

what to pursue. The fact that I wanted to disclose my project in Italy has on the side generated an infrastructure which should be able to sustain me and keep up with my project while researching on Tebahism and taking care of my family. Thinking about all this, with my big backpack I walked extensively for hours and stopped on a rock in a forest to draw. There I met some nice Finnish cousins who were fascinated with my drawings. Later I reached my new rented room and August didn't show up. I arrived that it was evening and got hosted by a Tamil guy, a bit fancy and thinking high of himself. Nonetheless he had to go out with his Turkish girlfriend and I made use of the summer light to browse the near by Vallingby imposing commercial district where I did grocery for the days to come. Back home I boiled potatoes, ate some fish and watched Chaplin's City lights, following the list of best movies in human history.

Yesterday I woke up in the Tamil guy's apartment. He went out partying all night so I kept in the bedroom updating my project on the window. I then sneaked out in the kitchen to prepare sandwiches and eat some musli before going downstairs to do some tai-chi. August arrived with his mother at last but he wanted to go to play with his friend Martin and the compromise was to have a pic-nic in Drottningholm island. August and I sat with his little dog next to the Chinese pavilion and Liselott sat in the cafe. They were soon off and I went for a long walk first along the coast and then all the way back to Råksta which took me the whole afternoon. I was back in the apartment in the evening, ate some butter milk with lingonberries, made my drawing and watched a sweet Jean Renoir's movie from the Criterion list I am following while eating veggies with tofu.

Yesterday I woke up again very early and had to force myself asleep. As a result I slept till late but no later than the Tamil guy Peter. I then updated my project in the rented room, ate some breakfast and went out for some tai-chi. August did not show up for a long time so I went back in to make a salad with lentils and talk to Peter and the Turkish girl he was hosting. As they left August arrived but he was very tired after a night playing video-games with Martin. We then walked slowly the nearby downtown and stopped in a park to play throwing a stick at each others. On the way back we found a ball in the trash and played some soccer. Back in the apartment I talked to Myrthe on the phone and then made popcorns for August and boiled a cauliflower which he ate watching a little Japanese movie while I made a few drawings before watching a stupid and violent Hollywood movie.

Yesterday I also woke up too early and then updated my project before going back to sleep for a few hours. I then woke August up, ate some muesli and left the apartment carrying a heavy backpack. We took the metro together to Karlaplan and from there walked in the gray and cold weather to the Italian embassy. There we got his fingerprints for his passport and then went to a nearby playground to eat the sandwiches I prepared and play in a labyrinth where I used to take him when he was little. Walking back to the city on the opposite side of the river, August was quite bored but and at last I got him an ice-cream and he managed to make it to the trains station where I entertained him reading him the news on my phone until his mother arrived and I was able to walk to the hostel. There I did my drawings, cooked some pasta and talked to people from Alaska, Brazil and Europe. I really felt revived being on the road.

Yesterday I woke up in the hostel and went straight to the university. There I trained in the gym and ate some breakfast before starting to supervise the students. I was quite quick to go through all the groups also thinking that I was not going to teach any longer in Sweden. Anyhow, I went to the supermarket in the lunch break to eat a salad and sat on a hill to consider what to do with my art project, meaning my meaning in life. I then walked back and supervised more students till at last in the afternoon I sat off to Södertälje to get a box of the books I edited with Morris about other self-trackers. I walked to the DHL local center and there was an awful amount of traffic. I then took the bus and then the commuter back to town. The evening in the hostel was nice meeting people from around the world and getting a young kid from Germany to play saxophone for us before accompanying him to the bus station.

Yesterday I woke up in the hostel at a good hour and updated my project while also talking to some American folk. I then went off to the university quite dirty and went straight to the gym to train some more and shower. For lunch I ate a can of corn and later talked to a colleague who convinced me to accept the job offer saying that I will also get an assistant for my courses. At the library I set up my computer and a small crowd came to watch the nailing of my dissertation. Stina gave a small speech and I saw tears in her eyes while she introduced me, her first doctorate student to finish. We then had some cake and tea and I sat off to the airport talking a bit with Roman on the commuter train and smoothly get my flight to the Netherlands. I manage to write a bit on my article on Stoic data ethics and arrived that it was warm. Myrthe was in the Culemborg train station to meet me and we walked home together. She was happy about the revised offer in Sweden and home I ate the spinach soup she cooked for me.

