"The Greatest Expedition you will ever undertake is the journey to self-understanding, for the real voyage of discovery consists not in seeking new lands, but in seeing with new eyes."

DANIEL J COMP

AN INTERACTIVE - AI GUIDED - SELF-MASTERY EXPEDITION FOR LEAVING

SCOTOMAVILLE



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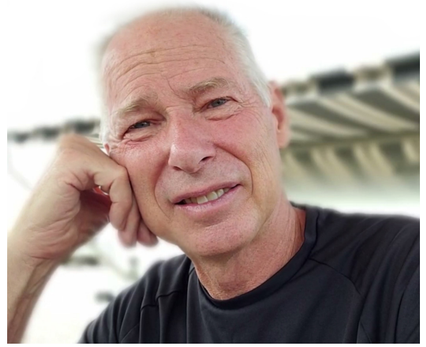
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*The desire to understand ourselves, to unravel the mystery of **WIDWID**—Why I Do What I Do—connects us all. It's a question I have pursued by cycling across America on three inspiring Journeys with a Purpose.*

*After decades of mishaps and 50,000 miles dragging an Airstream I no longer view **Know Thyself** as a luxury or a full-out competition with AI. With a team of like-minded thinkers (a self-defined minyan) empowered by a super-reasoning engine, I am becoming a thought leader and a sage celebrating the later execution phases of my Personal Everest with the help of a digital Sherpa.*

***Remember your first journey?** I was hopeful yet unprepared, like a Fiat 500 strapped with a useless burden on my back. At first, this image represented my idealistic youthful exploration, a journey both underpowered and naive. Recently, I discovered a double meaning in the word 'Fiat' itself. Beyond the name of a car, it refers to a decree, an authoritative commandment. In my journey, these were the self-imposed life commandments from false conclusions I formed of misspoken judgments that had shaped my worldview. It was as if the very mascot of my exploration challenged me to escape the self-tyranny of my thinking. W.H. Murray noted we experience '**all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way.**' The discovery of the Fiat's symbolic richness was one such unforeseen incident that deepened my journey.*

Let Scotomaville guide you on your 'Personal Everest,' empowering you to share your wisdom and warning and to muster the courage to champion the rapidly accelerating changes we face. Join me by turning the life you inherited into the outcomes you design.

August 10, 2023



AUTHORS + ABSTRACT



AUTHORS CURATORS

Daniel believes; ***"The Greatest Expedition you will ever undertake is the journey to self-understanding, for the real voyage of discovery consists not in seeking new lands, but in seeing with new eyes."*** *He is a respected husband, father, entrepreneur, and Navy Veteran. He's demonstrated decades of sacrificial commitment to human achievement using core principles, perseverance, and resourcefulness.*

Angelina is the wife of a highly functioning Asperger (me) and co-founder with me of Intelligent Netware. She is twice awarded by the U.S. S.B.A. In 2004, she sustained a TBI five days before filming for the Apprentice III. Angelina is the Founder of Wellness by Choice and a mom with a mission - bent on educating and empowering the masses on how to live smarter and healthier.

SCOTOMAVILLE ABSTRACT

■ *BACKGROUND - WWDWWD*

Most people respond to chaos and stress with coping mechanisms, amygdala hijackings, and reactive behavior. For some of us, curiosity dominates. We want to know ***"Why We Do What We Do."*** *and are committed to exploring the unknown... to 'Know Thyself'. The Author cycled across America three times asking this.*

The pandemic has challenged us with hardships, losses, setbacks, missed opportunities, and personal drama. (1) Americans are weary of rapidly accelerating change.

We are flooded with messaging that games our biological and psychological bents (2). Emotions easily overwhelm our reasoning to control our actions. We're further conflicted by being 100% wrong 50% of the time. (3) (4)

We're hoodwinked and bamboozled by tech, media, and popular narratives using trickery, flattery, and omission. (5) The adage to 'Know Thyself' is no longer a luxury. It's become a full-out competition with supercomputers pointed at our brains. (6)

■ *METHODS - IMPARTATION*

The Scotomaville program deploys the unique IMPARTATION METHODOLOGY, designed to guide participants in self-reflection and personal growth through video modeling. This methodology unfolds in a structured manner:

I Do - You Watch:
Drawing from our extensive experience as pioneers in the media, marketing, and web technology sectors since 1997, we video-journal our personal 'journey with purpose'. Through these recordings, we share and demonstrate 15 invaluable mental tools, tests, and insights that enable resilience in facing challenges. Participants, armed with just a smartphone, can emulate our perseverance as we navigate adversities such as Traumatic Brain Injury, PTSD, and more.

We Do - We Watch:
The program is more than just watching; it's engaging. Fifty-three episodes are complemented by a comprehensive 400+ page guide, enriched with opportunities for online discussions. Subscribers benefit from peer support, mentoring, and personalized guidance. Furthermore, the extensive digital reach, spanning over 4500 affiliated websites, allows for participant and sponsor recognition.

You Do - I Watch:
The Scotomaville journey doesn't end with passive learning. Upcoming offerings include transformative base camp summits, private retreats, and expeditions for leaders. With the program's licensed platform, certified leaders can guide individuals and groups, encouraging them to tread the transformative path we demonstrate.

■ *FINDINGS - SELF-GAMING*

By climbing a 'Personal Everest' and testing for oneself, the claims of W.H. Murray, and the Authors that Expeditions are filled with ***"unforeseen incidents and meetings and material assistance, which no one could have dreamt would have come their way"*** *(9) you can develop clarity, stability, healing, and successes by gaming your biases.*

Self-mastery begins with awareness of one's physical and mental self. When combined with understanding, support, and discipline, incremental character change transforms one's beliefs, attitudes, and behavior.

SCOTOMAVILLE reveals the intricate interdependence between our gut and brain, demonstrating how sleep patterns and stress levels influence our choices. By emphasizing the perils of tackling challenges solo and showcasing actionable insights and examples, the program empowers individuals to recognize and navigate their inherent cognitive biases.

■ *CONCLUSION - PERSONAL EVEREST*

A 'Personal Everest' is a journey with a purpose. ***"But at least learn your inability... and ask the remedy for it. Learn of those who have been bound like you... These are people who know the way which you would follow, and who are cured of an ill of which you would be cured. Follow the way by which they began..."***

Blaise Pascal - Pascals Wager (10)

A Personal Everest is a journey with a purpose. It is a self-defined expedition of personal development, with support and guidance from peers and the Author, and analysis by AI.

SCOTOMAVILLE is an unconventional and effective self-help model and platform with a convincing challenge: We can change our life experiences by gaming our own handicaps, strengthening alliances, challenging our shortcomings and changing our false beliefs by taking on our Personal Everest.

(1) https://pubmed.ncbi.nlm.nih.gov/33711676/

(2) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8402266/

(3) https://www.ted.com/talks/kathryn_schulz_on_being_wrong/transcript

(4) https://www.amazon.co.uk/Yossi-Yassour/e/B08XJNFCNK/

(5) https://www.humanetech.com/who-we-are#team

(6) https://www.wired.com/video/watch/yuval-harari-tristan-harris-humans-get-hacked

(7) https://intelligentnetware.com

(8) https://scotomaville.com/digital-locations

(9) https://en.wikipedia.org/wiki/W._H._Murray

(10) https://en.wikipedia.org/wiki/Pascal%27s_wager

LEAVING **SCOTOMAVILLE**

v1 CONTENT





01
PAGE 24

SCOTOMA

From birth our biology betrays our awareness. Seeing the world as it really is requires a shift in our beliefs. This exersize will do it.

"When we are no longer able to change a situation, we are challenged to change ourselves." Holocaust survivor Viktor Frankl

02
PAGE 30

PATTERN RECOGNITION

Our 20 watt brain is wired to cut corners and jump to conclusions.

03
PAGE 38

MISPERCEPTION

The sleeves illusion demonstrates chapters 1 and 2 at the same time. Combined with storytelling it is a convincing display of our vulnerability.

04
PAGE 44

ABUNDANT SCARCITY

The global pandemic exposed most people's core beliefs including price gouging and hording.

05
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ABUNDANT AWARENESS

Awareness comes with a penalty. The more you know, the more you know what you don't know.

06
PAGE 62

HIEROGLYPHICS

Storytelling is a superpower. It's been used to induce fear and compliance for millennia. Its easy to create an amygdala hijacking.

