

How to Take Smart Notes in Obsidian

In this short book you'll learn how to take Smart Notes in Obsidian with a minimalistic configuration that focuses on the art of note-taking to boost your productivity and improve your ability to think.

Taking Smart Notes is a form of deliberate practice that captures your best ideas, improves your understanding of the information you consume, while building an extensive knowledge base of notes by translating what you learn into a latticework of mental models, wisdom, and insight.

With every note you take, you'll improve the mental skills you need to thrive in a world drowning in too much information.

Configure your environment

"How to Take Smart Notes" written by Sönke Ahrens, resurrected a note-taking philosophy called The Zettelkasten Method. It was originally developed by a German sociologist by the name of Niklas Luhmann (1927-1998).

Niklas Luhmann became famous for his insane level of productivity. Luhmann published 58 books and over 600 articles over his lifetime and he attributed all of it to his slip-box or Zettelkasten (Slip-box in German). Taking Smart Notes is a method of note-taking Luhmann used and what helped him achieve the level of productivity he was able to throughout his life. For Luhmann, a digital version wasn't impractical, it just wasn't possible.

Technology didn't exist yet that would have allowed him to transfer this system into a digital format. Instead he used the simplest tools imaginable to us today, pen and paper. Having used the physical version myself, the limitations of it are its greatest strength. And for that reason, I advocate for and use personally the simplest version possible in Obsidian.

Too often we get distracted by features and forget the purpose of the systems we originally intended to build. I will do my best to help you avoid doing just that.

Download and Install Obsidian

Before you begin, download and install Obsidian.

1. Go to <https://obsidian.md/>, then click the *Get Obsidain* button for your OS (MacOS, Linux, Windows)
2. Once download, double-click the installer and Next your way through the installation prompts.

Create an Obsidian vault

All the data you store in Obsidian is stored locally in Markdown files and all of those files are stored within a `vault`.

Before you can begin taking Smart Notes, you'll have to create a vault.


1. Open the Obsidian program.
2. Click `Create new vault`
3. Give your vault a name, for example `smart-notes` then click `Create`.

Enable Daily notes

Daily notes is a core (built-in) plugin that will automate the creation of a daily note using a date format as the name. You'll use this note to capture fleeting notes.

By design each type of note, including fleeting notes, is kept in a separate location. In Obsidian that location for fleeting notes will be a dedicated folder.

Enable and configure the **Daily notes** plugin.

1. On the top left panel, click the `New folder` button.
2. Name the folder `daily notes`.
3. Next open the Settings, (the gear  icon on the bottom left).
4. Under OPTIONS select Core plugins and toggle on the Daily notes plugin.
5. Once enabled, select the Daily notes plugin under PLUGIN OPTIONS.
6. Change the New file location to your `daily notes` folder.
7. Close Settings menu

Add a reference folder

Literature notes are taken while reading or consuming a piece of literature or other form of content with the purpose to better understand what you're consuming.

Once taken, literature notes are stored alongside the source material in a reference system.

Obsidian allows you to store PDF and other types of documents alongside the Markdown notes, which makes it a viable option for your reference system. Again, for the purpose of separation, you'll place these notes in a dedicated folder.

Create a new folder to *permanently store* your literature notes.

1. On the top left panel, click the `New folder` button.
2. Name the folder `reference`.

Note: A reference system is one of the three tools required for taking Smart Notes. Depending on your needs for bibliographical information, you can choose stick with Obsidian or to move the reference material and literature notes to an external system, such as Zotero.

Create a slip-box

The slip-box is the external storage for your long-term memory.


It handles the details and references and keeps them both unaltered. Which frees up the brain to focus on thinking, to understand the gist of the information consumed, and to think about the bigger picture of how ideas connect.

In Obsidian, you'll use a folder yet again to separate permanent notes from other types of notes (fleeting and literature notes).

Create a new folder to store your permanent slip-box notes.

1. On the top left panel, click the `New folder` button.
2. Name the folder `slip-box`.

Enable the **Zettlekasten prefixer** plugin.

1. Next open the Settings, (the gear  icon on the bottom left).
2. Under OPTIONS select Core plugins and toggle on the *Zettlekasten prefixer* plugin.
3. Once enabled, select the *Zettlekasten prefixer* plugin under PLUGIN OPTIONS.
4. Change the New file location to your `slip-box` folder.
5. Close Settings menu

Add a project folder

In the subtitle of *How to Take Smart Notes*, Sonke Ahrens specifically calls out students, academics, and non-fiction writers for good reason.

Taking Smart Notes assumes you're consuming information with the intention of learning from it and producing something from that knowledge. For students, that's passing an exam or completing projects. For academics, that's publishing research papers. And for non-fiction writers, that is of course, writing and publishing books. I'd add *content creators* to the list because their process is similar, but with a much shorter production cycle. You will expend a great deal of effort when first adopting this system and you'll need a carrot large enough to keep you motivated and that's where projects come in.

