Awareness of Self: Mind Over Matter

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Welcome.
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- ~18 serious projects.
- 100+ experiments.
- OSX-GCC-Installer: 56TB of downloads.
- Requests: 45 million downloads.
Requests

HTTP for Humans

```python
>>> r = requests.get('https://api.github.com/user', auth=('user', 'pass'))
>>> r.status_code
200
>>> r.headers['content-type']
'application/json; charset=utf-8'
>>> r.encoding
'utf-8'
>>> r.text
u'{"type":"User"...'
>>> r.json
{u'private_gists': 419, u'total_private_repos': 77, ...}
```
Other Interests...

- Street Photography
- Synthesizers and Music Production
- World Travel (~150,000 miles last year)
- Public Speaker (29 events last year)
- Classic Video Games!
Bad Habits
Two Years Ago

- Evangelism at Heroku (travelled to 47 Cities)
- Worked on Open Source 24 hours a day.
- Addicted to caffeine (3–5 Red Bulls daily).
- Drank alcohol often at tech events.
My Addictions

- Addicted to travel.
- Addicted to open source.
- Addicted to caffeine.
- Addicted to social pressures.
Burn-Out
Remediation

- Took a month off of work.
- Cancelled all upcoming travel events.
- Re-established my sense of home and family.
- Focused on my arts.
- Back to work!
Migraine
The Migraine

- Shortly after returning from work, I woke up one day with a persistent Migraine that couldn’t be cured.

- Nothing I could do would make it go away, day after day after day…
The Migraine

- Saw a neurologist, started taking anti-epileptic medication.
- My entire life became about optimizing for removing migraine triggers.
- Perception of everything was the trigger.
Wellness
Blessing in Disguise

- Migraine forced me to re-evaluate every part of my life—physical, emotional, social, &c.
- Removed social stress from social media.
- Stopped addictions caffeine, alcohol, sugar.
- Paleo, elimination diets, hydration, etc.
Blessing in Disguise

- Opened myself to deep meditation, healthy living, and spiritual awareness.
- Meditation was the cure for my headaches.
- Migraine: completely controlled (242 days).
- Total weight lost: 110 pounds.
Lessons Learned
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- The things you put into your body effect you.
- Includes: food, hydration level, social media.
- Caffeine is a hell of a drug.
Lessons Learned

• It’s better for me to listen to my body, making constant adaptive (intuitive) changes to my lifestyle in the moment.

• Having a friend to discuss your wellness experiments with is extremely helpful.
Lessons Learned

- Excluding everything seems to be detrimental. It’s much better to cure an addiction than to distance yourself from it.
- Gluten makes me exhausted, but only when I remove it from my diet.
- Sometimes, you just need time & space.
Direct Experience

- There are many intolerances that others have harsh opinions about — working from home, gluten sensitivity, requirements of space.

- Your direct experience is the only data you have to go off of.
Live Life, Love Life.
Live Life, Love Life.

Don’t dismiss your experience — hack it!
Also, you’re dehydrated.