“there’s plenty of room at the bottom”
“An art which can not be specific in detail cannot be transmitted by prescription... This restricts the range of diffusion to that of personal contacts.”

Michael Polanyi
Meteorites in collections were discarded all over Europe as relics of a superstitious past.

-FA Paneth, “The Origin of Meteorites”
what is the quantified self?
what is the quantified self?
what did you do?
what did you do?
how did you do it?
what did you do?
how did you do it?
what did you learn?