2am and could not wake up before 10). The apartment had a view of the garbage collection point. Lived with other Chinese. Overall

晨鸣 entered top sharpe.