07
PAGE 70

ONION PEELING

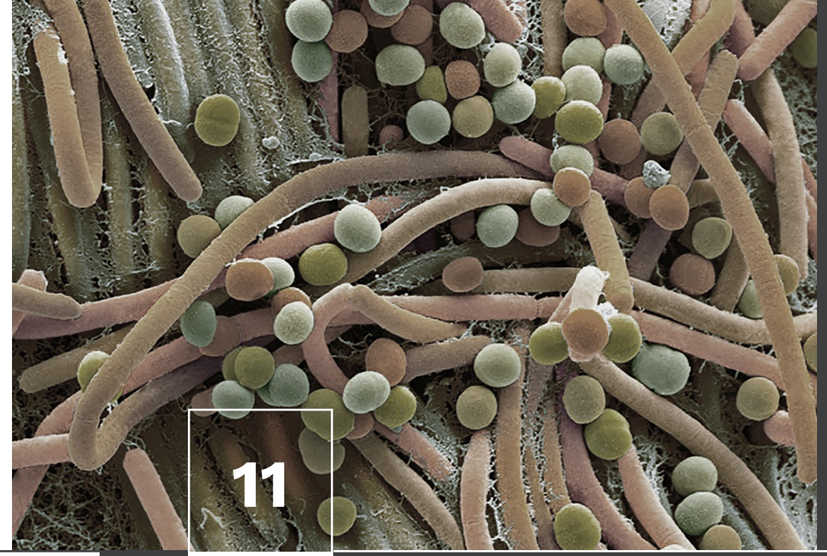
wdidwid? Why do I do what I do? Master this skill and you'll get out of Scotomaville.

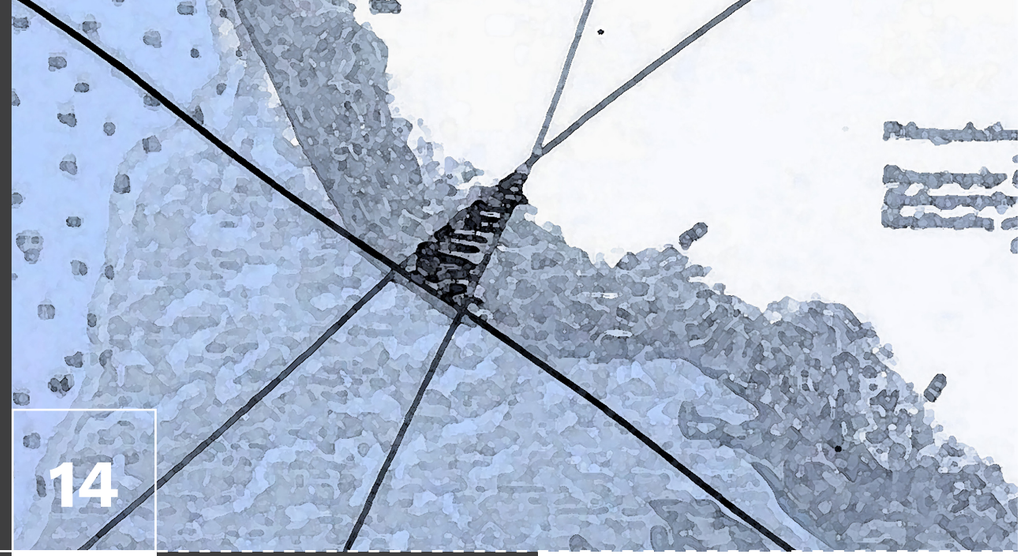
08
PAGE 78

FIXATION

With power comes responsibility. Learn to throttle your attention and focus.

v1 CONTENT





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PAGE 86

EMOTIONAL VOCABULARY

Crossing a gaping crevasse is easier than mastering an emotional vocabulary. Trust me on this one.

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PAGE 94

CREATING SILENCE

When you can hear your inner voice then you can escape walled gardens.

11
PAGE 100

FEED YOUR GUT

You and I are 90% microbe and only 10% human. There's a coup underway. Expose it with a simple question - when you look down - do you see your shoes or your gut?

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PAGE 108

IT NEEDS WORK

We miss the best opportunities for growth because opportunity goes around looking like hard work.

13
PAGE 114

STRENGTHS OFFENDER

We wound others with our strengths - which are our perfected coping mechanisms for early wounds.

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PAGE 122

TRIANGULATION

Never go-it-alone. You need no less than three facets to have confidence and grit to summit your personal everest.

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PAGE 132

CURVES

Life has curves. They are everywhere. Learn to recognize and leverage them for awareness.

16
PAGE 144

SEGUE

A smooth transition to the next volume with a shocking example of onus probandi.

v2 CONTENT





2.00 PAGE 160

PRELUDE

We can learn by observation in order to mimic. Daniel jumps to a conclusion... so you don't so much.

2.01 PAGE 170

PERSISTENCE

'Know Thyself' is no longer a luxury - it's a full on competition.

2.02 PAGE 180

PROCESS

Learning HOW to learn will accelerate skill and life mastery.

2.03 PAGE 192

EXPECTATIONS

Unmet expectations are windows to our beliefs. You can get a grip on your emotional roller coasters.

2.04 PAGE 202

PATIENCE

Waiting for outcomes is tough. What if the delay is 'Bread and Circuses'?

2.05 PAGE 214

PREPARATION

Acting 'as-if', pivoting with multiple strategies, overcoming challenges by mental preparation.

2.06 PAGE 226

SETBACKS

Developing your 'WHY' for maintaining independence by taking personal responsibility will serve you well.

2.07 PAGE 236

STRATEGY I

Incrementally building a strong strategy will help, as will paying attention to little things.

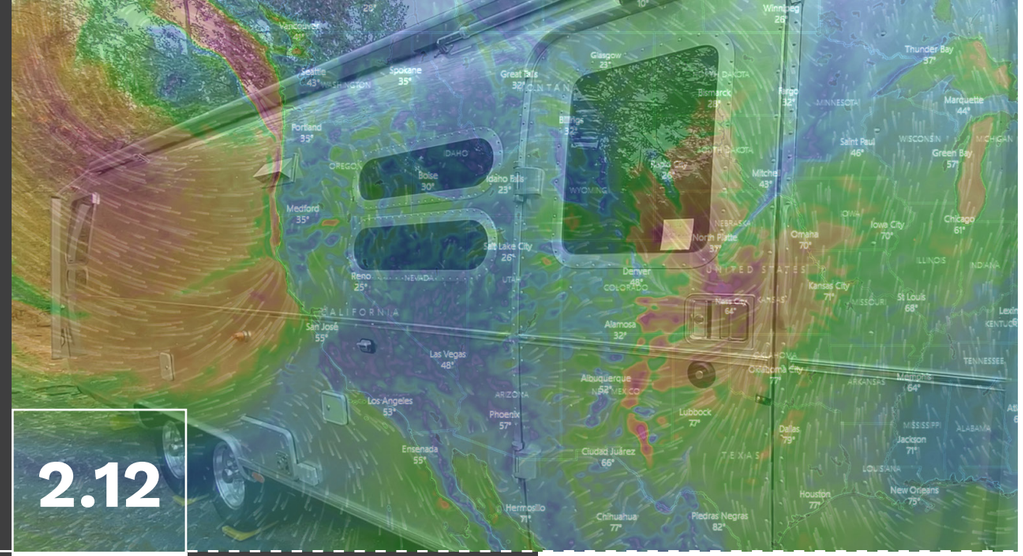
2.08 PAGE 248

STRATEGY II

Develop a solid strategy to cope, shift, and pivot with your mistakes, errors and faults.

v2 CONTENT





2.09 PAGE 258

SUBTLETIES

Learning to not just HEAR - but to really LISTEN is a greatly undervalued skill.

2.10 PAGE 270

SQUALLS

How do you handle decision-making during a deluge, downpour or a squall? WDYDWYD?

2.11 PAGE 284

SATISFACTION

Understanding our innate biases and shortcuts can lead us to find satisfaction in the midst of challenges.

2.12 PAGE 298

SELF-CARE

Living 'the dream' comes with surprises. Unwrap your psychology and physiology by mimicking wellness and longevity.

2.13 PAGE 318

STORIES

We begin life with the story we are handed. Fortunately, that's not the end of our tale.

v3 CONTENT





3.00 PAGE 336

QUICK START

Expecting others to follow isn't freedom or wise. Pivoting away from an error is. The reward is in giving your freedom to others.

3.01 PAGE 342

FINDING WY

Knowing how and what are impotent compared to knowing why.

3.02 PAGE 348

ROPED-UP

Going it alone is certain calamity, as is being roped-in. Differentiate.

3.03 PAGE 356

PACE & SEQUENCE

How much, how often? The pace of your production should follow your actual learning becasue it takes time to grow dendrites and believe the new you.

3.04 PAGE 364

MEASURING PROGRESS

What's the measure of transformation and self-mastery?

3.05 PAGE 372

INFLECTION

Character change happens on a curve. At some point there's an obvious pivot, as when the old is no longer.

