

- 1) EmSam
- 2) I feel incredibly bad about what happened, and am going to do everything I can to get as much value to customers as possible.

This tweet isn't about that. It's about one particular rumor flying around.

- 3) Every day, I wake up and put on EmSam, a transdermal selegiline patch which inhibits MAOs.

I've been on EmSam for the last decade.

- 4) According to Twitter, it's because, uh, something about veganism or gambling or addiction or sex.

As it turns out here, Twitter hasn't exactly nailed this one. The answer is much more straightforward.

- 5) I was doing summer research at a university in high school and taking a shower. I didn't much like the program, and wasn't happy there.

As often happens, I tried to riff on that notion, seeing if it held up.

- 6) "I didn't much like the program, and wasn't happy there."

"I'm not happy here."

"I'm not happy here, as opposed to [x], where I am happy."

- 7) I couldn't find [x].

It was an odd moment, in a shower far away from home.

I'd already lived for 16 years. And somehow, never during those years had I really asked myself what made me happy.

Nothing does.

- 8) I understand that's an odd statement, and that it seems way too strong.

And at the end of the day I don't really know what 'happiness' means. None of us really do.

But the thing everyone describes—it's not a thing I feel.

- 9) And so, about 10 years ago, I was first prescribed EmSam.

<https://www.webmd.com/drugs/2/drug-95354/emsam-transdermal/details>:

Uses

Selegiline is an [antidepressant](#) (monoamine oxidase inhibitor) that treats [depression](#) by restoring the balance of certain natural substances (neurotransmitters) in the [brain](#). Selegiline can improve your mood and feelings of well-being. This [medication](#) is a patch for use on the [skin](#).

How to use Emsam Patch, Transdermal 24 Hours

Read the [Medication](#) Guide available from your [pharmacist](#) before you start using selegiline and each time you get a refill. If you have any questions, consult your doctor or pharmacist.

Follow the package instructions for using this medication. Make sure you understand how to apply a new patch and dispose of the used product. Do not cut the patch into smaller sizes. Do not use the patch if it appears broken, cut or damaged. If you have any questions, consult your doctor or pharmacist.

10) I guess this is something I pretty rarely talk about.

Things are a spectrum, and I don't have major depressive disorder, probably.

But I do generally test positive for dysthymia, and anhedonia.

My lows aren't unusually low—but I generally don't have highs.

11) And EmSam helps, a bit. It helps me stay focused, and organized.

12) People have asked me about material goods.

Before, they asked why I didn't indulge—and painted me as a self-sacrificing hero.

Now they ask whether I secretly did, and lied about it.

13) The truth, really, is neither.

I've never really been in to fancy things. I'd like to think it's because it would be selfish, but honestly a lot of it is because fancy things won't make me happy anyway. Because nothing will.

And there's no point in buying a yacht if it won't make you happy.

14) I did what I could to provide a nice life for those working for FTX—it was one part of trying to recruit the best team we could.

But when I hear about all the wild parties we were supposedly happening, all I can think is, "I wish my life was as exciting as Twitter thinks it is".

And then, “nevermind, it wouldn’t make me happy anyway”.

15) TL;DR:

I feel incredibly bad about what happened, and am going to do everything I can to get as much value to customers as possible.