

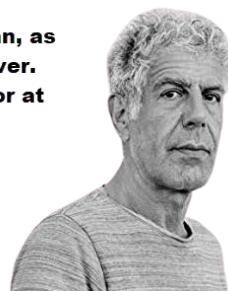
LIFE ADVICE from Anthony Bourdain



1. **TRAVEL.** As you move through this life and this world you change things slightly, you leave marks behind, however small. And in return, life -- and travel leaves marks on you. Most of the time, those marks on your body or on your heart are beautiful."
2. **FRIENDS.** In times of uncertainty and unpleasantness, when all around me seems to threaten to spin into chaos, it's nice to have friends. It's especially nice when those friends can cook.
3. **ON WISDOM.** It seems that the more places I see and experience, the bigger I realize the world to be. The more I become aware of, the more I realize how relatively little I know of it, how many places I have still to go, how much more there is to learn. Maybe that's enlightenment enough — to know that there is no final resting place of the mind, no moment of smug clarity. Perhaps wisdom, at least for me, means realizing how small I am, and unwise, and how far I have yet to go.
4. **BE FLEXIBLE.** I'm a big believer in winging it. I'm a big believer that you're never going to find perfect city travel experience or the perfect meal without a constant willingness to experience a bad one. Letting the happy accident happen is what a lot of vacation itineraries miss, I think, and I'm always trying to push people to allow those things to happen rather than stick to some rigid itinerary.
5. **THE PERFECT MEAL.** Meals make the society, hold the fabric together in lots of ways that were charming and interesting and intoxicating to me. The perfect meal, or the best meals, occur in a context that frequently has very little to do with the food itself.
- 6.. **ASSUME THE WORST.** About everybody. But don't let this poisoned outlook affect your job performance. Let it all roll off your back. Ignore it. Be amused by what you see and suspect. Just because someone you work with is a miserable, treacherous, self-serving, capricious, and corrupt asshole shouldn't prevent you from enjoying their company, working with them, or finding them entertaining."
7. **KNOW WHAT YOU EAT.** I would like to see people more aware of where their food comes from. I would like to see small farmers empowered. I feed my daughter almost exclusively organic food.
8. **GO. DO. ENJOY.** Your body is not a temple, it's an amusement park. Enjoy the ride.
9. **LIVING WELL** The great Warren Zevon was asked, close to death, whether he had any important words of wisdom to pass on and he said, 'Enjoy every sandwich.' I definitely enjoy my sandwiches, given how low I fell and how likely it was that there was going to be a different and tragic outcome. I'm a pretty lucky man.
10. **LET GO. LOSE CONTROL.** Trying to micromanage the perfect vacation is always a disaster. That leads to terrible times. If you get lost and you just end up eating just anywhere, you know, you see a bunch of Venetians sitting around smoking cigarettes, eating something unrecognizable in a dark alley somewhere, chances are it's interesting.
11. **THE FINAL WORD.** Everything important I learned, I learned as a dishwasher.

"If I'm an advocate for anything, it's to move. As far as you can, as much as you can. Across the ocean, or simply across the river. The extent to which you can walk in someone else's shoes or at least eat their food, it's a plus for everybody."

Open your mind, get up off the couch, move."
- Anthony Bourdain
1956 - 2018



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