3.06 PAGE 390

MINYAN

A mental advisory board for AI to reflect, assess, and advise. Imagine the peers you want to mirror and gift them pursuasive power.

3.07 PAGE 400

HEROES

Every hero has a challenge. The best of us express genes as a result

3.08 PAGE 412

UNKNOWN

There's a curve ahead. I'm certain of this.

Leaving **SCOTOMAVILLE**

2.12 SELF-CARE



THREE MILE CANYON @ COLUMBIA GORGE

I HAVE 40 YEARS OF MEMORIES HERE. FOR THE FIRST TIME I SAW HOW CHOKED THE LAUNCH HAS BECOME. I CANT FOIL HERE. BUMMER.

hacking your thoughts

Imagine how futile it would be to compete on a playing field without knowing the rules of the game. Your team would get it's butt kicked, and the players would turn on each other in frustration. Buster Benson digested the Wiki list of cognitive biases and made this simple play book. Memorize it. You'll recognize false narratives intended to game you, turning their kryptonite into your awareness superpower.

AMYGDALA HYJACKINGS CAN BE A THING OF YOUR PAST

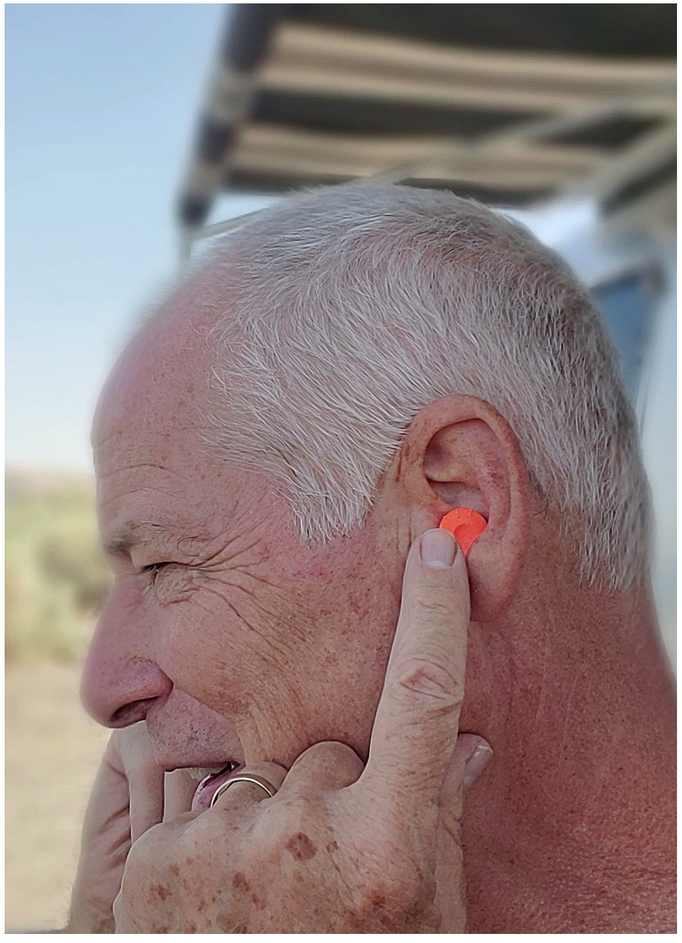


Welcome back to another Episode of SCOTOMAVILLE.

We're at one of my favorite, and most memorable places in the entire Columbia Gorge. This is Three Mile Canyon. However, it's all different. It's changed, and I have to change my thinking. I discovered weeds have grown to the surface across the launch and lagoon. Unfortunately, I can't foil here. It's emotional because I watched shooting stars with my children in my lap after hot days of fully planing jibes. I assumed I could continue building memories here. But what I got was thrown off my foil into masses of overgrown weeds lurking just below the surface.

It's sad but true. It's time to hack my thinking by addressing change and cognitive biases.

In this Episode, we will talk about



two different aspects of self-care: how we can manage our physiology and our psychology.

We're first going to talk about the output - that thinking that becomes speaking. Then we're going to cover aspects of your physiology - that is, input - what you eat, smell, the information you take in.

PSYCHOLOGY

I want you to see that in order for me to manage my output I have to manage my input.

I've had to throttle what I can hear - the distant noises of the train and highway that are affecting my mindfullness. I'm using unsightly earplugs so I can listen to my thoughts to tell you about listening to yours. That's Onus Probandi.

"Every cognitive bias is there for a reason — primarily to save our brains time or energy."

We're gamed for 20 watts of effort.

FOLLOW ME - ON YOUR OWN JOURNEY

The theme of SCOTOMAVILLE is that "the Greatest Expedition you'll ever undertake is that Journey to Self-understanding." I'm inviting you on that journey while demonstrating it.

To change our outcomes, we have to become aware of our beliefs, and understand our views are half wrong because the input we're getting is playing on our ignorance of our cognitive biases.

We have access to Internet, so we mistakengly believe we are smart by having what seems the right answer. We're naive believing that Google tells us what's available or true. It's worse than with the book-mobile. Google has server capacity to index four percent of the internet. Four percent is the total capacity they have. What could go wrong with that?

Google is obligated to their shareholders to make a profit. So, their algorithms chose what's profitable to pay for those facilities and the electricity and the employees. They must identify and serve what is profitable, putting users in a walled garden. The search results reflect a diet discarding 96% - and literally, that's called censorship.

TOO MUCH INFO - NOT ENOUGH MEMORY

To give you an inside look at how awareness exposes our vulnerability, consider this: According to my plan, I'm supposed to be on the water right now because the weather forecasting model I consulted turns out to be probabilistic, rather than accurate. It's precise but not correct. The forecast was for strong wind here. We drove a couple of hours to settle our things with enough playtime - a good Hoppers move - except that I'm pegged. When I rely on external recommendations, and they're wrong, I feel vulnerable, triggering an Amygdala Hijacking - flooded with emotions.

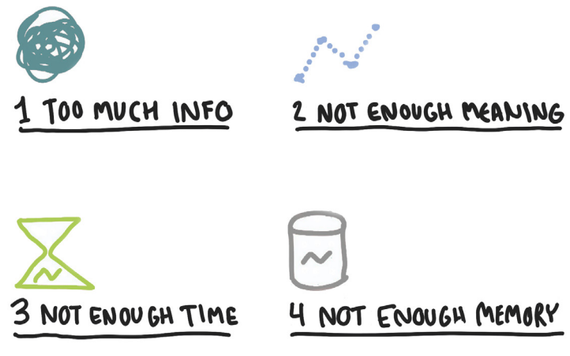
We're all vulnerable. The gang that put the Wikipedia list together counts ~188 cognitive biases. That's too many for me to digest, so I don't make the effort to understand the implication or magnitude of the importance.

Fortunately, Buster Benson has worked hard to skinny the list down to four problems the biases are trying to solve.