Project notes are kept within project specific folders that can be disposed of or archived once the project is completed.

Identify at least one project you hope taking Smart Notes will help you complete, then create a folder for it.

Create a new folder to store your project notes.

1. On the top left panel, click the `New folder` button.
2. Name the folder `projects`.

Take Smart Notes

Learning is the result of effort, not consumption.

It feels productive to ingest information and unproductive to spend time digesting it. But a body that doesn't digest is malnourished and a mind that doesn't process its input is starved.

Taking Smart Notes is a form of deliberate practice that turns note-taking into a natural and rhythmic process that slows down your consumption of information and allows you to fully digest what you consume.

By separating the stages of writing into different types of notes and tasks within the slip-box, smart notes allows you to focus on a single task at one time removing the need to expend willpower by putting you into a flow state.

Fleeting notes capture ideas. Literature notes solidify understanding. Permanent notes translate understanding to long-term knowledge. And organizing the slip-box through making connections, surfaces insight while anchoring new knowledge to previous knowledge.

Capture fleeting notes

When time and/or the situation constrains you, take a fleeting note.

No good idea should go to waste and ensuring you capture those ideas is the purpose of the fleeting note. Fleeting notes are *temporary* reminders of thought. Meant to be written quickly and should not distract you from the task at hand; reading, listening, watching.

Fleeting notes can be ideas, insights, and/or tasks.

Create a *fleeting* note in Obsidian.

1. On the left side tool bar, click `Open today's daily note`.
2. Jot down a few ideas, insights, or tasks.

The physical version of the slip-box didn't have a way to go directly to a note. //

```
insight
```

```
difficult leisure "learn VIM" //idea
```

Take Smart Notes on The Shallows by Nicolas Carr //task

Because of the ephemeral nature of a fleeting note, process them within 1-2 days before their meaning is lost. As you process your fleeting notes, some will become permanent notes, some will become project notes, and others will become tasks for your productivity planner.

Take literature notes

A literature note is a tool for understanding.

When you take a literature note, you're testing your understanding while at the same time developing the ability to determine what's relevant to you.

Use literature notes to capture what you don't want to forget or what you might use in your own thinking. Be very selective and keep the notes short. Record the bibliographic details as you take the notes. Then archive the literature note in the reference folder.

Most people are not accustomed to taking quality literature notes. If you are not familiar with or used to studying, study methods like the SQ3R and SQ5R can help you master the process of taking high-quality literature notes. Keep in mind that these methods are like training wheels that should eventually be removed. Using these methods to take literature notes is good training but requires a great deal of time and effort, which ultimately detracts from taking permanent notes.

Create a literature note in Obsidian.

1. Click `New note` on the top left panel.
2. Name the note *How to Take Smart Notes*.
3. Move the literature note into the *reference* folder.
4. Within the literature add a few notes as seen below.

//Examples from How to Take Smart Notes

Writing permanent notes is the process of abstracting an idea. pg 123

Usage of the slip-box trains effective thinking. pg 125

Sequences compensate for the lack of hierarchical order. pg 107

Study methods often encourage the use of highlighting, writing in the margins, and use of special signifiers to indicate important words, sentences, or paragraphs. Luhmann did none of that.

Instead, he took notoriously brief notes on a separate piece of paper and noted the page number. On the back of that piece of paper, he'd record the bibliographic information of the literature. That's it. Once he was finished reading a book or research paper, he'd review all his literature notes and translate them into permanent notes for his slip-box.

I'd imagine that his ability to compress information into short concise notes was a skill he developed over many years of using this system. And it emerged because it places the emphasis in the right place, the permanent note.

Study methods aren't bad, they're just inefficient.

Note: Taking literature notes is also a way to prevent yourself from becoming overwhelmed by the premature attempt to translate everything into a permanent note.

Take permanent notes

Permanent notes are the result of your own thinking, which is sparked by a fleeting note and/or a literature note.

These are the notes that make up the latticework of your knowledge base. In the physical version, these notes are written on index cards and filed one after another in a wooden index card organizer or shelf.

You create permanent notes through elaboration.

Within the context of a slip-box, elaboration means expanding on and connecting an idea. As a result, a new structure of relationships between ideas is created. However, before an idea can be connected to another, it has to be abstracted.

Abstraction is the process of taking an idea from its original text and making it usable in a general sense without the support of added context. To abstract an idea you rewrite it in your own words as if you're writing for someone else who doesn't have the context of its source.

That's what is meant by the phrase "*atomic*" note. Permanent means it's kept forever, but it also means it's permanently understood. Permanent slip-box notes will become your external storage for long-term memory.

You must understand that permanent notes are a result of your *OWN* thinking, not the captured ideas of others. When taking permanent notes, use your own words and never copy word for word, unless you're capturing a quote.

Create a permanent note in Obsidian.

