

**My two cents on lifestyle,
health, and love.**



On living as a digital nomad



卜亦然



Search

路上的人 | 卜亦然：身心稳定平衡，多重角色切换游刃有余



• 请您介绍一下自己。我叫**卜亦然**，是土生土长的浙江宁波人。大学毕业后我从事过央视主持人、导演工作，后进入国企做管理。一次丽江之行，为我的人生打开了另一扇门，...

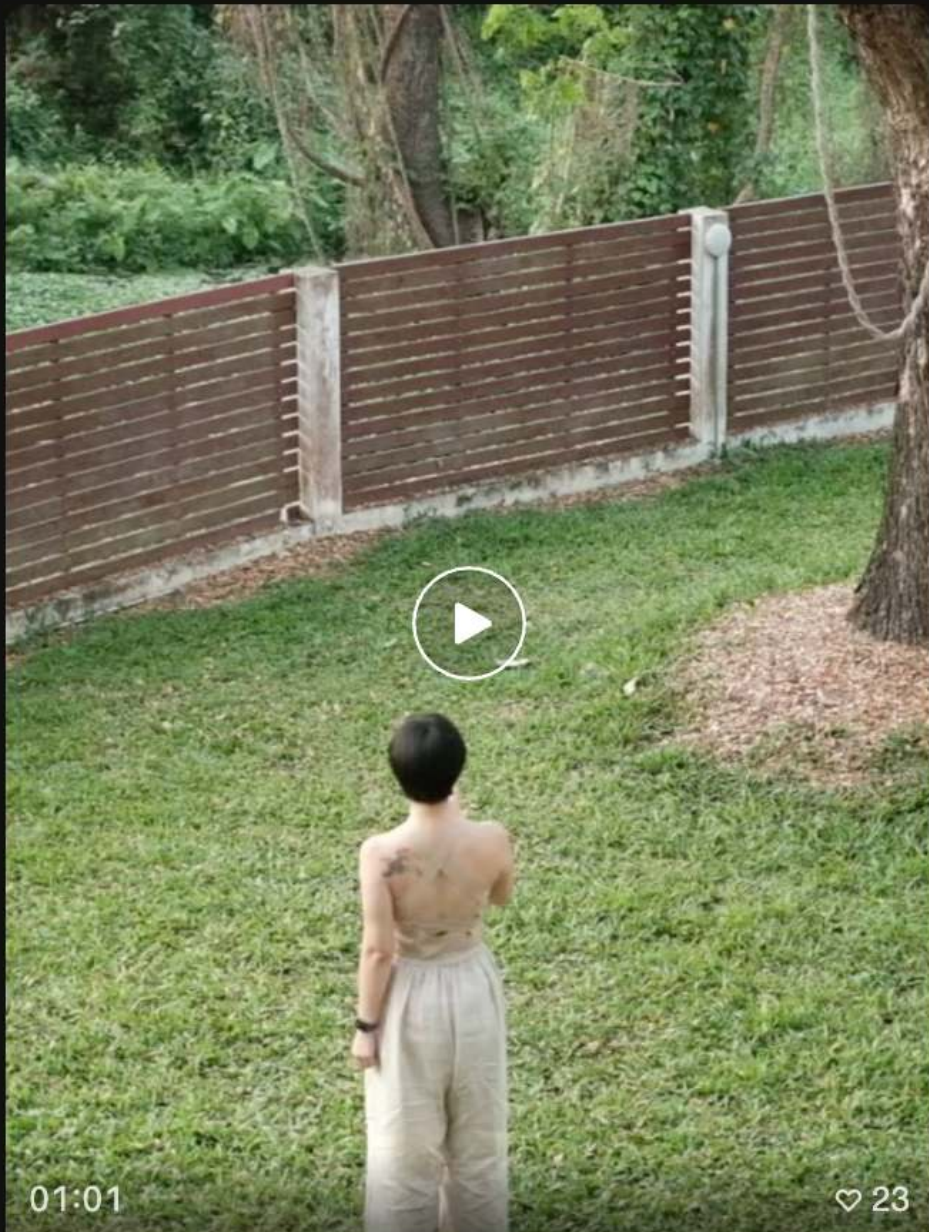
动静自在 2023/7/3



一些很明确的幸福感。

卜亦然

1 year(s) ago



随时随地都是练习场。#动态冥想

卜亦然

1 year(s) ago

她是马东和高晓松眼里的特别人类，带着两个女儿，住进上帝的水族箱



卜亦然开玩笑说自己简直是「教科书式的服务业之耻。」可就是喜欢啊。在这里，鸟鸣，疏影，叶子上的光，浆果的甜，空气里的鲜，厨师勺动锅里的粥时衣角的摩挲，一切都...

借宿 2018/5/10



Myths, so to peak

You need to be rich to live this way.

You must have a stable income stream.

You have to plan everything in advance.

You need to be very brave or fearless.

It's just like being on vacation all the time.

It's lonely and isolating.

Courage is overrated.
Certainty is absurd.
Security is a superstition.
And,
Life is short.

How much is enough?

What are the values you hold dear most?

Can you accept the worst-case scenario?

**Human beings are highly-
adaptable.**

**Learn the rules like a pro, so you
can break them like an artist.**

**Human beings are highly-
adoptable.**

"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing."
- Helen Keller



**Compare thoroughly,
choose wisely.**

THE BIG FIVE PERSONALITY



OPENNESS TO EXPERIENCE

Imagination, curiosity, the enjoyment of abstract thinking and ideas, and attunement towards personal emotions.



CONSCIENTIOUSNESS

Behaviours associated with: competence, order, dutifulness, attitude towards achievement, self-discipline and planning.



EXTRAVERSION

A measure of sociability and outgoingness. Associated with warmth, gregariousness, assertiveness, energy, excitement-seeking and positive emotions.



