



54



COMMUNICATE  
DESIGN  
ENTERTAIN  
INNOVATE





**ACHIEVEMENT UNLOCKED**  
Left the house

T  
H  
E  
P  
L  
A  
Y  
E  
T  
H  
I  
C

P  
A  
T  
K  
A  
N  
E

T<sub>1</sub> H<sub>4</sub> E<sub>1</sub>  
P<sub>3</sub> L<sub>1</sub> A<sub>1</sub> Y<sub>4</sub>

E<sub>1</sub> T<sub>1</sub> H<sub>4</sub> I<sub>1</sub> C<sub>3</sub>

A MANIFESTO FOR A DIFFERENT  
WAY OF LIVING

'Kane is certainly onto something fresh and insightful'  
Will Hutton, *Guardian*

P<sub>3</sub> A<sub>1</sub> T<sub>1</sub>  
K<sub>5</sub> A<sub>1</sub> N<sub>1</sub> E<sub>1</sub>



# Energy Monitor

OUTSIDE TEMP 61 °F



Consumption

Current

0.0 MPG

DISPLAY

INFO

CLIMATE

AUDIO

MENU

BACK

MAP  
VOICE

555

H

M



ODO  
TRIP

km/h  
MPH



# Chore Wars



Finally, you can claim experience points for housework.

Recruit a party of adventurers from your household or office, and whenever one of you completes a chore, you can log it and claim XP.

[Find out more.](#)

Username:

Password:

Login

CREATE A CHARACTER

NATIONAL BESTSELLER

# FLOW

THE PSYCHOLOGY OF  
OPTIMAL EXPERIENCE

STEPS TOWARD ENHANCING



THE QUALITY OF LIFE

**MIHALY CSIKSZENTMIHALYI**

*"Flow couldn't come at a better time for us. An inspiring, worthwhile read."*

*—Chicago Sun-Times*

▼ Dr. David Baker

You've started a **Wiggle Backbone!**  
The protein's backbone will improve for a while. Click **Stop Wiggle** or hit space to stop it.



Repeat Introduction  
Clear Labels

Progress:

8317

of 8200

Level 2-3: Wiggle the Backbone

a\_kant: I can't even begin to describe how awesome this is  
Worst player: so it can try different solution than before  
Remove side chains -> wiggle -> shake -> remove  
Labels -> wiggle -> shake

Send



Shake Sidechains    Wiggle Backbone    Reset Puzzle

▲ Actions    ▶ Undo    ▶ File

Puzzle Complete!

Daniel H. Pink

author of the *New York Times* bestseller

*A Whole New Mind*

# DRiVE

The Surprising Truth  
About What Motivates Us

5050

00

# HIGH SCORES

NAME	SCORE	PLAYER
BK P	5000	
CAM	2900	
A	2000	
AAB	1900	
A	1800	
A	1700	
A	1600	
AA	1500	
QVY	1400	
A	1300	

## 1959

POSTS

## 3473

FOLLOWERS

## 6748

LIKES

## 3107

REBLOGS

TUMBLARITY

# 797

+27 from yesterday

Post Type	Count
Text	~150
Photo	~350
Quote	~50
Link	~30
Chat	~20
Audio	~100
Video	~50

Original posts: ~1,368  
Reblog posts: ~69

## 1,368

Words posted

## 69

New posts

This week

### Top Blogs

#1,473	cardassianvole	TUMBLARITY 799
#1,474	fuckyeahparamore	TUMBLARITY 798
#1,475	david	TUMBLARITY 797
#1,476	julie911	TUMBLARITY 797
#1,477	ancientish	TUMBLARITY 797

### United States

#313	tylercoates	TUMBLARITY 809
#314	magicmolly	TUMBLARITY 805
#315	david	TUMBLARITY 797
#316	julie911	TUMBLARITY 797
#317	barefootviny1	TUMBLARITY 797

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Foursquare on your phone gives you & your friends new ways of exploring your city. Earn points & unlock badges for discovering new things. [LEARN MORE](#)

[JOIN NOW](#)



## RECENT ACTIVITY



**Aimee** in Norfolk, Virginia:  
wrote a tip @ [EVMS Human Resources](#): Check out job opportunities at [www.evms.edu](#)



**Sally101** in Concord, NC:  
unlocked the '[Adventurer](#)' badge.



**Andrea.aka.melamerito** in Oggiono, Lombardia:  
unlocked the '[Local](#)' badge.



## GET IT NOW

[iPhone](#) →

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[palm](#) →

I HAVE COMPLETED **82** RUNS FOR A TOTAL OF **430.2** MILES. MY AVERAGE PACE IS **9'45"** PER MILE.

Nike+ Coach

# Nike+ Coach

What ever you're training for, Nike+ helps you with every stride.

Choose a training program.

Walk  
to Run

5k

10k

Half  
MarathonM  
MarathonBuild  
Your Own

My Runs



Challenges



Community

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Gear &amp; Music



Support