1. On the left toolbar, click `Create new Zettelkasten note`
2. Within the note, elaborate on a previously taken fleeting or literature note.
3. Repeat this process until you've created 2-3 permanent notes.

Permanent note 1:

```
//literature note
```

```
Writing permanent notes is the process of abstracting an idea. pg 123
```

```
//202110100812 (permanent slip-box note)
```

```
Writing permanent notes is the process of abstracting an idea from its original context.
```

```
By abstracting an idea you make it useable in a general sense instead of a specific sense.
```

Permanent note 2:

//literature note

Sequences compensate for the lack of hierarchical order. pg 107

//202110100828 (permanent slip-box note)

Sequences compensate for the lack of a topical hierarchical order by clustering notes that could at some point become a topic or sub-topic.

Notes that generate enough follow-up notes will become topic notes, with the potential of several sub-topics developing under the topic.

Once enough notes have built up around a topic they become the foundation for future writing.

Permanent note 3:

//literature note

Experts can discard rules because they've internalized them. pg 66

//202110100806 (permanent note slip-box note)

Experts internalize rules so they do not have to consciously think about them; instead they can rely on intuition.

The Dryfus model of skill acquisition explains that following a predefined set of rules enables you to become competent, but in order to move past level 3 (performer) to level 4 (mastery) or level 5 (expert) you must embody experience.

Permanent note 4:

//fleeting note

The physical version of the slip-box didn't provide a way to go directly to a note.

// 202110120816 (permanent slip-box note)

Naming a note creates friction generated by the first-time principle.

By using an arbitrary ID, you bypass the friction generated by the first-time principle and begin writing the note you intended to write, allowing you to capture the idea without needing to identify keywords that would distract and intrude on you.

Once an idea has been abstracted into a permanent note it can be connected to existing notes, which completes the process of elaboration.

Note: Judge the quality of your permanent notes only by how well the note prepares you for writing.

Add Smart Notes to the slip-box

Populating the slip-box is a simple multi-step process that includes filing the note with related notes, connecting or linking it to supportive context, and making it discoverable again by adding it to an index.

In the *physical version*, adding Smart Notes goes as follows:

1. Add the note directly behind the note being referenced. Or add the note behind the last note and number with the next available ID.
2. Add links to other notes or from other notes to your new note.
3. Add the note directly to the index or to a note that is already connected to the index.

In *Obsidian* these steps are slightly modified as follows:

1. Add the note directly behind the note being referenced by starting or continuing a sequence.
2. Add note-to-note links on or from related notes
3. Add a link to the note directly on the index or from a note already connected to the index

In Obsidian, you can automatically create the note in the slip-box with the Zettelkasten prefixer, but it's useful to stage unconnected notes outside the slip-box and batch their processing.

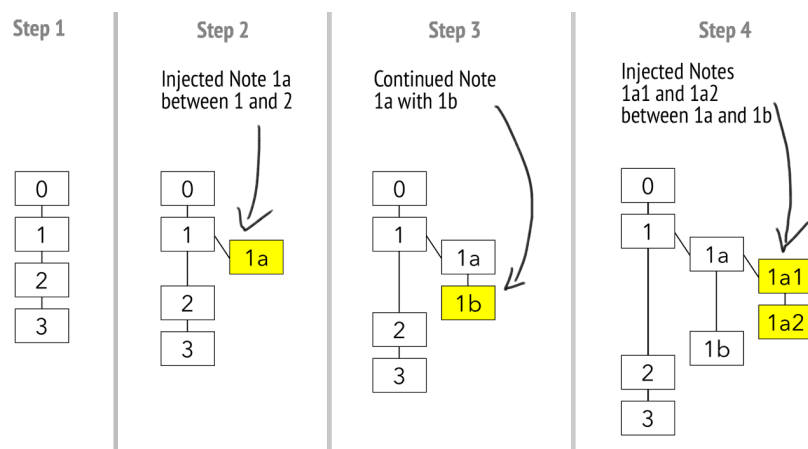
Begin a sequence

Systems that allow complexity to build up in the wrong places eventually force you to choose between usability and usefulness.

This problem can only be avoided by simplicity. Note sequences are an ingenious feature of the slip-box that keeps its usage simple and makes it unnecessary to pick between those trade-offs.

Using writing as a medium for understanding will naturally lead to you write several--- if not many---notes that are related to one another. These closely related notes are held together by a sequence.

A Smart Notes sequence allows you to cluster notes together by branching out, which is achieved by adding an infinite combination of letters and numbers. As an example, if your new note is related to and follows 4, but 5 already exists, the name of the note could become 4a. Subsequent notes would be named 4b, 4c, etc., and notes that related closely to 4a would be named 4a1, 4a2, and so on.



By branching out in an infinite number of ways the slip-box is kept nimble, allowing you to avoid the tyranny of a top-down categorical hierarchy.