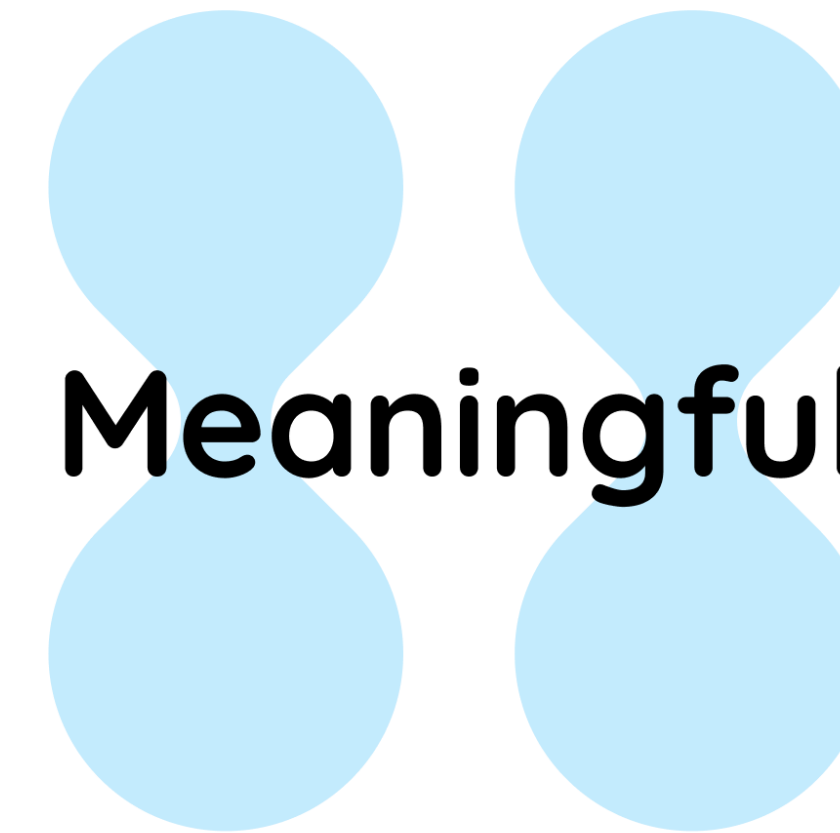
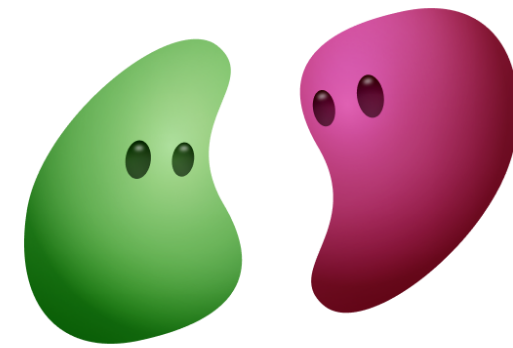
AGREEABLENESS

Attitudes about the goodness and trustworthiness of others, and ability to empathise with others.



NEUROTICISM

Tendency for emotional instability, measured by the facets of anxiety, angry hostility, depression, self-consciousness, impulsivity and vulnerability.



Key Features

- Comfort
- Joy
- Security

Facilitators

- Money
- Time
- Relationships
- Positive Mindset

Outcomes

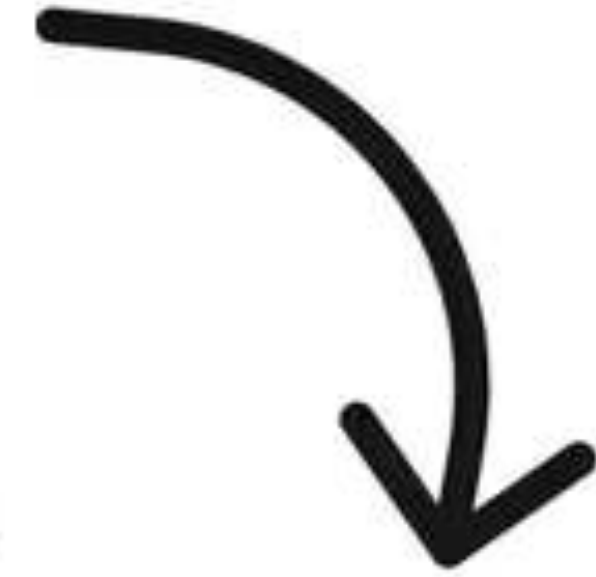
- Personal satisfaction
- Societal contribution

