

- I may be paraphrasing a bit but David Goggins says “Life is like a heartbeat. People just want to be happy all the time but that means you are flatlining. You need the joy and sadness to stay alive”
- Another great newsletter. Always an enjoyable read that makes me consider the true importance of life.
- Couldn't think of a better interface for a forum than a bulleted list eh
- Fav paragraph: “I'll give you an example – I have recently started not to like running. So much so that I mentally agonize over having to run long mileage days before I even have to do it. Albeit this is a mundane and privileged example, but just bear with me for a second. I hate the pain of running, but if you ask me if I never want to run again, I'd say absolutely not. There will be a day, I suppose, where I would do anything to feel that stinging, agonizing, torturous burn of a run. Right now, I dread it, but in the future, when I no longer can run, I'll miss it. The pain I'm feeling now is something I eventually will beg to relive again.”
- I do wholeheartedly believe in opening yourself up to the world... YES
- Also obsessed with Dead Poet's Society... might go watch that rn