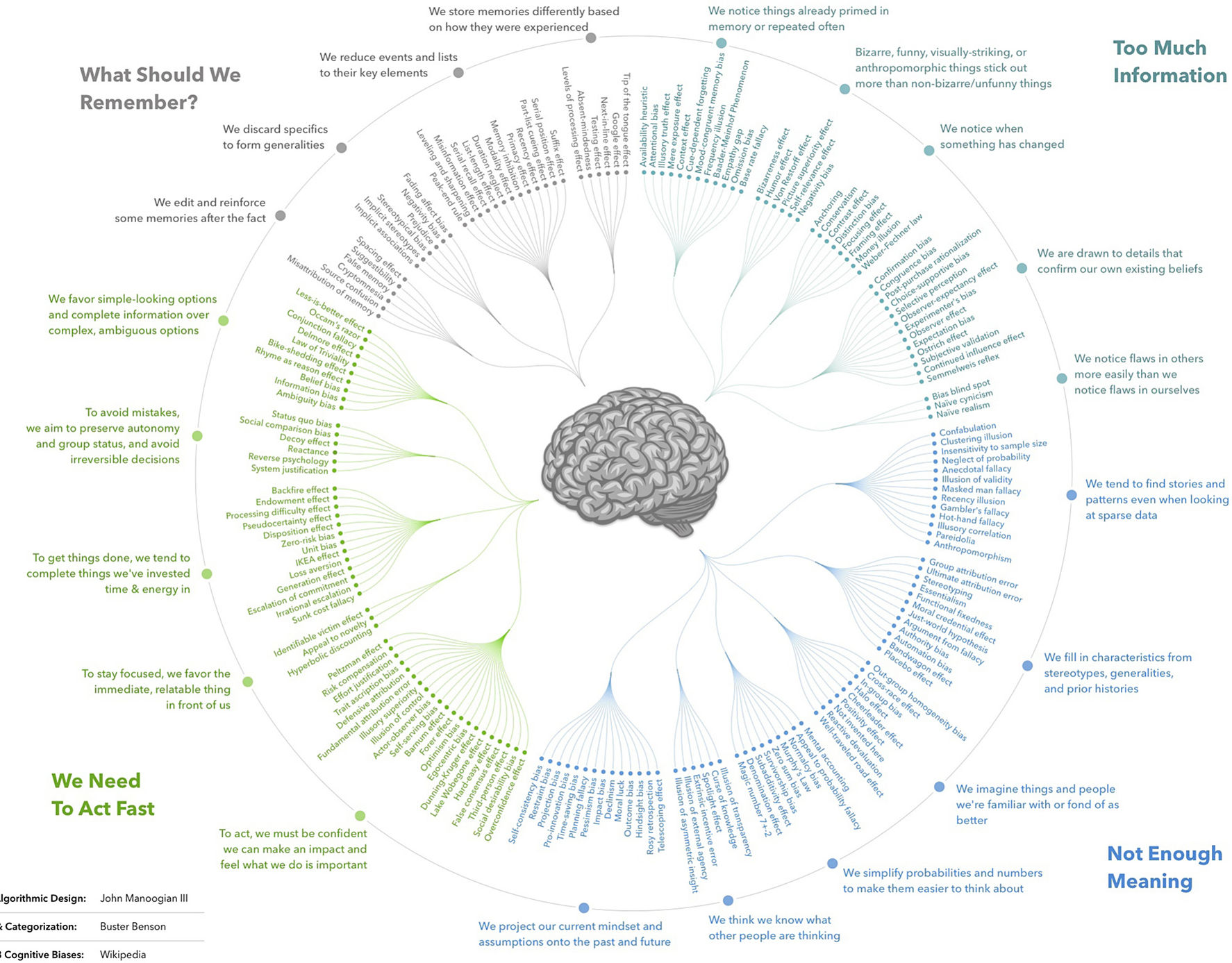
*"**Every cognitive bias is there for a reason — primarily to save our brains time or energy**."*

Our four fundamental computing problems

- *We aggressively skim and filter to kill noise.*
- *We seek meaning, so we create stories.*
- *We act fast, jumping to conclusions.*



COGNITIVE BIAS CODEX



Visual & Algorithmic Design:	John Manoogian III
Concept & Categorization:	Buster Benson
List of 188 Cognitive Biases:	Wikipedia

ORIGINALLY WRITTEN BY: BUSTER BENSON

Our brains have evolved to deal with these four giant problems:

- *We aggressively skim and filter to kill noise.*
- *We seek meaning, so we create stories.*
- *We act fast, jumping to conclusions.*
- *This isn't easy, so we remember only bits.*

So what's the downside?

In addition to the four problems, our solutions have problems of their own:

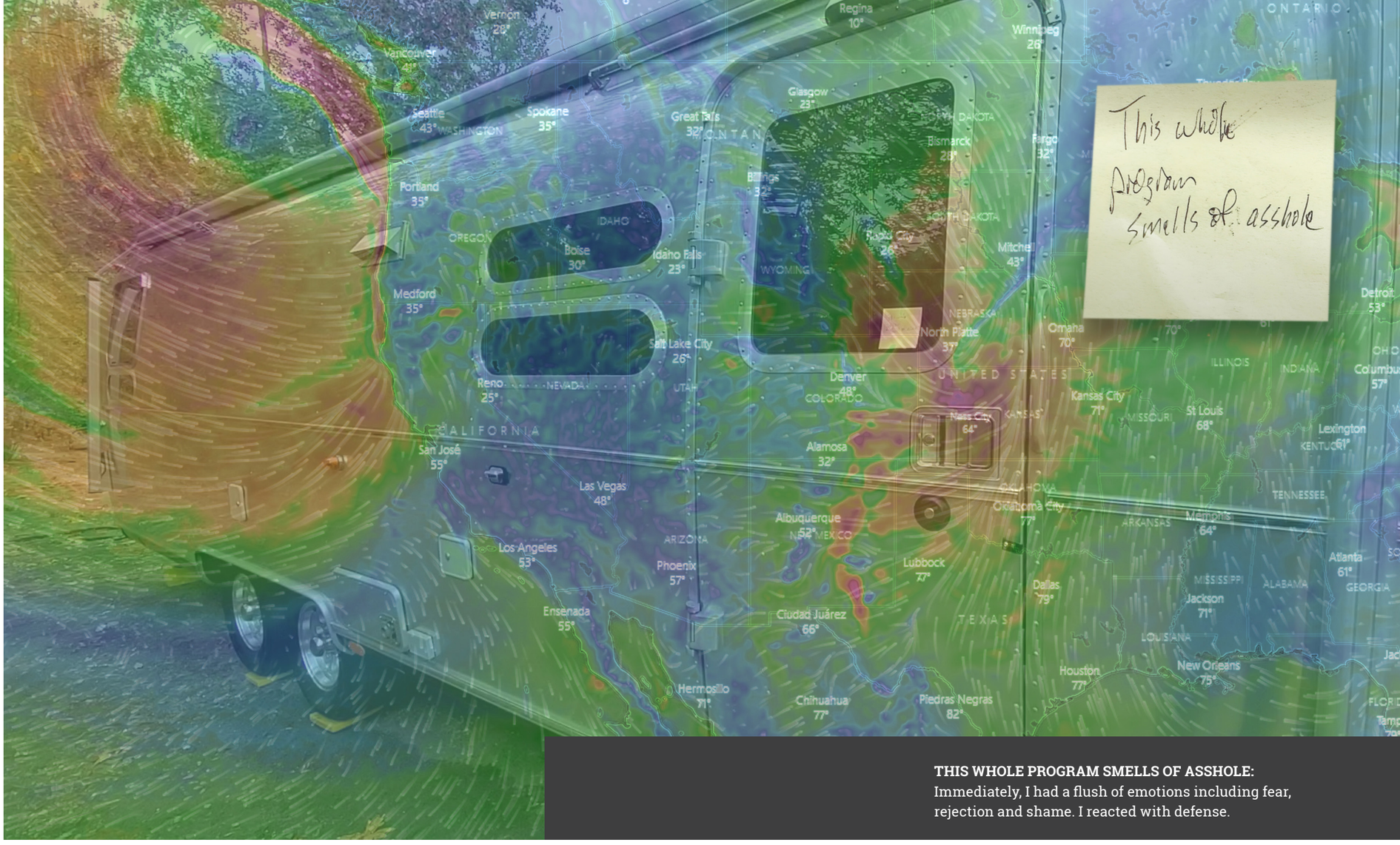
- *We don't see everything. Some of the information we filter out is actually useful and important.*
- *Our search for meaning can conjure details that are filled in by our false beliefs, and stories that aren't true.*
- *Quick decisions can be seriously flawed. Some of the quick reactions and decisions we jump to are unfair, self-serving, and counter-productive.*
- *Our memory reinforces errors. Some of the stuff we remember for later just makes all of the above systems more biased, and more damaging.*

To demonstrate how vulnerable I feel, here's my thoughts: The scale of the analytics and the modeling is so unimaginable this machine learning must be more intelligent than me. So, it must be more accurate than my intuition. That pushes me into an internal conflict and doubting, which triggers issues of confidence. Ok, I yield.

"the answer might be popular. It might be precise. It does not mean it's accurate"

Choose them wisely. With all of the cognitive biases, it's easy to get gamed. Look for Triangulation - no less than three different arguments for any topic or storyline. Don't settle for a single narrative. Require AI to name references and to cite sources. Do the hard work and ask it what is a better question to ask. dig a little deeper. Test them to be reliable. Don't just swallow it. Just because it's popular, it may even be precise; it doesn't make it accurate.

Test what I'm claiming for yourself. Don't swallow what I am saying. Discover Why You Do What You Do with as many tools as you can find. Require evidence, even from those that acknowledge their biases and point out their false conclusions.



THIS WHOLE PROGRAM SMELLS OF ASSHOLE:
Immediately, I had a flush of emotions including fear, rejection and shame. I reacted with defense.

SHIFTING PERSPECTIVE ON OPINION

You've seen across my episodes that there seems to be a provision of opportunity to learn on the exact subject that I'm liking... Liking? In this scene, I'm speaking about input, thinking, and how I seem to be presented with challenges to overcome on the topic in focus. In a previous episode on onion peeling, I presented a way of discovering what's troubling us.

An Example of Provision:
I was out wind-foiling. When I returned to the Airstream, I found a post-it note which read:
"this whole program smells of asshole"

Immediately, I had a flush of emotions, including fear, rejection, and shame. I reacted with defensive thoughts like, "For 30 years, I bicycled to work. I've earned my carbon offsets for the rest of my life. I should be able to use gasoline now after decades of human-powered commuting, right?" "This Airstream is our full-time home. When can you buy a home for less than $150,000? You can't do that today."