Measurement

- Life satisfaction
- Positive affect
- Meaning in life
- Subjective meaning



Psychologically Rich



**Sound
like you?**

Key Features

- Variety
- Interest
- Perspective change

Facilitators

- Curiosity
- Time
- Energy
- Spontaneity

Outcomes

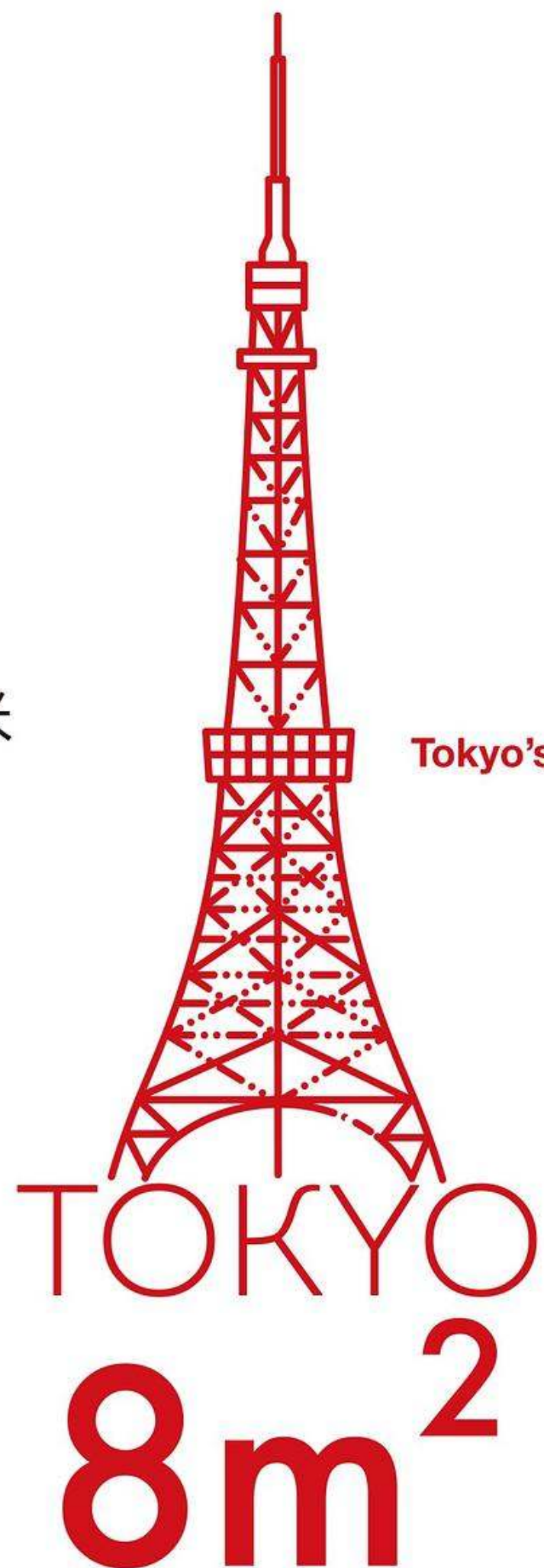
- Wisdom

Measurement

- Psychologically rich life/experience

东京八平米

[日] 吉井忍 著



Tokyo's Downsized Dwelling

上海三联书店

东京八平米



这个咖啡桌，写稿的时候可以坐上椅子，也可以站着打字，电脑下面垫几本书调整高度即可。偶尔换一下姿态感觉对腰椎会比较好。（都筑响一摄影）



我相信，每个人都有自己的“八平米”，以及对其的定义，它不指实际面积，而是指心中的某一块地方。也许八平米在别人眼里是畸形状态，但它能够让你活在向己的世界里。它也许是某个地方或某个人，在那里你不用伪装，可以好好地面对自我，尽可能地去享受当下。

夏季感觉厨房总会少了点东西，主要是因为没冰箱，不能存太多食物。下图的猫咪造型是母亲给我买的笔袋，它的表情有点像我曾经在北京养过的一只猫。

好的房子反而有点浪费，所以我宁可住小一点、便宜一点的房子。

为房子花的钱少，意味着你每月不需要工作太久，自由时间比较多。自从住进八平米的小房间，我去参观美术展览和看电影的次数明显比过去多了。在东京，大部分的美术馆门票在人民币一百元左右，看一次电影也是差不多的价格，我之前觉得有点贵，特别喜欢或有名的作品才忍痛去看。现在因为房租的压力小，我能腾出“娱乐费”来，稍微感兴趣的展览、电影或演出我都毫不犹豫地掏腰包。这不算浪费，因为看的东西多了，知识也会增长，与身边的朋友或采访对象能聊的话题也会变多。

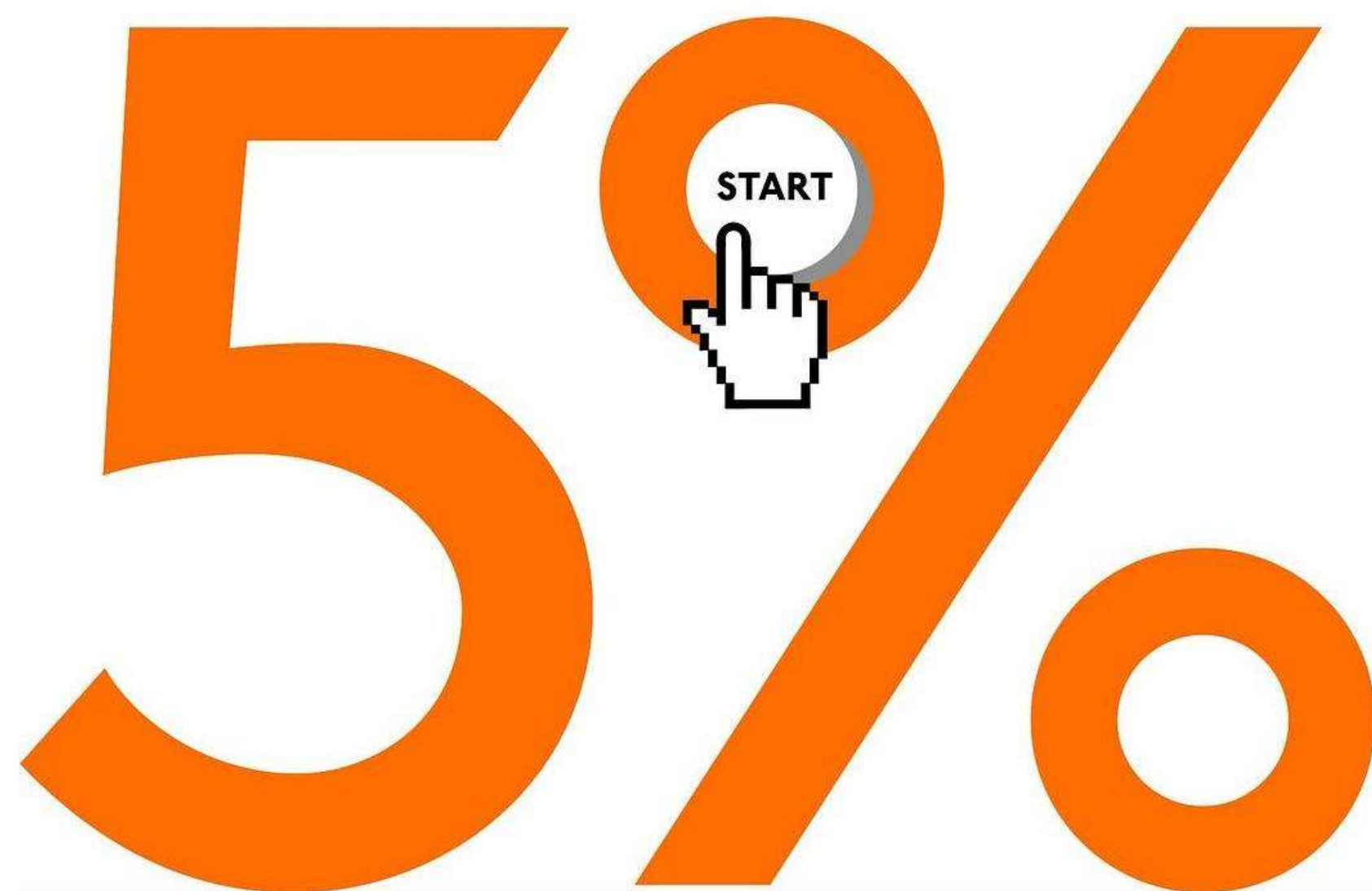
那么住在八平米的房间里，能保持身体健康吗？头两年我对此毫不怀疑，因为我坚持去健身房。小房间没有洗澡间，过去四量半的居民绝大部分选择去“钱汤”（sent. /公共浴场）来解决洗澡问题，现在有了健身房这个选项。我家附近刚好有一家二十四小时营业的健身房，每月的会员费约人民币六百元。有一年多的时间我都爱在这里洗澡，一早就去洗，睡