When adding notes to the slip-box your first consideration is whether or not your new note references an existing note. If it does, a sequence begins or expands.

In Obsidian, create a new permanent note that references note `202110100828` and create a note sequence.

1. Open note `202110100828`
2. Within the note create a link to `[[202110100828-a]]`
3. Hit CMD+Left Click (MacOS) Ctrl+Left Click (Windows) to create a new note
4. Use the literature note *"Conversations begin by asking questions."* to create a new permanent note.
5. Move the new permanent note `202110100828-a` into the slip-box.

Your note's ID will be different. Replace `202110100828` with your note's Zettelkasten ID.

Example:

```
//literature note
Conversations begin by asking questions. pg 113
```

```
//202110100828-a
Conversations begin when you ask questions on the permanent notes you add to your slip-
box.
```

When you write a note it will often spark questions that require further understanding of the idea or subject.

Asking questions on your slip-box notes is encouraged.

Ideally every new note references an existing note, although that cannot be the case in the beginning. However, adding notes to a sequence will quickly become a common task as you see how closely related the notes you take are.

Use note sequences to group notes that support a common idea, argument, or discussion.

Create note-to-note links

The human brain continues to process information long after it is received, and the quality of its memories depends on how the information is processed.

Adding links from new notes to existing notes is an opportunity to improve the way you process information. By connecting notes to those previously taken, you stumble upon ideas that have long since been forgotten, and as links build, so will your knowledge.

Ignore or avoid the effort of linking notes at your own peril.

In Obsidian, write a new permanent note with the Zettelkasten ID of 202110120820 with the following text:

```
//202110120820
Elaboration is the most effecient method for understanding a topic.

The time it takes to think about the maning of something and connect it with other
ideas solidifies understanding, which leads to real learning.

Each slip-box note you write forces you to confrom the gaps in your own understanding
and is there for an exercise of elaboration.
```

Next, create a link between two permanent notes in the slip-box.

1. Open note 202110100812
2. Place two square brackets at the beginning `[[` and end `]]` of the section *make it useable in a general sense* to create a link.
3. Within the link, type a `|` (pipe) symbol before the word *spark*.
4. Put your cursor before the pipe symbol and begin to type the Zettel ID of the related note 202110120820.
5. Hit `Cmd+e` (macOS) or `Ctrl+e` (Windows) to preview the note.

Notice that the section previously highlighted is now a link to another permanent note.

Note-to-note links build interconnected sections of the latticework of your knowledge base.

Index the note

An index is the central entry point for the ideas and topics within your slip-box.

You will never have to---nor should you try to---build an index note that provides an overview of the entire slip-box, just as you never have a full picture of all the knowledge in your own mind. Instead, settle for designing a room with many doors that can bring you back to different areas of your knowledge.

Keywords are used to populate the index and should be used sparingly. Never link a single keyword to more than *four notes*.

Notes are assigned to a keyword by simply placing a link next to the keywords that are listed in the index. This is the equivalent of what Luhmann did when he used his typewriter to print his indexes onto index cards.

Choosing useful keywords is a skill that takes time and develops alongside your understanding of a subject, topic, or area of research.

There is however, one bias you should be aware of, search engine keywords.

A search engine is the primary means of discovery today, and it also uses the term keywords to describe the parameters it uses to do the searching. The bias you need to be aware of is that you may attempt to overlay your mental model and experience with search engines onto your slip-box.

Search engines and information stores in computers use an archivist's approach. Information is stored based on information architecture in topical and/or chronological order. It is a natural tendency for practitioners to assign keywords and store smart notes in this manner as well. However, it will cause more friction than necessary, while at the same time

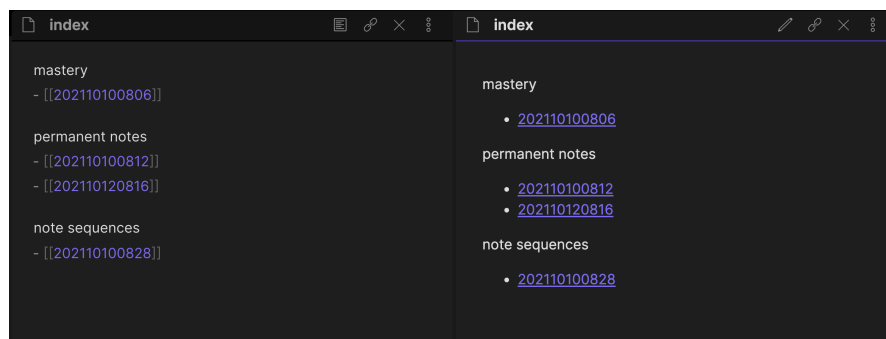
imposing a further layer of order that detracts from the value of the slip-box instead of enhancing it.

Instead, you should assign keywords that assist you, the author. To do that, choose keywords that answer the questions “How would I retrieve this note? What context would I want to remember this in? and If I forgot this knowledge, what would I search for?”