At first, I was struggling with strong emotional rejection. I was conflicted and in turmoil.

But then I remembered what First Lady Eleanor Roosevelt had said: ***"no one can make you feel inferior without your consent."***

Wait a minute I thought. I don't have to accept what they say. I used diffuse time to reflect on my reaction. I did maintenance on the roof of the Airstream for the winter, readjusted the door, and puttered around all the tasks that I needed to do. I made time to think about what I was feeling and

"No one can make you feel inferior without your consent."

Eleanor Roosevelt



I puttered around solving physical problems while peeling an emotional onion.



"You have power over your mind - not outside events. Realize this and you will find strength."
Marcus Aurelius

Don't just read this and accept what I claim. Do your homework. Dig into your core beliefs next time you feel triggered. Don't accept the first few excuses or justifications you recall. They are likely tangential distractions. Instead, work on something physical and sleep on the issue. Ask a superior reasoning engine to express the words as emotions. Peel some emotional onions to gain insights and evidence that only your mind will expose. Take another step up your Personal Everest. You have the power!

POWER OVER YOUR MIND

You'll remember the quote from Marcus Aurelius about "the obstacle is the way." You might recall from an earlier Episode that I believe the common or the popular interpretation of that saying is a little off target. I think the 'obstacle' is our interpretation of the event, not the actual event. It's not the game-a-foot or conspiracy against us. It's our thinking... the way we think, not what we think.

thinking. I thought about previous experiences of rejection and dug through layers of prior wounds and childish conclusions by peeling emotional onion layers.

I realized that I had been given an opportunity to see how other people can jump to a judgment without having information. They might aim to cancel me by criticizing - expecting me to prove myself - ***the inverse of Onus Probandi: "I say you are, so prove otherwise."***

They didn't know much we struggled to get the Airstream and how much maintenance and work it is or the pride of ownership of the Airstream community. None of those things were in their argument. They didn't watch my channel. What did they know?

THE GIFT THEY GAVE US

I started feeling sad for them, guessing why they let their 20-watt brain agree with socially popular judgments instead of what's accurate. That's sad. They didn't know what a gift they were giving me, or you, in this Episode.

I recalled several linked memories and feelings of rejection and shame. The yellow sticky note triggered a false conclusion I had about my origins and birth mom. It was certainly the feelings of shame from my childhood, but my mom was 15 years old when she had me. What did she know?

The criticism is not about me. That's someone else's judgment about hard work and achievement. I realized that the core of my emotions and potentially explosive trigger turned out to be a false conclusion I had with a judgment made by others. The deepest onion layer I found was ultimately childhood erroneous junk. [laughter] I love it. I can laugh about it.

CURIOUSLY COINCIDENTAL

Curiously, the sticky note judgment came while I was working on this Episode on Self-care, and specifically on the topic of managing my thoughts and self-talk. ***Coincidently, we had five similar rejections the same day. They were demands to remove our rig, get out of here, go somewhere else; we don't care where - not our problem.*** *The timing and abundance seemed outstanding to me. My cognitive bias wants to filter noise and find patterns, create a story and make sense of it all.*

With better awareness and some understanding, you'll not only recognize fallacies, but you'll start testing your thoughts as a discipline. You'll also begin changing your input sources. For example, if you're getting confirmation bias from a single channel - too much information that matches what you already believe - then find another with facts and evidence. That's a way to control and transform your outcomes.

Give your family the gift of being the best you can be. Give yourself that gift by managing your self-talk at the source. Document, review, analze, peel, repeat and grow your self-mastery experience.

PHYSIOLOGY

You've heard me say that you should pay attention to the small things numerous times. They give you a heads up on future consequences.

Before you start towing your RV, most of us do a walk around. Guess what I found recently. A screw stuck in the tire - here.

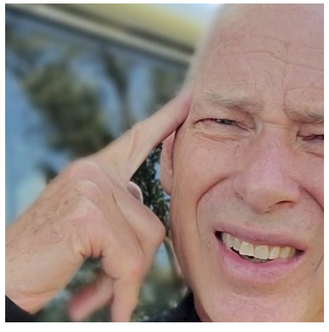
That's the kind of thing you want to catch in advance.

In the same way you develop the discipline of paying attention to your rig, do the same with your body. The difference between health care and sick care is taking personal responsibility. By making it your responsibility and not offloading it to a third party to mask the symptoms with a drug, you pay attention to small things like inflammation or a headache, gut ache, gas, bloating, blood in your stool, pain in your foot, a itch, a craving.



When you pay attention to things by asking better questions, doing some research, you can find out what's ailing you and prevent a whole chain reaction of consequences. I did.

I dealt with and resolved occasional colon bleeding - see gyphosate pg 216, Viome pg 240, a subtlety of Chapter 2.09, closing pg 266, closing pg 294, and in particular across the next four columns!





THE PLANT PARADOX

I ran across Dr Gundry's Plant Paradox. It made a huge difference for me.

"Lectins are proteins found in a lot of plants. The protein helps plants ward off attacks from would-be predators like you. They're how a mother plant makes sure you don't eat her babies because when you eat something rich in lectins they bind to the sugar residue on the outside of your cell membranes like barnacles cling to a boat.

Specifically these barnacles attach themselves to your red blood cells and leave you feeling lousy. How lousy? Well a lot of the food poisoning cases reported right here in the united states, especially with regards to beans, are actually lectin poisonings, because you guessed it beans are a huge source of lectins.

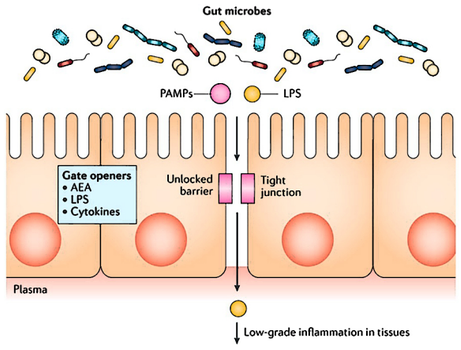


Other sources include the nightshades like eggplant, peppers, potatoes and tomatoes, squash, including zucchini, butternut squash and pumpkin, and grains like brown rice, barley, oats and everyone's favorite wheat. In fact, if you've ever met someone with a wheat sensitivity they could be reacting to gluten, one of the best known lectins out there. So whenever possible it's best to cut these foods from your diet entirely. Eating them is a great way to destroy your gut wall and kill off your good gut bugs, and trust me that's not what you want to do."

Subtle changes like a gain of weight, a little gassiness, a little bloating around the midsection. These are symptoms to pay attention to. There's far more that I would encourage you to delve into by checking out the Plant Paradox by Dr. Steven Gundry.

For decades I have paid attention to the foods I eat. And, here I am at 68, taking no prescription medicines and the same weight as in high school. I'd like that for you. Let's look at a typical breakfast, lunch, and dinner in our Airstreaming life.

Angelina: *A typical breakfast is organic happy eggs with some pesto. We have in-season fruit like Hood River cherries, and we split a paleo pancake - so - no bloating, no farting. We have uncured bacon bits and blanched almonds that Daniel toasted. We each have half a grapefruit - natural sugar - replacing processed sugar. So we have protein and carbs and precision supplements. When we run out of Viome we have a backup mix of Walmart herbs and supplements like Cilantro.*



NO MORE LEAKY GUT

You might remember the squall that produced a small leak inside of the Airstream? Here's the outside of a transom window. You see that little hole right here? There's a whole bunch of them in a row.

Following a trip back from town, I've got the solvents, the caulk, and the tube of sealant to rework the leaky caulking.







CLOSE BUT COMPLETELY WRONG: The leak wasn't from the obvious sealant holes. It was from a faulty rubber seal on the glass. I found and fixed the core fault with good tools and onion peeling - layer by layer. It's the same as mending a false belief. Get started, improve the visible, and don't quit early.

START @ OBVIOUS, AND DON'T QUIT EARLY

So how did I do on that caulking job?

I was mistaken. I had found small gaps in the factory caulking job and replaced them with new sealant. However, the next time it rained, the window leaked again. Argh. 100% wrong 50% of the time.

Having fixed the obvious outside gaps, I took the inside apart. I discovered dust between the glass and a rubber gasket. Aha. I resolved another leak.

I scraped it out with a utility knife. I cleaned it with acetone. I masked it with painter's tape and forced a black silicone adhesive inside the crack. Then I pulled off the mastic to make it a tidy appearance.