前再去做个瑜伽，让身体放松后再洗个澡，每天如此。我肯定是那家健身房最“勤奋”的会员之一。后来疫情开始了，而且持续时间比想象中还要久，我很郁闷地决定退掉健身房的会员²。好在家附近的钱汤在疫情期间都没有关，虽然感觉生活从现代逆行到昭和时代，但至少个人卫生有了保障。为了弥补健身的时间，我早上到附近小公园角落里挥竹刀。我住的地方公园多，大的能办集体运动会，小的刚好遛狗，我家附近的一个小公园藏在几栋木造住宅楼之间，说是公园但没有任何一样娱乐或运动器材，除了周围居民种的小花之外只有两棵樟木。在这种几乎被遗忘的小空间，若你是刚出道的漫才师，写完段子之后可以把树当作观众来练习。挥竹刀是剑道里最基本的锻炼法，我在初中参加剑道部的时候天天练，过了几十年发现挥刀动作挺消耗体力，尤其是夏天没练几分钟就会流汗²。去钱汤和老板娘聊天能够保持精神健康，早晨挥刀可以锻炼部分肌肉，感觉这样的生活基本可以维持身心健康。

其实我对官方的“最低居住面积水准”心存疑问，我个人认为“健康而有文化水平的生活”不能单单从居住面积计算，还和居住的地点和位置有密切的关系。以我的房间为例，所在的位置比较便利，可以去健身房或钱汤，也可以去看展览。我父母住的地方比较偏，房租也很便宜，但这种郊区属于汽车社会，虽

5%的改变

李松蔚 著



只要改变5%
生活就有新的可能

心理学家李松蔚教你用微小的行动突破困境



OVER ONE MILLION SKEPTICS CONVERTED



10% HAPPIER



HOW I TAMED THE VOICE
IN MY HEAD, REDUCED STRESS
WITHOUT LOSING MY EDGE,
AND FOUND SELF-HELP THAT
ACTUALLY WORKS—A TRUE STORY

DAN HARRIS

HOST OF THE *10% HAPPIER* PODCAST

WITH A NEW PREFACE AND
GUIDED MEDITATIONS

TENTH ANNIVERSARY EDITION

On health
Or body-shaming

★ AI Overview

While BMI (Body Mass Index) is a widely used tool, **it's not always an accurate measure of health or body fat**. BMI is calculated using height and weight, but it doesn't differentiate between muscle mass and fat, leading to potential misclassifications, particularly for athletes or those with high muscle mass. Additionally, BMI doesn't account for factors like body composition, age, sex, and ethnicity, which can influence individual health risks. [🔗](#)

Here's why BMI has limitations:

Muscle vs. Fat:

BMI doesn't distinguish between muscle mass (which is denser and heavier) and fat. This can lead to individuals with high muscle mass being classified as overweight or

Show more ▼



Why You Shouldn't Rely on BMI Alone > News > Yale Medicine

Aug 4, 2023 — BMI has been criticized as being an inaccurate tool. One reason is that a perso...

 Yale Medicine 

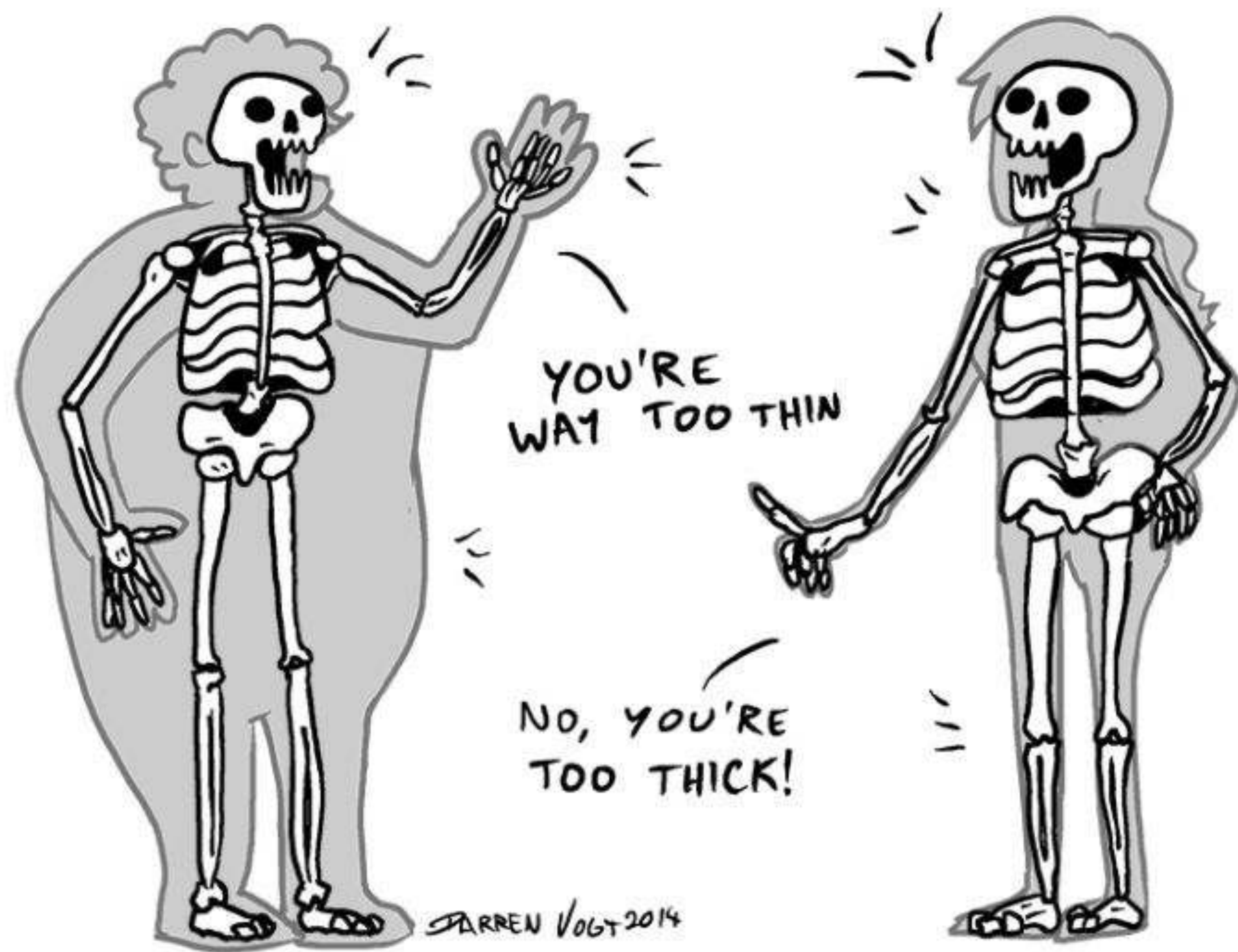


AMA adopts new policy clarifying role of BMI as a measure in medicine

Jun 14, 2023 — Under the newly adopted policy, the AMA recognizes issues with using BMI as ...