When choosing a keyword, ensure that it goes beyond the scope of a single note. Keywords that are too specific fail to collect related notes together and fracture the navigation of the slip-box.

In Obsidian, create an index and add keywords. Then place links to related notes next to the keywords.

1. Click `New note` on the top left panel.
2. Name the note *index*.
3. Add three keywords; *mastery*, *permanent note* , and *note sequence*.
4. For each keyword create a bulleted list.
5. Add a link for `202110100806` under the keyword mastery.
6. Add links to `202110100812` and `202110120816` under the keyword permanent note.
7. Add a link to `202110100828` under the keyword sequence.



Use structure notes to organize topics

When there are too many rules, there is too much order, causing the effort of using the system to exceed its benefits. Attempting to take notes with a topical hierarchy order quickly becomes unwieldy and renders the system useless.

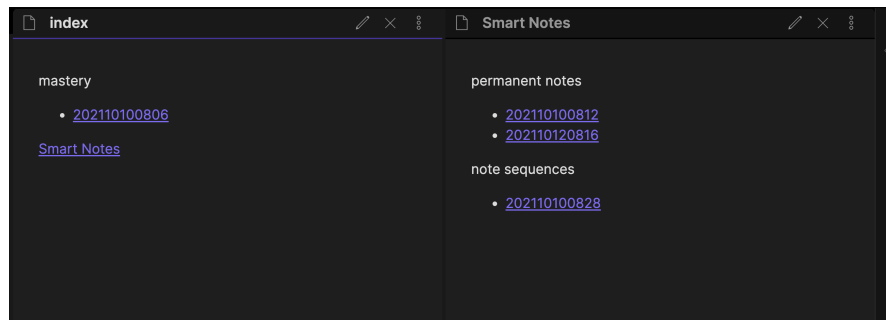
At the other end of the spectrum, taking notes with no order at all creates an unnavigable hot mess of chaos. Maximum efficiency is then found in the AND statement. You need a system that is flexible while at the same time has just enough structure to maintain usability.

Structure notes provide just enough order to avoid chaos, but not enough that it becomes a chore unworthy of your time, structured notes bring order by providing you with a *temporarily valid* structure for a topic, based on nothing more than your current understanding.

In the beginning your slip-box will contain a single topic. So far yours only contains notes on Smart Notes, but eventually you'll have notes under many different topics. When that occurs, you should create a structure note.

In Obsidian, create a structure note.

1. Click `New note` on the top left panel.
2. Name the *Smart Notes*.
3. Open the index note and create a link to the new `[[Smart Notes]]` structure note.
4. Select the keywords *permanent note* and *structure* along with the bulleted lists below them.
5. Cut the text with `Cmd+X` (macOS) or `Cntrl+X` (Windows)
6. Paste the keywords and their links into the Smart Notes structure note



Notice that the name of the structure note now becomes a linked keyword within the index. All the same rules that apply to selecting keywords within the index also apply to the keywords used to name structure notes.

Use structure notes to provide a temporary structure for any given topic. And remember that as your understanding improves, the structure and names used to describe the topic are likely to change.

Navigate through connections

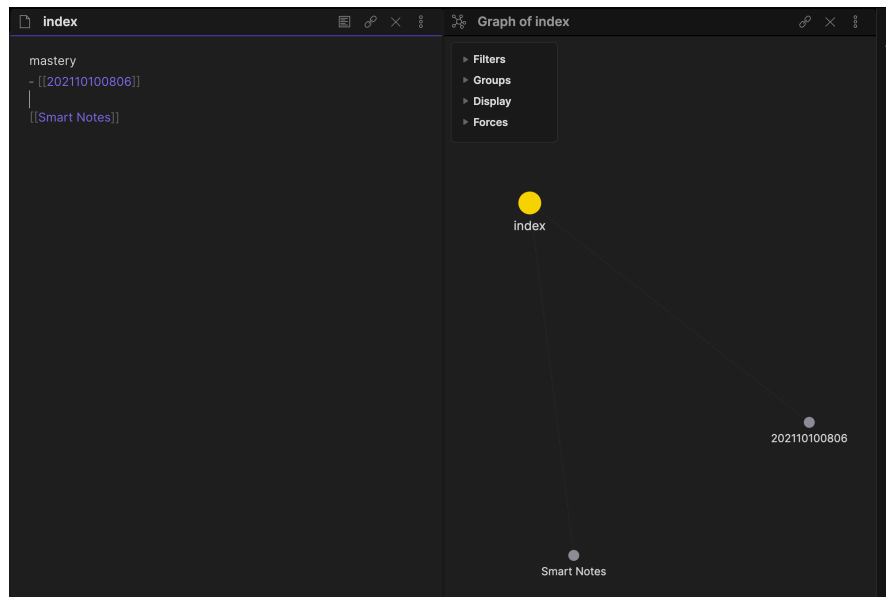
By design the slip-box is not meant to be searched it's meant to be browsed leisurely like a library, and you browse your slip-box through its connections.

