

And after all that, again, it is totally reasonable for you to say, "I don't want to help other people all the time." But you already do.



- Again, as you already help yourself most by helping others the most you feel you

can, in your work and otherwise. - Just not yet nearly fully consciously and rewardingly.

Hence this project to help you most easily, and often with less effort than you exert now,

to greatly improve that. For at the very least you help virtually everyone else on

earth by simply not bothering them,

in order to limit your own bother.