 American Medical Association 





YOU'RE
WAY TOO THIN

NO, YOU'RE
TOO THICK!

JARREN VOGT 2014



“自律给我自由”

“人丑就要多读书”



WHAT IS A CALORIE DEFICIT?

www.weightwatchers.co.ke

YOUR TOTAL DAILY ENERGY EXPENDITURE (TDEE)

All of this
combined

Basal Metabolic Rate (BMR) All the things that keep you alive • Breathing • Heart beating • Immune system *60% of total cals	Non Exercise Activity Thermogenesis (NEAT) • Walking • Cleaning • Working • Fidgeting *20% of total cals	Exercise Activity Thermogenesis (EAT) • Weight lifting • Running • Sports • Swimming *10% of total cals	Thermic Effect of Food (TEF) • Chewing food • Digesting food • Absorbing food • Storing food *10% of total cals
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*Approximate % of total daily energy expenditure

TDEE HAS TO BE HIGHER THAN DAILY CALORIE INTAKE

For
example

TOTAL DAILY ENERGY EXPENDITURE You burn 2300 calories 	—	DAILY CALORIE INTAKE You eat 1800 calories 	=	A calorie deficit of 500 calories
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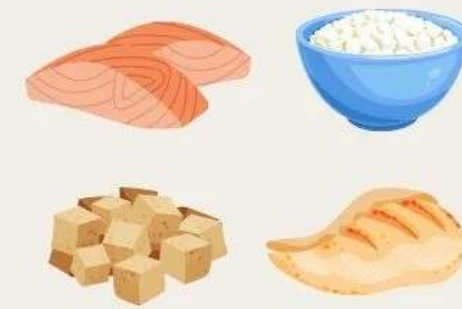
**One kilogram of FAT is
7,700 calories.**

If you want to lose 1kg per
week, just burn 1,100
calories a day more than
you eat.

**Fitness is Science
NOT Magic!**

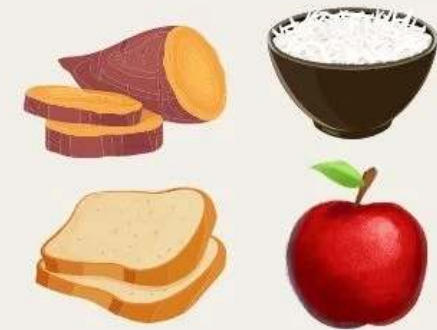
What are Macronutrients?

Protein



- 4 calories per gram
- Composed of amino acids
- Building blocks of tissues and muscles

Carbohydrates



- 4 calories per gram
- Composed of starch, fiber, and sugar
- Main source of energy

Fat



- 9 calories per gram
- Composed of fatty acids
- Reserve energy and contain fat-soluble vitamins



Count Your Calories



Do you know the number of calories you consume in a day?

● Be Calorie-Conscious

Know about calories and understand how they affect the body



● Learn Weight Management

Know about the nutritive value of food, useful health tips and delightful recipes

