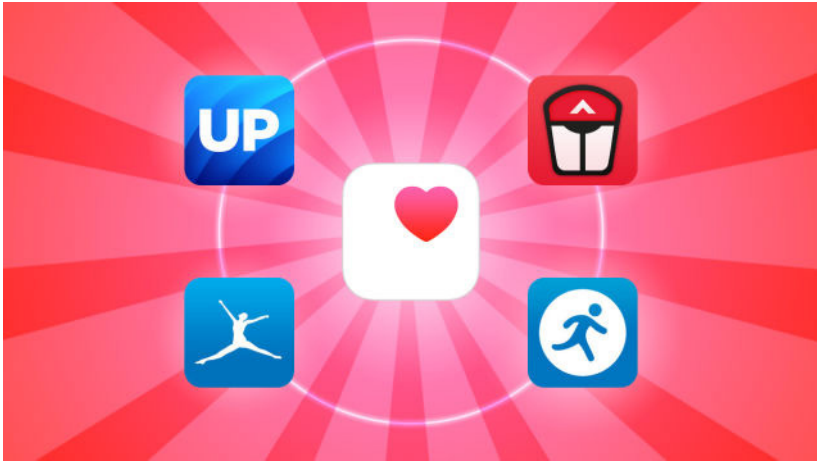


LISTOMANIA | II III



Nehmen wir alle Optimierungsanstrengungen zusammen und fragen, wozu sie nütze sind - dann wird die Antwort lauten: um eine vorbildliche Karriere als vorbildlicher Angestellter zu führen.

Jens Jessen, Die Zeit Nr. 52/2014

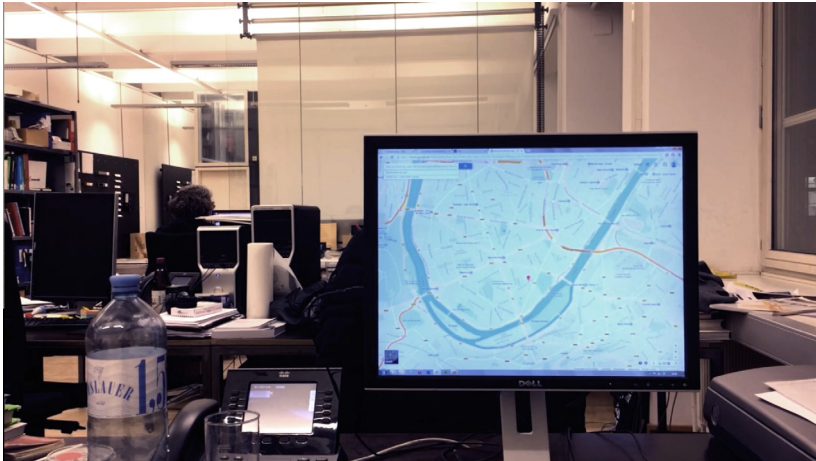


Screenshots: <http://lifehacker.com/the-best-apps-that-integrate-with-ios-8s-healthkit-1640909989>, Zugriff am 11.1.2015



9 Powerful Habits for Getting Important Things Done

Do the hard stuff now
Or do the easy stuff now
Be nice to yourself
Grow your willpower
One thing at a time
Go for a walk
Reward and then pounce
Expect the unexpected
Just do something



42 Ways to Make People Like and Respect You

Do Your Job and Do It Well
Never Be Late or Miss a Deadline
Dress Up

Treat Everyone With Respect
Make Friends With the Right People
Be a Connector
Invite People Along

...

Have Clear Work-Life Boundaries
Don't Leave Right at 5 PM
Learn Your Colleagues' Working Preferences and Follow Them
Be a Teacher
Be a Mentor
Help Out Newbies
Champion Your Employees
Manage Upward
Don't Complain
Get Out in the World
Question Yourself



10 Positive Habits That Could Change Your Life

Trust karma

Volunteer

Embrace your emotions

Count your blessings... Every. Single. Day.

Cherish every moment with loved ones as if it was the last.

Judge less, accept more.

Meditate.

Lists and more lists!

Find an outlet to your emotions.

Follow your heart but take your head with you.

A Toast

by Malcolm Middleton & David Shrigley

Greetings and good fucking wishes
To you and your fuckhead asshole family
Best wishes to you, you fucking wanker
To your ugly wife
And to your moron children who look and smell like rats

And God's blessings be upon the disgusting shit hole that you live in
May you prosper in all your pointless fucking labours
May you rise to the top of your stupid fucking tree
Until such point as you choose to come down and die

May your wife also be very fucking happy
In all the idiotic menial tasks that she performs
And may your children become equally fucking happy
And fulfilled as they make their stupid way through life
Like worms crawling in the dirt

Oh fucking hell to you my friend
Oh bloody fucking hell
I raise a dirty glass of nothing
To your good fucking health
And continued fucking happiness

Die von vielen Seiten aufdringlicher werdenden Anregungen zur Selbstoptimierung waren Ausgangspunkt dieser Arbeit. Es wird nicht mehr an der Gesellschaft gearbeitet, sondern am Individuum, das seinen Platz in dieser finden muss, indem es sich optimiert. Unterstützt durch Apps, Listen und High-Tech werden Schlafphasen perfektioniert, Schritte gezählt und Herzschläge überwacht. Es wird Übergewicht bekämpft und am Ich geschraubt. Die so gewonnenen Informationen kann man persönlich spannend, interessant oder lustig finden, eröffnen aber für die Anbieter dieser Tools und in Folge für Versicherungen, Arbeitgeber und Krankenkassen noch tiefere Einblicke in unser Leben. Wo Malcolm Middleton's & David Shrigley's Song 'A Toast' laut 'Fuck You' schreit, soll meine Arbeit ein stiller Gegenpol zum zählen, zählen und zählen sein. Rafael Kopper 2015