Yesterday Myrthe was gone and I found it hard to wake up. Maybe I had too little sleep during my stay in Sweden or maybe traveling by plane affects me more. Anyhow, I had some muesli and milk before updating my project, painting and doing my tai chi. For lunch I had some cuscus and in the afternoon I corrected students' work. I later scanned the pictures ██████ sent of us when he was still together with ██████ and walked to the supermarket to send them back to him and do some basic grocery. At home I cooked some meat and beans and managed to do some drawings before Myrthe's arrival.

Yesterday I spent the entire day in my little study. I updated my project, get started solving some bureaucratic issues with my Venice apartment, fixed issues with my upcoming defense and, after tai-chi and some lentils, I kept writing on the article for the Russian journal, sort of like the logical introduction to Tebahism. Later in the afternoon Myrthe came home with a few birthday presents from her colleagues and we walked to the fort where I ate a small salad with salmon and she ate a burger. After some fries we walked home where she felt she needed distractions from work and we ended up watching an okay Japanese animation even though I still have a lot of scanning to do and little time left here.

Yesterday I still didn't recover from all the traveling. I did sleep long enough and updated my project to then take a walk with Myrthe across the country and then upstream and back to Culemborg with the rain. By the time we sat in a little cafe to work and eat a small sandwich it was sunny again. I worked on my article and she worked on her courses. We bought bread, apples and strawberries at the farmer market and back home we ate the latter and cleaned up the garden. I also cut the ivy growing below the roofs even on the side of the psycho neighbour. In the evening I warmed up the leftover lentil soup and we walked to do a bit of grocery and later to watch the sunset by the river. Back home I manage to go back to my drawing routine.

Yesterday I slept rather long, woke up and updated my project before eating some bread with marmalade and setting off with Myrthe for a bike ride south, along a small river. She was still not happy about me keeping the job in Sweden so I begun to reconsider. After stopping shortly at a fort to eat a pancake we biked back home. There we took a small nap before eating more strawberries and seating to work. I executed several drawings, painted and worked on my illustrations before showering. In the evening I was quite hungry and Myrthe prepared some Vietnamese. After eating them I sat on the floor to scan hundreds of drawings while watching yet another old movie from my Criterion list.

Yesterday I woke up very early and updated my project. I kept a little sleepy in the morning but did manage to finish off an illustration of my ancestors and scanned the entire chapter. I also painted and went out for some tai-chi. After eating some lentils I slept some minutes and was back to work now booking the restaurant for my defense and sending out emails to colleagues asking if they want to attend. I also went out with Myrthe that it was warm and sent my thesis to a professor in Maastricht and bought some peaches and a watermelon slice which we ate in the garden. Later I went biking upstream on the dike but it was hard and felt quite hungry and nervous when I was home. I made a vegetable wok out of the remaining Vietnamese food and ate it outside with Myrthe before doing some drawings and falling asleep on the sofa watching a fish documentary.

The other day I woke up feeling a little spaced out. I took my backpack with my tent and sleeping bag and walked to the train station where I got the train to one end of Utrecht. From there I walked to the opposite end to meet a Dutch scholar dealing with a history on the Quantified Self movement. She offered me some tea and I was off again this time to the Amsterdam stadium from where I took a long walk to the center despite the heavy bag. I was impressed to see how even in the Netherlands migrants kept quite segregated. After a long stretch I finally reached Amstel and then took the usual walk through the center where I was able to buy a cheap expiring salad lunch box. I anyway gave the rest of my coins to a Spanish guitarist who lost his girlfriend and was off to the airport. I managed a few drawings and on the plane had to face quite some hooligans going to a game in Sweden. I talked to one of them from Bulgaria prior helping to Italians also going for the game. In Stockholm it was cold and I only had a t-shirt on me.

Yesterday I woke up in the dormitory packed with English hooligans one of them fat and snoring. I wasted no time and got my things together to march to the commuter station and catch the train to my university. There I ate some cereals with milk and supervised a first batch of students before going to the gym to train and shower. I later supervised one more group of students and updated my project before getting a small sandwich. After the last group I talked to the last remaining student in the class about my photo project and then sat off with my backpack to the campsite in the filthy immigrant suburb where I anyway was able to get some cheap food. After eating some Arab bread and beans I made my drawings and sat by the water to contemplate a story with six virtuous tebahist characters before repairing in my tent to write a fable.