Notes are then discovered through their connection to other notes, be that a connection to an index, structure note, sequence, or another note. Encouraging the usage of browsing vs search is one of the primary reasons for the note's name to remain a unique ID. Browsing brings with it the benefit of serendipity. When you add a new note, then connect it to previously take notes you are given the opportunity to examine previous lines of thought long since forgotten and temporarily reload it into short-term memory. That same opportunity presents itself when browsing and navigating your slip-box through its connections.

Connections in your slip-box are made through the links you place within them. You can see these links by opening a local or global graph view of your connections.

In Obsidian, navigate your slip-box using the links within the index.

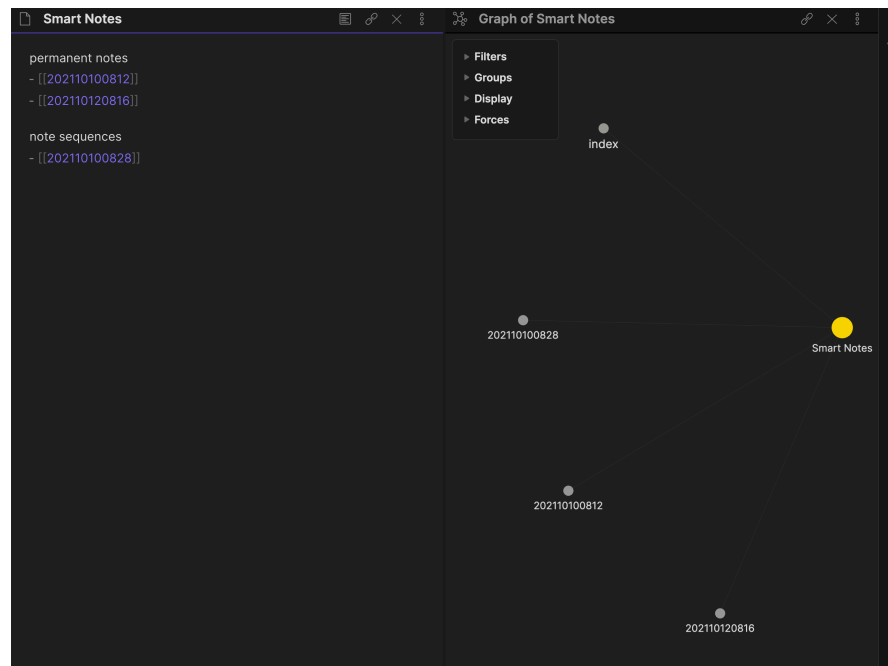
1. Open the *index* note.
2. Click the *more options* button, then select *Open local graph*.



It's the visual features of Obsidian that provide a powerful incentive beyond the obvious limitations of the physical version that a digital becomes valuable.

Next, within the local graph view click on the *smart notes* node.

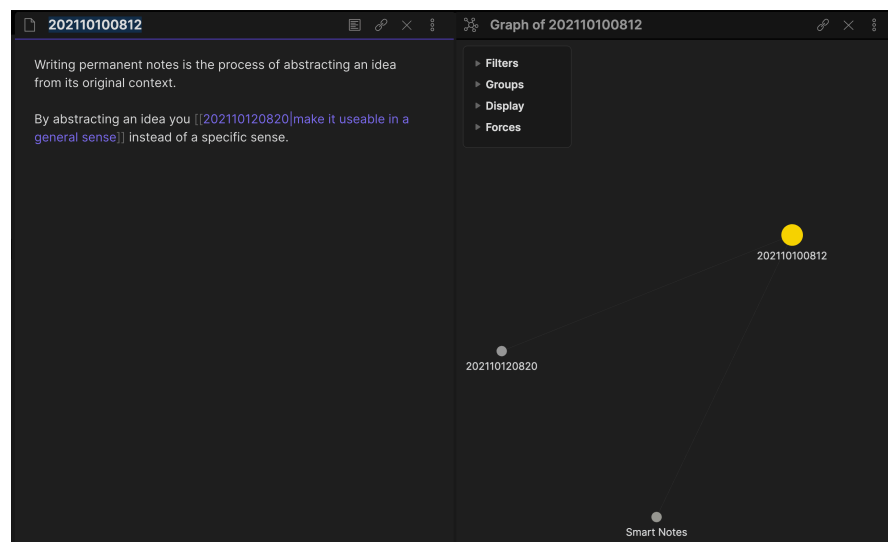
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Notice that structure note *Smart Notes* was opened and the graph was updated to the links found within the structure note.

> NOTE: The graph view isn't required to open links. You can also navigate the links by click on the links within the note itself.

Open note 202110100812, notice the graph view displays a note-to-note link.



Finally, click on the *Smart Notes* node in the graph to navigate back to the structure note.

