



## Sustainable Lifestyle

Dan places what appear to be limits on himself, limiting food to vegan options and riding his bike exclusively while living miles away from work. These choices help him to focus. He seemed surprised that these things might be seen as limiting: "I barely even have to think about [food] anymore and even when I do it energizes me,

it's made my life so much simpler by limiting my choices." As for the bike, he said not having a car has not been a deterrent. It helps him to make fewer meaningless trips. It might also keep his energy up. He's a ball of energy - everywhere at once - and is not slowing down.