Yesterday I woke up way too early in my tent but luckily I was able to fall asleep again. When I got up again I did my tai-chi and ate some bread and yogurt before hitting the road, taking the metro in Bredäng and walking across the old town and through Stockholm reaching the public library which was however closed. I then sat outside of a McDonald to update my project and ate later a kebab with rice and at last some salad. Later I walked to the cultural house and sadly realized that the free seats where I sat many times were removed. I anyway manages to stand on a high table of the cafe without buying anything and there also kept updating my project. In the evening I found some cardboard on the streets and brought them to the camping to use them for now under my sleeping bag although I will need them later to pack the last things in my university office. I then ate the leftover beans, carrots, peaches and finished the Arab bread. I also managed to walk to the supermarket for a snack and some yogurt which I drank in a playground while it rained. In the tiny tent I started reading on my phone The Master and Margarita, this after giving up the idea of writing a new book on Tebahism as a transtheist religion.

Yesterday I woke up very early in my tent and walked down to see the almost midsummer sunrise on a desolated beach. There I did my tai-chi and ate some cinnamon rolls although they were covered with ants. Back in the camping I stood on a microwave in the washroom to update my project and then went back to sleep for an hour. When I woke up again I found a tic in my leg and borrowed a pliers to remove it. I then cleaned up all my tent brought it down to where the campers are. When it was all set again I took a very long walk going along the water to Aspudden, where I lived with August after returning from the States. It was nice to see all these place after so many years and right in the small library where I wrote my doctorate applications I spent a few hours writing down the first stories on tebahists to set forth with a new part of my project called Jehovah, or the religion behind the project, to replace the hate fuel part Juvenile. I then bought a salad and ate in at the small lake in Lilljholmen before continuing across the bridge and into town, filming public spaces and recording ideas as usual. In the city I ate a small ice-cream waiting for August but at last I had to go an pick him halfway to Märsta. I did so on the commuter where I kept writing my fables. I waitend quite some time again for his mother to bring him and at last we were off, both with the backpack to town where he also had an ice-cream and then to the camping. He was full of energy and very happy of the adventure. We went to the supermarket twice, first to get bbq stuff and then marshmallows. As the old days we stood by the fire till bed time, eating sausages and veggies and talking. Before sleeping he was so energetic that he had to run twice around the camping.

Three days ago I woke up in the tent and went out that August was still asleep. I then updated my project and ate some breakfast with him before taking a nice walk in the forest, seeing a male deer chasing a female deer, a snake and interesting birds. On the way back we took all the food bags and went down to the beach where I jumped in the cold water. Later we built a dige using stones and I big timber we rolled from a side of the beach. We were really proud of the work and started a small bbq with corn, sausages, haloumi and paprika that an Northern African guy started dismantling the whole work insulting us. I let it go although I saw a shadow of what the future of Sweden will be under that mindset. After going back to the camping to shower, we walked back down to the beach to do some exercise in an outside gym. Helping August lifting a timber I stretched my back and could not really do anything for the rest of the evening.

Yesterday I woke up in the hotel room with Myrthe and updated my project. I then ate breakfast with ██████ and the family crew which joined a little later. I then took them all to the commuter and brought them to town for a long walk starting the central station and to djurgården where Myrthe, ██████ and ██████ went to see children museums and I took ██████ and Simone and ██████ with little ██████ for a walk all around the island. Back in the museums area August arrived with his mother and we ate all together in a little café where I only got a salad. Once Liselott was gone, Myrthe and my siter joined again and we took the ferry boat to the old town from where we did a bit of shopping and stopped for a coffee (I did not buy anything nor drunk anything as usual). With the kids we soon went back to the hotel after stopping shortly to the supermarket. I took a small nap and finished reading my thesis before eating a few sandwiches Myrthe prepared for us. I had some time for myself to also draw before August and ██████ started jumping around the room.