Having a holistic view of the slip-box was never possible in the physical version, but it is to a limited usefulness in Obsidian.

In Obsidian, open the graph view.

1. Close all currently open notes
2. On the left panel, click *Open graph view*



Much like the physical version, as more and more notes are taken your slip-box this graph view gets messy. However, notes that accumulate the size of the note representing the note gets bigger.

Providing a useful indicator of where you knowledge is building up to the point when a projects becomes viable.

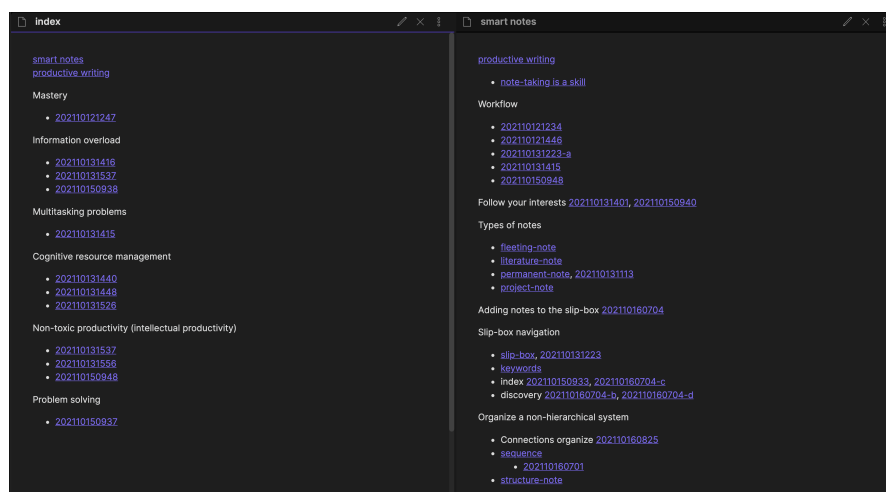
Build projects from Smart Notes

Taking Smart Notes captures knowledge in a system that stores malleable and atomic ideas to be used in future texts, which is the entire purpose of the slip-box. As you have learned, note clusters build in areas of interest, providing a starting point for further research and learning. New lines of thought, insight and interests then appear and, eventually, those note clusters become large enough that a topic worth writing about surfaces.

What you're reading right now was a natural consequence of taking Smart Notes.

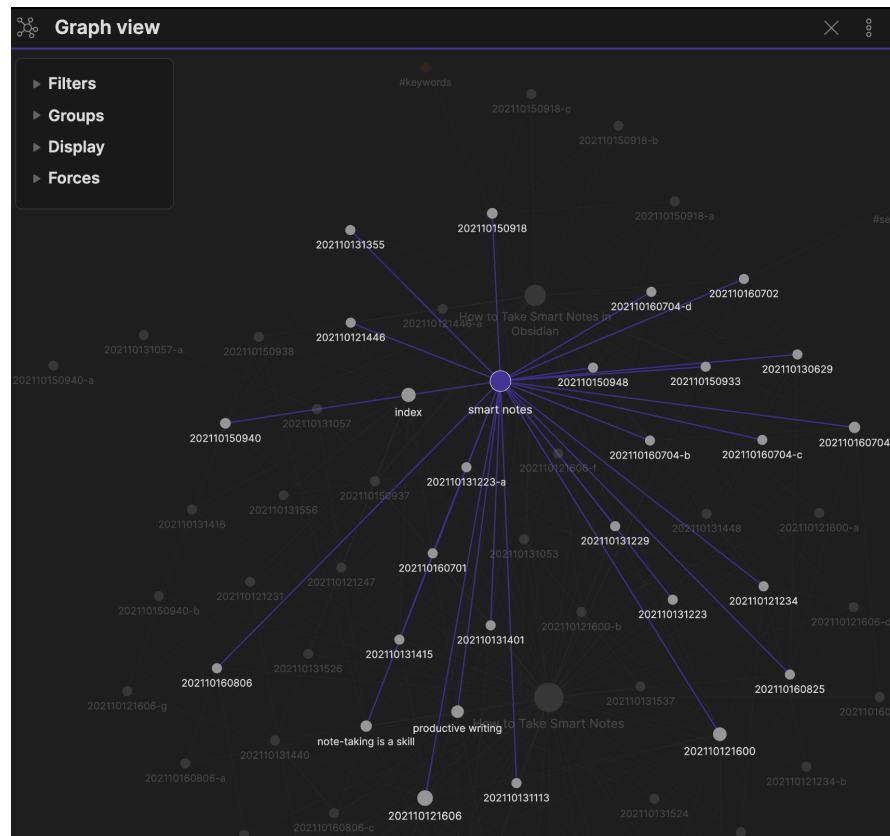
It's rather meta, but rereading and taking Smart Notes on "How to Take Smart Notes" is how I fell into writing the words you're reading by accident. What started as an *update* to my previous attempt to understand the Zettelkasten method turned into a 25+ page manual of sorts. Up to this point, you've written a few meta-permanent notes yourself on Smart Notes, and I encourage you to keep doing so. For the sake of time, I'll now fast-forward.