"Get yourself a set of ingredients to build nutritious meals with - just like a decent set of tools"

DECENT TOOLS AND INGREDIENTS *- lunchtime*

My nutritional self-care philosophy is to have an excellent set of ingredients so that when we start running low on food, we mix and match the elements in some delicious, nutritious, and visually exciting ways. That mirrors one of the principles of having a fabulous workbench or wardrobe. Do the same for nutrition. Buy and eat nutrient dense ingredients, you'll do a decent job of wellness with satisfaction.













curry vegetable soup with wild greens that has goat cheese, apples, almonds, palm heart, and sliced beets.

EVEN FANCY TOOLS BREAK

Holding a freshly broken non-cutting can opener. Yeah, these fancy can openers work well with this episode on Self-care - the reliance on yourself to fix things - even new things.

(Close up of broken can opener handle and a dried up tube of super glue)

Of course, the glue tube nozzle is all dried up. I cut open the bottom of the unrolled metal tube, and sure enough there is excess super glue now stuck on my fingers.

BODY WORK IS HARDER

Taking care of our body is a lot more work than fixing an Airstream. It's more complicated than exercise, eating, sleeping well, drinking the right things. It's all of these things combined, plus it's managing subtleties like inflammation, gassiness, bloatyness and pain. But what are your alternatives? Let it go? It just gets worse. So make the extra effort.

FIXING YOUR BODY CAN BE HARD: You only get one body, so learning to care for it is critical. Fortunately you are not alone, nor the first.

LAMB CHOP DEGLAZE *- dinner*

Tonight we have lamb chops with apple, lemon, and oregano deglaze, along with grilled asparagus for dinner. That looks great!



SLEEP DETOXES OUR BRAIN

In a previous episode, I introduced Dr. Matthew Walker and the importance of getting a whole night's sleep. I'll let you follow up on research on that, but I would encourage you to consider an entire night's sleep to detox your brain. Yeah, our brains only detox while we sleep.

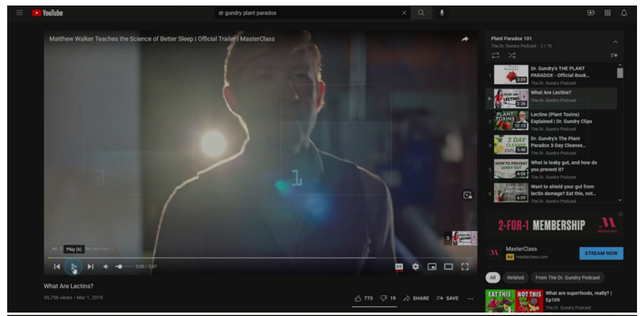
PROFITABLY TRUTHFUL MISMATCH

Earlier in this Episode, I claimed Alphabet has a prime aim at generating a profit. It dictates Google's search results. Here I'll show that YouTube recommendations are biased for profit above the sales their advertiser make. I claim their machine learning is precise but not necessarily accurate. This example came up during editing, so I'll include it as evidence to support my claims.

This is Dr. Matthew Walker. You'll remember that I introduced him to you in the previous Episode. Dr. Walkers MasterClass is being advertised several times on my YouTube search results. They intend to provoke my interest in a click-through to join the MasterClass - which I already completed - meaning that MasterClass paid to serve that ad to me, and I'm NOT buying it.

YouTube's history of my search, location, time, and context inform the predictive algorithms. YouTube's pattern recognition is precise. It targeted me. However, it is not accurate. I've already taken that class. Perfect mismatch.

It's not producing the outcome that MasterClass is paying for. Instead, it is delivering the result YouTube needs for its shareholders.



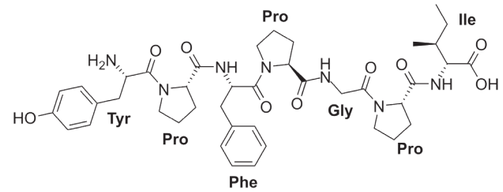


VIOME PRECISION SUPPLEMENTS

Viome has bbeen a tremendous resource for Angelina and me, which I have mentioned in numerous episodes. We sent a blood, saliva, and a stool sample to their lab. The test results came back along with a personalized dietary ingredient list, and precision supplements. Angelina's is quite different than mine. We also get probiotics and prebiotics and a personalized recommendation in an app listing super-foods to increase and foods we are eating that should be minimized - supported with explainations, references and data.

By switching your diet around, you may benefit as I did. I lost that five pounds of a nagging tire around my belly. I'm back to the same weight that I was in high school simply by dialing in on the ingredients that cause inflammation for my body. The Plant Paradox and the Mediterranean (blue zone) diet confirm the ingredients. I found perfect Triangulation on the ingredients that were optimal for our longevity. I hope they will do the same for you.

See note on page 308



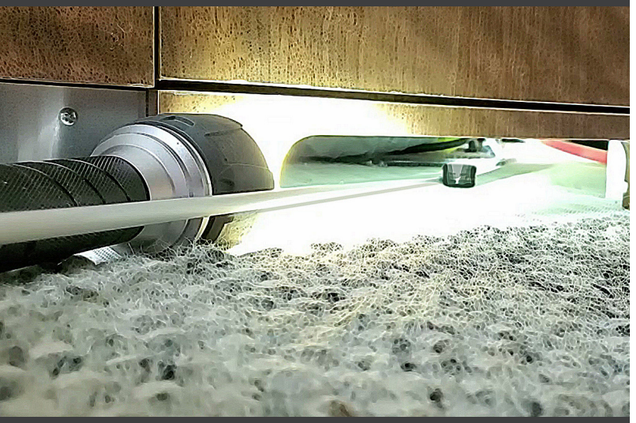
ADDICTED TO MILK PRODUCTS?

An influential and straightforward discovery that made a big difference is differentiating casein milk proteins. You can simply switch from A1 to A2 milk.

I thought I was lactose intolerant. It turns out there are two genetic strains of milk cows. One is called A2. The more common one is called A1. A1 milk is the ordinary milk found in most grocery stores. However, A2 milk is now pretty available, and has become popular because it eliminates bloaty, gassy discomforts compared to regular A1 milk.

The difference is slight. During the digestive process, A1 milk is broken down into an opioid. Therefore it's addicting. A2 casein proteins have an extra amino acid, so it doesn't break down into that casomorphin. I switched to A2 milk with a different fold to its protein, and it was a game-changer.





TANGENTS ARE WORTH THE EFFORT

All I wanted to do was empty the coffee into our cold container and put the lid back on it, but I dropped the cover. This is the tool that I pull the awnings open with (a long aluminum rod), and that (looking under the cabinetry) is the lid that fell on the floor and rolled underneath the cabinet. Okay, now back to what I was doing.

CONQUERING ADDED SUGAR

One of the more significant diet challenges I have overcome was first brought to my attention by my daughter. My daily glass of orange juice was about eight oranges of juice. That's nearly an entire daily allotment of added sugar. Add 19g of sugar in yogurt, and breakfast is twice an adult dose.

It's taken five years to recognize and overcome a sugar addiction. I'm able to manage my refined sugar intake most of the year, but I test my resolve every once in a while. We just bought salted caramel syrup to put in coffee. It's Fall again. Sweet loaves, pastry, and warm drinks. Hey, they're emotional anchors.

(Tossing the syrup in the dumpster)

Within a few sips of the flavored coffee - bam - a headache. I remind myself how challenging sugar is. Sleuthing the root problem takes extra effort - as with window leaks.

By developing a distinction of subtle side-effects, you'll gain awareness. Sip, sip, ahhhh@rrg! What's causing that pain in my head? Is it the smoky air? The milk proteins? The brand or type of coffee roast? The new sweetener?

Cleaning your diet up step-by-step makes it easier to isolate the... What's the word? Culprit. You can then reset your wellness by reversing course. It's a windy road with many mismatches and scotomas. Keep going. Don't quit.

***PALEO CHOCOLATE PECANACAKE** - dessert*

*This is a pile of Paleo pancakes made with cocoa, topped with reduced cherries, shaved chocolate, and pecans. **Pecan**acake. Get it?*

I kind of miss the sugar sweetness because I expect it to be a delightful dessert. It's sweet enough. It has a lot of flavor. Nice compromise.



PAY ATTENTION TO SMALL CHANGES

Part of the satisfaction of a Personal Everest and a lifestyle that supports wellness is to make small changes that incrementally improve your experience. Identifying the core causes of leaky windows, emotional rewards and root triggers, gut inflammation, or mental biases starts by paying close attention. Make reasonable efforts at awareness and minor changes. Soon you'll be finding yourself getting the heck out of SCOTOMAVILLE.

Thanks for watching this Episode.

Angelina sneezes... "Ahhhchooo..."

*Daniel: "**that's not necessary for my b-roll. You do that on purpose, I think.**"*

"life satisfaction with self-care comes by making small changes - incrementally advancing your wellness expedition"





WATCH

https://youtu.be/3FiLo3sZj08

DISCUSS

Like I said in the video, take action to make progress. Let us consider what you are thinking and gain insight with feedback from the readers.