Two days ago it was sunny again in the camping. My back was still bad and stretching did not make it better. I anyway stood on the microwave in the camping kitchen to update my project. I then talked shortly on the phone with Myrthe and checked out. We then ate some cookies with butter milk, packed our bags and slowly made it to the station where we took the metro to the city. There I left my backpack at the hostel in the south part of town and got August's backpack on my bad back and off we went across the city to the public library where we ate a kebab with rice dish. We then took the commuter north where I left August to his mother. Back in the hostel I was tired and sat on the floor to draw while socializing with a Mexican guy and an Australian girl telling them of my traveling adventures.

Yesterday I woke up alone in the hostel dormitory and went off to the university. There I did some light training, showered, ate some muesli and then attended the students' presentations, the last ones in Sweden. It was a little sad to see what nice works they did under my guidance and the fact that I won't be able to teach for the coming years. I was quite quick in reviewing all the groups and later went back to the hostel. There I met a Polish guy and an Australian girl and took them for a nice long walk in the Sodermalm area, taking all the little road and cliff walk I discovered years ago.

Yesterday I woke up and went to the university to meet with Stina who warned me how to behave during the defense, e.g. by being transparent but don't admit that I was forced in certain arguments. I then went back to the hostel and started updating my thesis but Mat and Grace, the Polish guy and Australian girl wanted me to follow them to museums. I then took my dissertation along and waited for them at the various cafes, reading while they checked inside. We walked back through Östermalm that it was raining and back in the hostel I did my drawings meeting some young Italians who worked in various Swedish farms and were treated like me when I did the same, like shit. Before going to bed I taught Grace how to measure chackras and do remote viewing.

Yesterday I woke up in the dormitory, packed my backpack and walked out in the cold city. I got a banana and a loaf of bread, did some tai-chi on the Zinkensdam mount and sat there to read more of my thesis. As it started raining I walked to a metro and then to the commuter train and the bus which took me to the airport. There I helped two old Italian couples from Padua and kept reading my thesis waiting for Myrthe's arrival. As she arrived we ate a burger and got all the way back to the south of the city where ██████ rented a room for us in a hotel. After resting a bit we got to the old town and met Toine, Myrthe's father who also made it here for my graduation. I took him to the nice but expensive Mosebacken terrace overlooking the city and then down to the Kvarn restaurant which he really liked and even paid for us. I ate herrings and some of Myrthe's meatballs. In the cold weather we walked back to the boat where Toine is staying and then made it back to the hotel.

Yesterday I woke up very early and updated my project in the hotel lobby. I then went to the hotel gym and did a sauna, trying to clear up my head for my doctorate defense. I went back to the room that ██████ and August were awake and Myrthe was on her way out to the photography museum. I then went down to eat breakfast with the kids and ██████ and was soon left alone to revise my thesis. I sat out in the windy weather and finally reached the university. There I took a short walk and waited in the library before at last it was my turn to pick a box of my books and get ready for my public defense. I was composed all the time, sketching on the paper table cloth the question of a great opponent, the American Professor Jay Bolter. I managed to nicely respond and discuss all the various questions and ██████ and ██████ Simone and August and Myrthe and her father and ██████ where also present. Even little ██████ which cried a bit to terminate Jay's defense and also right after the committee announced I past. We were mingling in the reception then and I received flower and everyone were so genuinely happy that also Myrthe decided I should really keep my work there. With the latter and August we walked to the city where we bought ice-cream and then walked to the beautiful restaurant to Djurgården island. It was nice of my young colleagues to be there and we ate a simple dish. ██████ were late but all worked out and Stina gave a very nice and sweet speech about me while Maria was also positive and happy all throughout the dinner.

Yesterday it was sunny when I woke up and went to my apartment despite the early hour to get my mail. I then got back updating my project and ate breakfast with Myrthe and the family. August kept in bed all the time and did not want to follow us out but decided to wait for his mom who only came in the afternoon to pick him. Meantime I took the family in the south of the city to do a bit of shopping and walk along the ridge. There was the marathon and we ate next to it in the vegetarian buffet I go to when in the hostel. I only got a bit of the good from Myrthe and then ██████ went off by themselves and we kept with Simone and ██████ I walked them to a hippy café near Nytorget and we had a nice talk about the secret past of ██████ while eating an apple cake. It got gray and cold out and we went home with the commuter. I managed some drawings while talking to them in their room and also managed to talk to my family at the hotel restaurant eating a salad.