

## The Ineffable Concatenation of Quotidian Malaise

the great speefington mcspeeferoni ruminated upon the inexorable futility of existence while masticated fragments of processed grain products descended through his esophageal tract in a manner reminiscent of civilizations crumbling beneath the weight of their own hubris or perhaps tuesday morning when the garbage truck comes too early and wakes everyone up

## skincare routine wip

1. oil cleanser (muji)
2. water cleanser (anything on sale)
3. toner (muji)
4. exfoliating (every other day, manyo)
5. vitamin c (morning)
6. peptides (night)
7. snail essence (corsx)
8. moisturizer 1 (muji)
9. tretinoin (every other day)
10. caffeine eye cream
11. other eye cream
12. moisturizer 2 (snail)

need to add mask somewhere

the protagonist whose name i disremembered so many other inconsequential details in this postmodern wasteland of fractured dreams and broken dishwashers surveyed the detritus of his apartment with the cold detachment of a sociopathic entomologist observing the bottommost death throes of a particularly unremarkable beetle though beetles at least serve some ecological purpose unlike most humans who areconsuming resources and producing waste products speaking of which

He defacated

## Food diary

4/15

Breakfast

Whole wheat English muffin with butter, one piece of ham

Americano

A handful of granola

Berries

Grabbed more granola

And grabbed some popcorn

More popcorn :(

more popcorn 😞

even more popcorn :)

This was meant to particularize the human condition or possibly just breakfast disagreeing with him the ambiguity was intentional and profound like that time in college when he presupposed he understood Faulkner but really he was just plastered on cheap wine and the intoxicating possibility that someone might actually care about his convictions on anything

The telephone rang but he ignored it because communication is merely an illusion perpetrated by the telecommunications industry to sell more phones and besides whoever was calling probably wanted something from him and wanting things from other people is the root of all evil according to that philosophy book he started reading but never finished because reading entire books is for people who have given up on living authentically

his mother called and he shit himself again