I've covered a bunch of facets of self-care. And, like a bunch of darts, some of them undoubtedly will hit a target. It's probabilistic methinks!

ChatGPT prompt: "What are the comprehensive elements of self-care that should be considered for ensuring a holistic approach to well-being? Please provide a detailed checklist encompassing both physical and psychological aspects."

Review this episode, and the list. Note points that apply and reasons you want to address each one.

Physical Self-Care

Nutrition

- *Feed your gut, not your mouth*
- *Replace lectins & sugars with superfoods*
- *Eat nutritent dense ingredients*
- *Stay hydrated, try teas, avoid sodas*
- *Minimize sugar, caffeine and alcohol*
- *Incorporate herbs, and supplements*

Exercise

- *Find an activity or sport to learn*
- *Engage in regular activity*
- *Incorporate stretching/ strength training*
- *Rest and recover when needed*
- *Find a group to learn with*

Sleep

- *Obey sleep pressure*
- *Aim for a consistent sleep schedule*
- *Improve your sleep quality*
- *Create a bedtime routine*

Medical Care

- *Take responsibility yourself*
- *Pay attention to body changes*
- *Learn how your body responds*
- *Practice dental hygiene w/o mouthwash*
- *Aim for no medications*

Personal Hygiene

- *Bathing, grooming, and skincare*
- *Handwashing and oral care*

Avoiding Harmful Substances

- *Avoid smoking*
- *Avoid recreational drugs*
- *Moderation with alcohol*
- *Mindful of environmental toxins*

Psychological Self-Care

Emotional Awareness

- *Acknowledge and express feelings*
- *Cultivate emotional intelligence*
- *Practice empathy*

Mental Health Support

- *Seek professional help if needed*
- *Build supportive social connections*
- *Mindfulness and meditation practices*

Stress Management

- *Identify stressors*
- *Practice time-outs*
- *Engage in hobbies*
- *Get out of doors*
- *Learn relaxation techniques*

Personal Development

- *Set and work towards personal goals*
- *Foster resilience and a growth mindset*
- *Engage in lifelong learning*

Spiritual Well-being

- *Engage in spiritual or religious practices*
- *Spend time in nature*
- *Contemplate existential questions*

Relationship Care

- *Foster healthy relationships*
- *Communicate openly and honestly*
- *Set boundaries and respect others'*

Work-Life Balance

- *Set clear work boundaries*
- *Prioritize personal life and hobbies*
- *Take breaks and vacations as needed*

REVIEWS

"Scotomaville" takes readers on an introspective journey into personal development. Through a seamless blend of philosophical dialogues, allegorical narratives, and psychological concepts, the book weaves an engaging exploration that appeals to both the mind and the heart. The author adeptly delves into themes such as perception, self-mastery, and the hero's journey, showcasing a profound grasp of psychological processes and their influence on human behavior. ***For those navigating the complexities of personal growth, the trilogy offers a transformative odyssey, illustrating that resilience and self-discovery are universal quests that resonate with individuals seeking to overcome inner challenges and doubts.***

This trilogy serves as ***a reflection for military veterans and first responders****, echoing their sacrifices, camaraderie, and sense of purpose. The themes of adversity, seeking guidance, and embracing healing closely align with their experiences, providing a source of inspiration for those who have selflessly protected and served others.*

For patriots and believers *who hold their values dear, the trilogy presents character-driven narratives that mirror their dedication to higher principles. Exploring community, unity, and personal growth, the books align with their desire to positively contribute to society and reinforce the significance of collective well-being.*

Fatherless individuals and young explorers *identify with the trilogy's portrayal of quests for identity and meaning.* ***The characters' journeys from uncertainty to self-assuredness reflect the universal process of finding one's place in the world, motivating young minds to navigate life's puzzles with courage and determination.***

Moreover, ***experts in fields from psychology and storytelling to stoic and biblical philosophy*** *will appreciate the trilogy's profound concepts interwoven with relatable narratives. The author's mastery is evident in crafting a work that appeals to intellectual and emotional sensibilities alike.*

Throughout the trilogy, Daniel's transformation serves as a relatable and inspiring narrative. His evolution from a curious seeker hindered by cognitive biases to a self-aware individual confronting inner doubts resonates deeply with readers.

In a world valuing personal growth, camaraderie, service, purpose, and self-discovery, ***the Scotomaville Trilogy stands as proof of storytelling's power to connect, inspire, and transform. Its pages offer lessons, insights, and reflections embracing the shared human experience, making it an essential read for individuals from all walks of life.*** *In conclusion, the trilogy's rich philosophical discussions, relatable character arcs, and insightful exploration of cognitive biases contribute significantly to the fields of psychology and personal development.*



Please express any correlation between my list of strengths, and a robust list of human virtues. Analyze the union of the two for shared characteristics and a deeper meaning.

Certainly! Let's look at the intersection between the specific strengths from the Clifton StrengthsFinder that you provided (Achiever, Input, Learner, Activator, Belief) and a traditional list of virtues such as wisdom, courage, humanity, justice, temperance, and transcendence.

ACHIEVER

Virtue Correlation: Courage, Justice

Explanation: Achievers have a constant drive for accomplishing tasks. This can correlate with the virtue of courage, which involves persistence and vitality, and justice, where hard work and fairness contribute to the overall good of the community.

INPUT

Virtue Correlation: Wisdom

Explanation: People with the Input strength have a craving to know more, collecting and archiving information. This resonates with wisdom, which is characterized by a pursuit of knowledge and insightful judgment.

LEARNER

Virtue Correlation: Wisdom, Humanity

Explanation: A constant desire to improve and learn aligns with the virtue of wisdom. It may also align with humanity if the learning is directed towards understanding others and improving social bonds.

ACTIVATOR

Virtue Correlation: Courage, Justice

Explanation: Activators are inclined to take action and want to make things happen. This aligns with courage, as it requires the boldness to initiate, and justice, where action may be directed towards equality and fairness.

BELIEF

Virtue Correlation: Transcendence, Justice

Explanation: The Belief strength is connected to core values and purpose. It aligns with transcendence, where there is a connection to something greater, and justice, where values often include fairness and equality.

Summary of Union (Intersection):

The union between these strengths and virtues reveals a ***strong emphasis on wisdom*** *(through Input and Learner),* ***courage*** *(through Achiever and Activator), and* ***justice*** *(through Achiever, Activator, and Belief). The values of humanity and transcendence are also present but to a lesser extent.*

This analysis suggests that a person with these strengths might be particularly well-suited for roles that require insightful judgment, bold action, and a strong sense of fairness and values. They may excel in leadership roles, educational fields, advocacy, or any area where wisdom, courage, and justice are paramount.

REVIEWS

Sarah Little-Turnbull



You know well of Sarah's talent. She designed the N-95 mask. She conceived of Halmark's tied ribbon bow, and CorningWare. She was a fabulous mentor.

"Daniel is a conceptual thinker who has the ability to implement his ideas with a spectrum of skills. His work represents a unique combination of abilities executed with reliability and great ingenuity. I recommend him very highly."

Graham Kerr



is known for his "Galloping Gourmet" television series and > 29 books. He's a charismatic facilitator of solutions for human indulgence.

"Daniel is continually creative. He has an excellent eye for light, form and texture and an ear for understanding his client's needs. Daniel is an unusual blend of Artist, Technician, Craftsman and Servant who can easily become a partner in your creative process."

Dean Rush



Dean has had distinquished military and business careers, and is the Author of Flying Free. "Daniel Comp is one of the most innovative people I have ever known. I've watched Daniel overcome great obstacles and stick to a vision of making a difference for people. He is personable and doesn't quit until the job is done. I highly recommend Daniel and his wife, Angelina."

Charlie Duke

"As an Astronaut *(Apollo 16 Lunar Module Pilot & 10th man on the Moon).*
I was very familiar with powerful planes and rockets. I've learned to trust my life and business on great tools and competent people. Daniel and Angelina have put together an amazing system for small business that is technically advanced, yet doesn't take a rocket scientist to run it. I highly recommend their services - I didn't settle for anything less!""

Angelina Musik-Comp



2x Awarded by U.S. Small Business Administration, TV/Radio Host/Speaker, a fabulous business partner, wife and my best friend. "I've witnessed Daniel's evolution from a wounded, angry man into a mentally and emotionally mature gentleman. He leads other men with competence and confidence from his own transformation and experience."

ACKNOWLEDGEMENTS

I'm deeply appreciative to those who have invested time, emotion and resources for me to devour. For the encouragement, mental support and feedback, thank you. You have been generous with interest, influence and guidance over decades. For those that journeyed before me, I am indebted to your bravery and demonstration of faith, perseverance and grit.