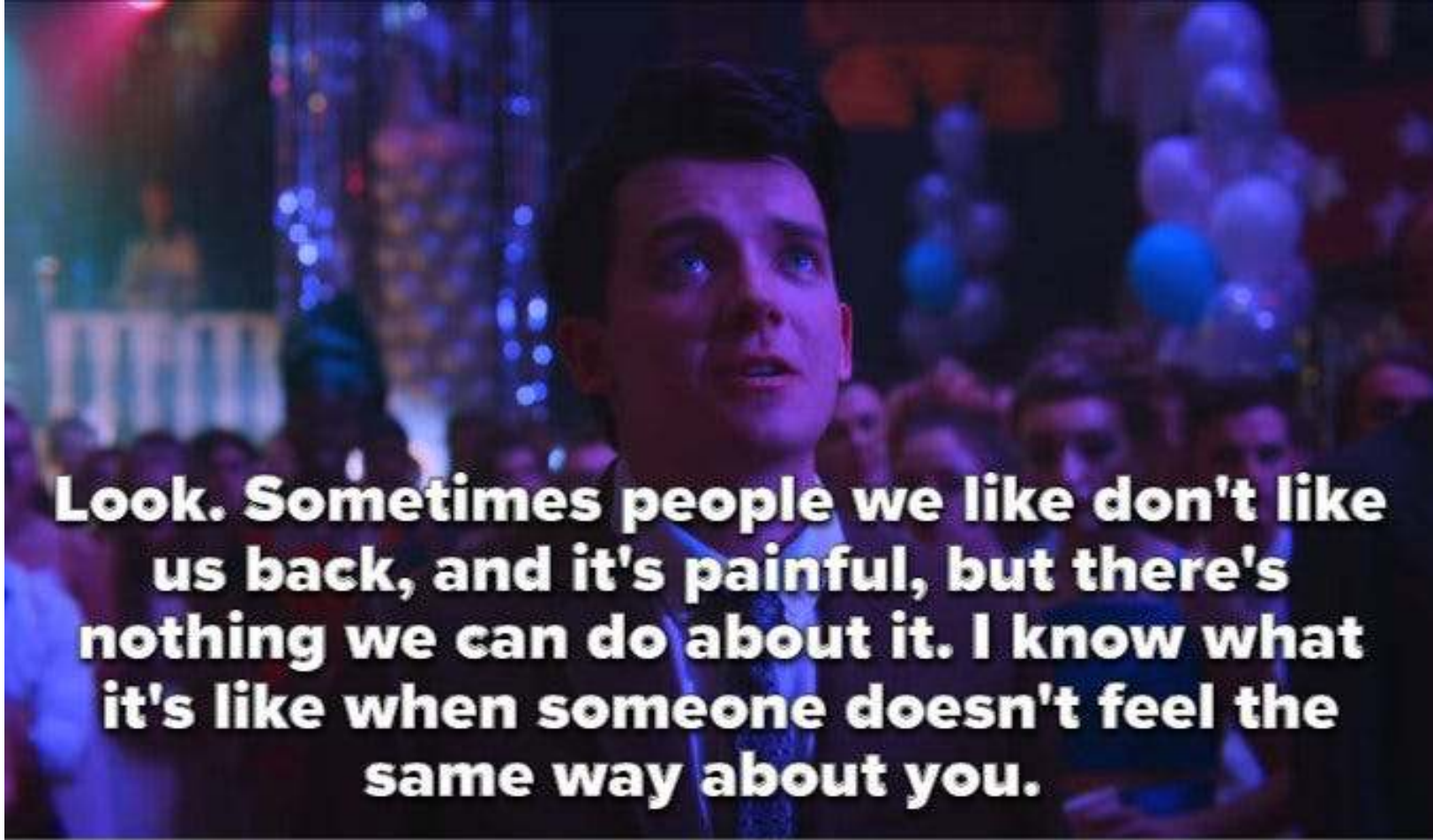


A complete and easy-to-follow
guide to calories

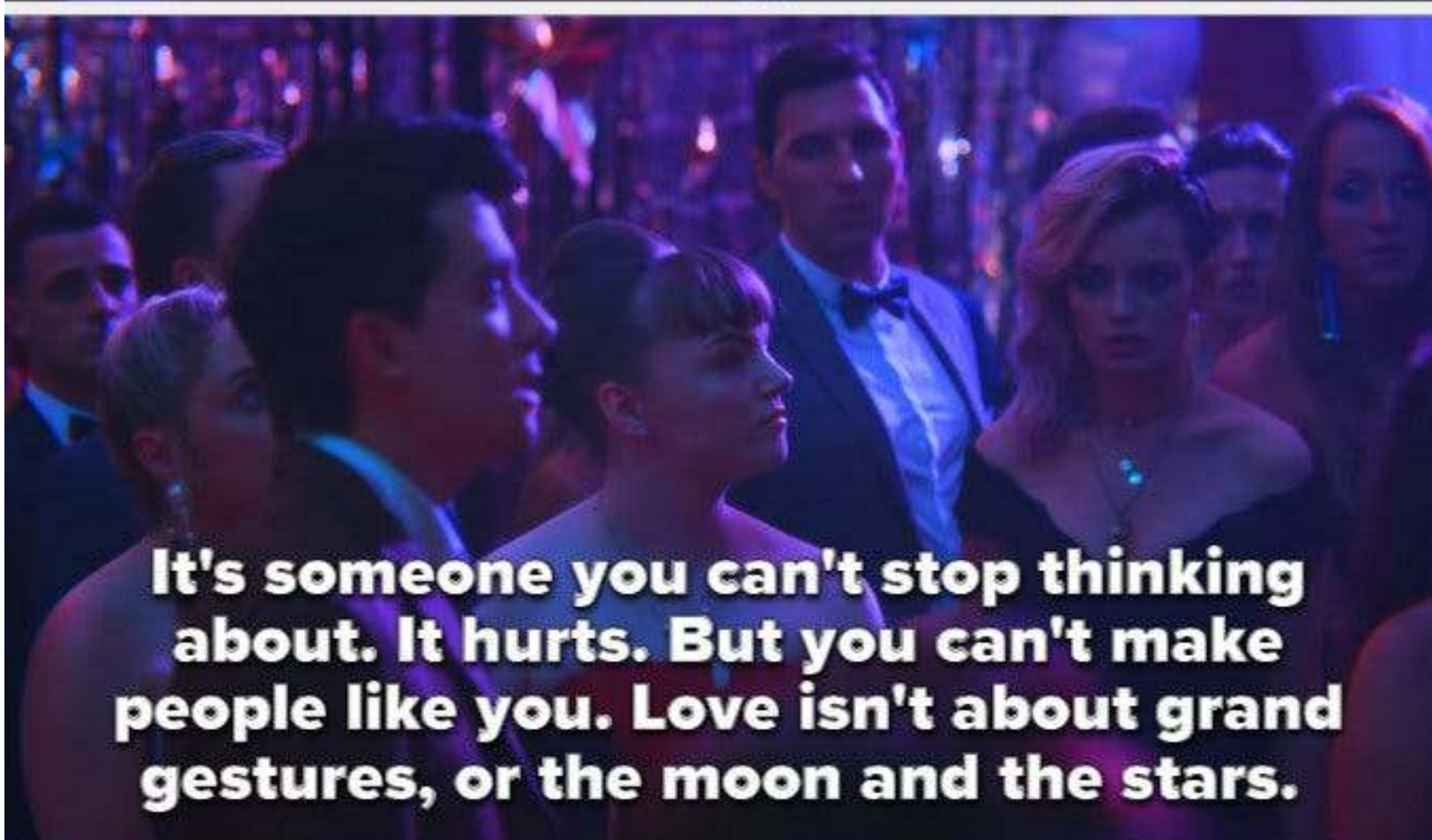
On love



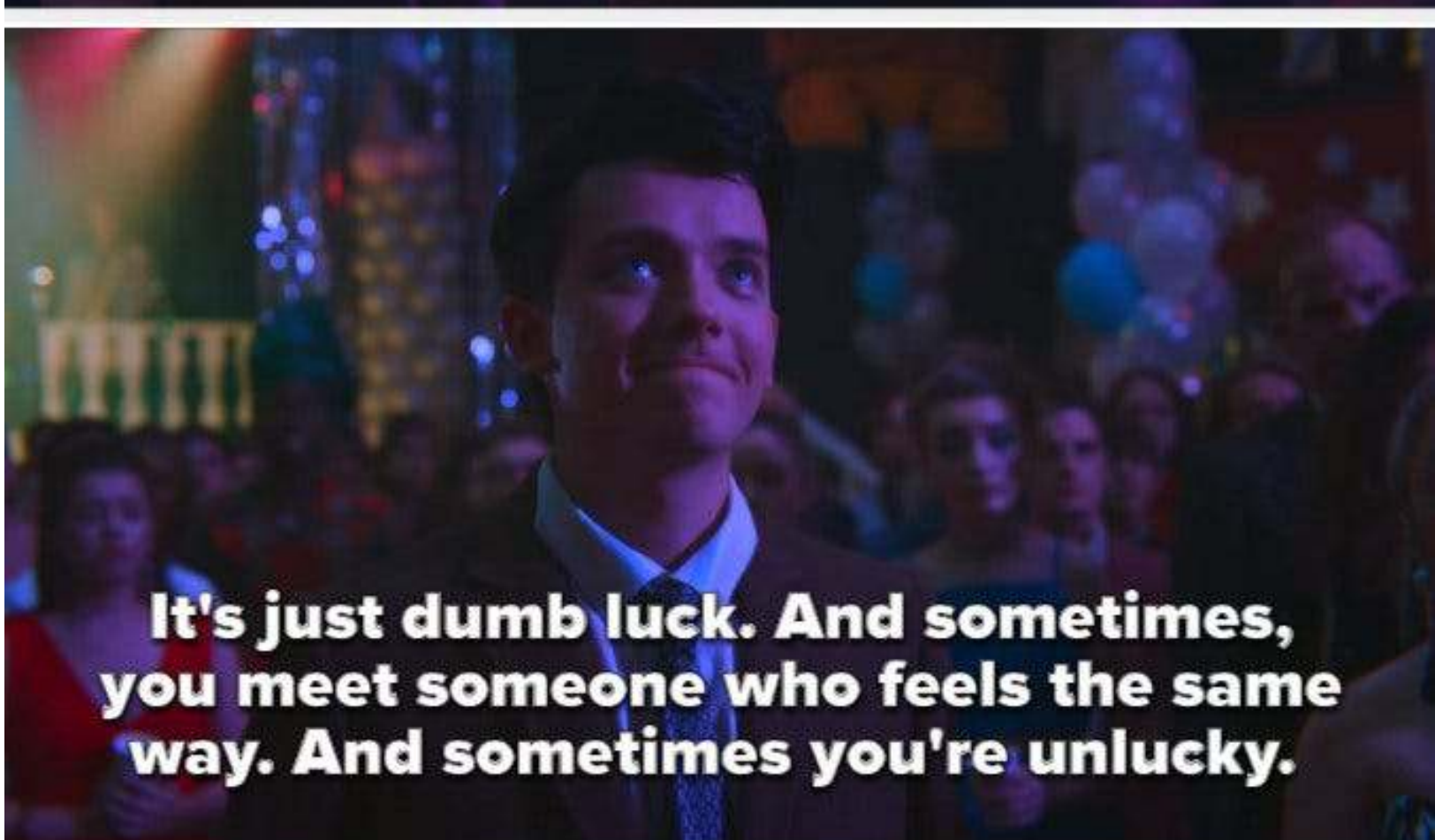
I know.
But love isn't about grand gestures,

A young man with dark hair, wearing a dark suit, white shirt, and patterned tie, is looking upwards with a slight smile. He is in a crowded party setting with blue and white balloons and other guests in the background.

Look. Sometimes people we like don't like us back, and it's painful, but there's nothing we can do about it. I know what it's like when someone doesn't feel the same way about you.

A group of people, including the young man from the first panel, are looking towards the left side of the frame. They are in a party setting with blue and white balloons and other guests in the background.

It's someone you can't stop thinking about. It hurts. But you can't make people like you. Love isn't about grand gestures, or the moon and the stars.

A young man with dark hair, wearing a dark suit, white shirt, and patterned tie, is looking upwards with a slight smile. He is in a crowded party setting with blue and white balloons and other guests in the background.

It's just dumb luck. And sometimes, you meet someone who feels the same way. And sometimes you're unlucky.



LOVE ISN'T ABOUT GRAND **GESTURES**, OR THE MOON AND THE **STARS**. IT'S JUST DUMB **LUCK**. AND SOMETIMES, YOU **MEET** SOMEONE WHO **FEELS** THE SAME **WAY**. AND THEN, SOMETIMES, YOU'RE **UNLUCKY**. BUT ONE DAY, YOU'RE GONNA MEET SOMEONE WHO **APPRECIATES** YOU FOR WHO YOU ARE. I MEAN, THERE'S SEVEN BILLION **PEOPLE** ON THE **PLANET**. I KNOW ONE OF THEM IS GONNA **CLIMB** UP ON A **MOON** FOR YOU.

WWW.MAGICALQUOTE.COM

OTIS MILBURN

Hate me! Abandon me!
If there is punishment, does the crime go away?
Violence in the name of communication
Getting angry and rebuking are synonymous
One can choose one's own life

PART III