To all of you, I wish awareness and grace.

PARTICIPANTS:

Dean Rush

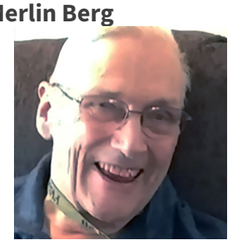


https://deanrush.com

Garth Hardin



Merlin Berg



Patrick Cameron
Steven & Pam Krause
Kenny Rucker
Scott & Joyce Withrow
Scott & Jean Hamilton
Tim & Adelia Kleefeld
Erik Jurgensen
Alex Lauden
Doug Bell
Darius Taylor
Tim Hamilton
Ernest 'Bud' Pitt
Josh Cruse
Chris Poe
Robert 'Stu' Sturtevant

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Scotiana & Chris
Hermine & Luis Caraballo
Eva Sosa
Ilse McCants
Alan Landis
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Garth Hardin
Mike & Pam Hughes
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Frans Bosman
Joanne Kraft
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Irene Salazar
Dave & Soma Peterson
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Tristan Harris
Wayne Dyer
Yuval Harari
Zig Ziggler



MASTER *Forrest*

To Angelina Musik-Comp:

I am deeply grateful for your stamina, patience, and support as my best friend and business partner. We have traveled the curves together in good cheer. You are amazingly resilient and a joyful character to explore with. I am grateful for your gift of HEALING matching my expression of UNDERSTANDING!

To you, the reader, and participant:

When I imagined this project, I had a hunch the cost would be years of commitment - but not ***five*** *years. What you might not imagine is that it took me far less time and angst to create the Wellness by Choice syndication, and the Scotomaville syndication of nearly twenty five thousand websites. And now we have AI.*

I believe "The Greatest Expedition you will ever undertake is the journey to self-understanding, for the real voyage of discovery consists not in seeking new lands, but in seeing with new eyes.". Fortunately AI still lacks subjective experiences, emotions, and self-reflective awareness - and thus our superpower of story-telling may yet be an error correcting trim-tab for super intelligent reasoning engines.

Cheers to YOUR Greatest Expedition!

Daniel Comp
July 4th, 2023

CREDITS & REFERENCES

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1.01 - SCOTOMA

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Scotoma *Cross-section*
https://en.wikipedia.org/wiki/Blind_spot_(vision)
EXTRA CREDIT observation by **Marcel Proust**
https://www.newworldencyclopedia.org/entry/Marcel_Proust

1.02 - PATTERN RECOGNITION

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1.03 - MISINTERPRETATION

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1.04 - ABUNDANT SCARCITY

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1.05 - ABUNDANT AWARENESS

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1.06 - HIEROGLYPHICS

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1.09 - EMOTIONAL VOCABULARY

Emotional Word List by **Tom Drummand**
https://tomdrummond.com
Ridge Running by **Killian Jornet**
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1.10 - CREATING SILENCE

Galloping Gourmet by **Graham & Treena Kerr**
https://en.wikipedia.org/wiki/Graham_Kerr
Bob Moawad *- Edge Learning Institute*
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1.11 - FEED YOUR GUT

Gut Biology *illustration*
https://pixabay.com/users/openclipart-vectors-30363/
Bacteria image by **Steve Gschmeissner**
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1.12 - IT NEEDS WORK

Dynamic Heirarchy by **Abraham Maslow**
https://en.wikipedia.org/wiki/Maslow%27s_hierarchy_of_needs

1.13 - STRENGTHS OFFENDER

Maricopa County *Sherrif's Helicopter*
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Clifton Strengths *Assessment*
https://store.gallup.com/c/en-us/assessments

1.14 - TRIANGULATION

Lighthouse image by **W Flores**
https://pixabay.com/users/wflore-11084744/
Matterhorn image by **Simon Steinberger**
https://pixabay.com/users/simon-3/

1.15 - CURVES

Antelope Canyon image by **Paul IJsendoorn**
https://pixabay.com/users/patternpictures-622877/
Stephen Hawking image by **ZeroG**
https://www.gozerog.com
Exponential Growth Primer by **3 Blue 1 Brown**
https://www.youtube.com/watch?v=Kas0tIxDvrg
Mountain Panorama by **Marco Luzi**
https://pixabay.com/users/marco_luzi-4721868/

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NETLOGO *Modeling Software*
https://ccl.northwestern.edu/netlogo/
1970 Porsche 911 by **LBI Limited** *| Classic Driver*
https://lbilimited.com/offerings/1970-porsche-911-s/
Lake Louise image by **Steven Estes**
https://unsplash.com/@stevn_estes/

2.00 - PRELUDE

Cognitive Bias Cheat Sheet - **Buster Benson**
https://medium.com/thinking-is-hard
http://bit.ly/cheat-sheet-simplified

2.01 - PERSISTENCE

Butterfly image by **Thanasis Papazacharias**
https://pixabay.com/users/papazachariasa-12696704/
Veteran Windtalker - **Glen Douglas**
https://www.spokesman.com/stories/2011/may/23/veteran-glen-douglas-dies-at-84/
Mountaineer - **William H. Murray**
https://en.wikipedia.org/wiki/W._H._Murray

2.02 - PROCESS

Drone footage by **Adam Walters**
https://muON.marketing
Bhutan Glacier image - **WikiImages**
https://pixabay.com/users/wikiimages-1897
Henryk Niestrój *- Dark Park Walkway image*
https://pixabay.com/users/Arcaion-2057886/
Yuval Harari *- Homo Deus*
https://www.ynharari.com/

2.03 - EXPECTATIONS

Lemons images by **Richard John**
https://pixabay.com/users/RichardJohn-4390588
https://pixabay.com/users/jmexclusives-10518280
LP Foil Provisioning - **Keith Fredrickson**
Sailworks & Foiling **Bruce Peterson Dale Cook Colson Zack**
https://www.youtube.com/watch?v=mHuo5fYlE-4
LP Foils Design & Fabrication - **Peter Lederer**
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Emotional Word List - **Tom Drummand**
https://tomdrummond.com/about-tom/

2.04 - PATIENCE

Maracopa County *Epidemic Curve*
https://phdata.maricopa.gov/Dashboard/e10a16d8-921f-4aac-b921-26d95e638a45
US Attorney General **William Barr** *- Hillsdale College*
https://youtu.be/I0Ho5_DiRdc?t=4628

2.05 - PREPARATION

Library images
https://pixabay.com/...
photos/books-students-library-university-1281581/
photos/books-research-library-shelves-2562331/
Books Illustration by **Peggy und Marco Lachmann-Anke**
illustrations/books-stack-learn-study-library-1015594/

2.07 - STRATEGY I

Michael Lotito *- Monsieur Mangetout*
https://en.wikipedia.org/wiki/Michel_Lotito
Viome *Precision Supplements*
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2.08 - STRATEGY II

Gary Larson *- The Far Side*
https://www.thefarside.com/

2.10 - SQUALLS

https://en.wikipedia.org/wiki/Hillary_Step
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Dr. Matthew Walker *- Why We Sleep*
https://www.youtube.com/watch?v=106zCmbMKYY

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The Rolling Stones *- Satisfaction*
https://en.wikipedia.org/wiki/(I_Can%27t_Get_No)_Satisfaction
Hedonic Treadmill
https://en.wikipedia.org/wiki/Hedonic_treadmill

2.12 - SELF-CARE

Roman Emperor **Marcus Aurelius**
https://en.wikipedia.org/wiki/Marcus_Aurelius
Cognitive Bias Codex
https://commons.wikimedia.org/wiki/File Cognitive_bias_codex_en.svg
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Dr. Steven Gundry *- The Plant Paradox*
https://gundrymd.com/wp-content/pdf/Plant-Paradox-Shopping-List.pdf
Leaky Gut illustration - **Nature Reviews**
https://www.nature.com/articles/nrendo.2015.211
Viome *Precision Supplements*
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https://www.youtube.com/watch?v=106zCmbMKYY
A2 Milk - **Nestle Nutrition Institute**
https://www.youtube.com/watch?v=HUF62l4AeIg

2.13 - STORIES

James Cameron *- Filmmaker*
https://www.youtube.com/watch?v=OS4qHXx034E
The Cracked Pot - **Willy McNamara**
https://www.google.com/books/edition/Chicken_Soup_for_the_Unsinkable_Soul/5cPmDvKMVn8C
Two Shoes Salesmen - **Unknown**
https://www.indiafilings.com/learn/story-two-shoe-salesmen-africa/
Kevin Baerg *- The Goldfish*
https://www.amazon.com/Created-Win-Kevin-Baerg/dp/0964909022

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