From the Principle of Competition to the Principle of Cooperation

Negate praise-based development
Reward gives rise to competition
The disease of the community
Life begins from incompleteness
The courage to be myself
That problem behaviour is directed at you
Why a person wants to become a saviour
Education is friendship, not work

PART IV

Give, and It Shall Be Given Unto You

All joy is interpersonal relationship joy
Do you 'trust'? Do you 'have confidence'?
Why work becomes a life task
All professions are honourable
The important thing is what use one makes of that equipment
How many close friends do you have?
First, believe
People never understand each other
Life is made up of trials of 'nothing days'

Give, and it shall be given unto you

PART V

Choose a Life You Love

Love is not something one falls into
From an 'art of being loved' towards an 'art of loving'
Love is a task accomplished by two people
Switch the subject of life
Self-reliance is breaking away from 'me'
To whom is that love directed?
How can one get one's parents' love?
People are afraid of loving
There is no destined one
Love is a decision
Re-choose your lifestyle
Keeping it simple
To the friends who will make a new era

Afterword

LOVE IS A DECISION

YOUTH: Then, let's hear it. If there is no destined one, on account of what do we decide to get married? Marriage is the making of a choice of only one person in the whole wide world, isn't it? Surely you're not saying it's just a matter of choosing according to such things as appearance, finances and social position, are you?

PHILOSOPHER: Marriage is not a matter of choosing a target. It is a matter of choosing one's way of living.

YOUTH: Choosing a way of living? Then, the target can be anyone!

PHILOSOPHER: Ultimately, yes.

YOUTH: Don't mess around. Who would ever recognise such a statement? Retract that, retract it right away!

PHILOSOPHER: I recognise that this is a view that meets with a great deal of opposition. But we are able to love anyone.

YOUTH: I'm not joking! If that's the case, could you just go out and find some woman walking by, without the slightest idea of who she is or where she's from, and love that woman and marry her?

PHILOSOPHER: If I made the decision to do that.

Growth=I might be wrong

Communicating our expectations
is brave and vulnerable.
And it builds meaningful
connection and often leads
to having a partner or friend
who we can reality-check with.

Brené Brown

Hello Lovely

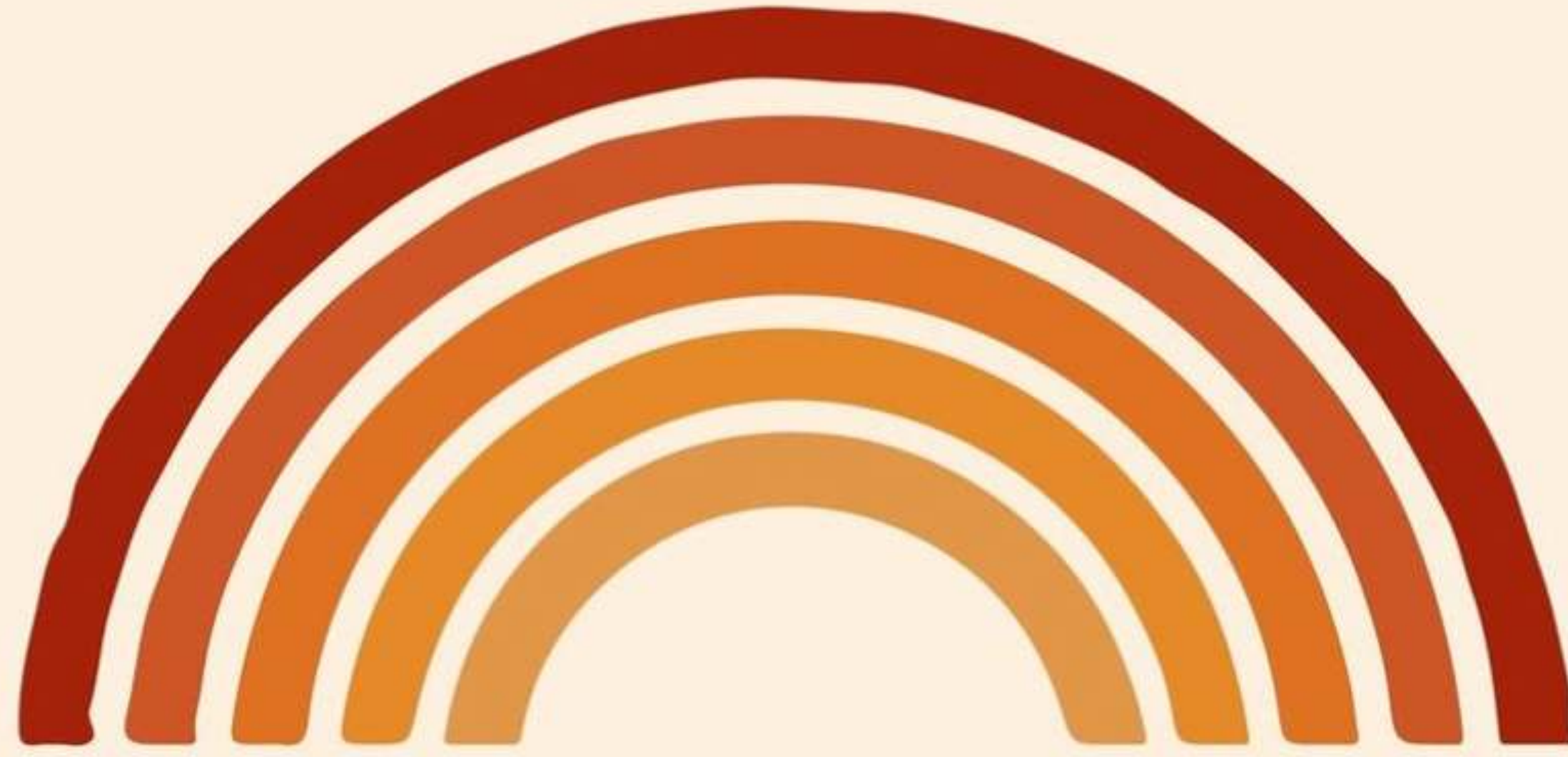
“

Language shows us that
naming an experience
doesn't give the experience
more power, it gives us the
power of understanding
and meaning.

Brené Brown

ATLAS OF THE HEART





**“Vulnerability is not winning or losing;
it’s having the courage to show up
and be seen when we have no control
over the outcome. Vulnerability is not
weakness; it’s our greatest measure
of courage.” ~ Brené Brown**

Sports

Maths

Books

Music

Art

Friends&Family



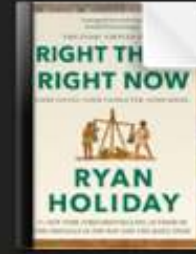
Big Feelings.pdf



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Not Sure Who Needs to Hear This, But...记版.pdf



Right Thing, Right Now.pdf



The Algebra of Wealth.pdf



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TED Talks.pdf



Tim Minchin的演讲视频_中英字幕



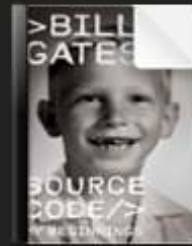
Tiny Experiments.pdf



You Don't Have to Have a Dream.pdf



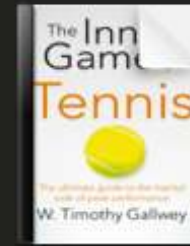
Keep Going.pdf



Source Code.pdf



Source Code 笔记版.pdf



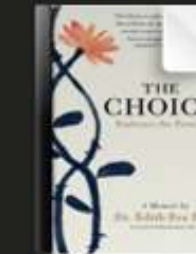
The Inner Game of Tennis.pdf



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The 5 Types of Wealth.pdf



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The Mom Test.pdf



The Workshop Survival Guide.pdf



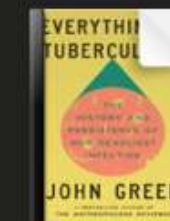
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The Next Convers...Intro.pdf



The Next Conversation.pdf

Availability Heuristic

Over reliance on 'top of mind' information because it's recent, frequent, or stands out.