Instructing you through the creation of a project would require a substantial amount of time and effort. Instead, I'll share with you behind-the-scenes information on how what you're reading now came into existence and how I used the method described throughout these pages to create it.



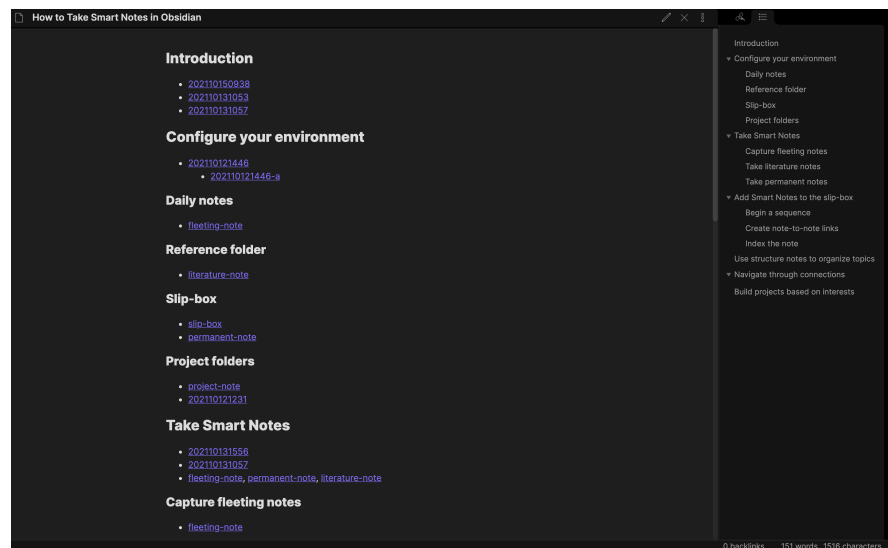
At the end of my reading of “How to Take Smart Notes,” I ended up with 74 notes in my slip-box. I settled on 8 different keywords and created two different structure notes by the time I was done adding all the notes I had taken to the slip-box.

Note: You can download my entire Smart-Notes vault from GitHub, [here](#).



Using the graph view, I saw how much knowledge had clustered around the idea of Smart Notes and decided to use a project note to reorder my understanding into an outline that I could use to instruct others. My intention was to integrate the knowledge I had learned about the Zettelkasten method into a digital version, using Obsidian.

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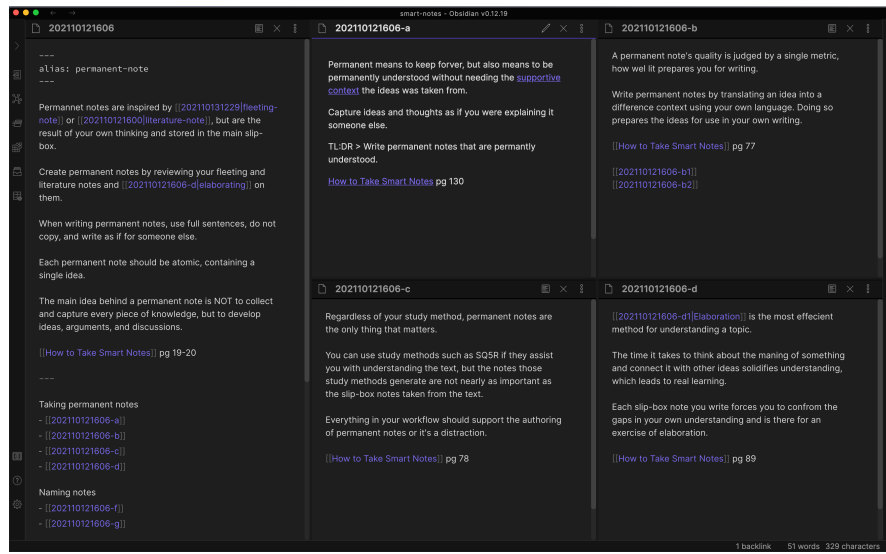


After I had outlined the article using headings, I began to browse my slip-box for supportive notes that would build an argument and/or give me the raw material necessary to write the sections I had outlined.

With the outline complete, or at least drafted, I began to write. Having learned from experience that specific editors are better for writing than Obsidian and other note-taking tools, I created a new sheet in Ulysses, my editor of choice, and began to work on the rough draft.

Using workspaces in Obsidian, I saved layouts of specific notes to reference while I wrote. Writing each morning on my MacBook Pro, I would have Obsidian in full screen on one desktop and Ulysses in full screen on another. Then, using the track pad gestures, I'd swipe back and forth between the outline with the workspace open and Ulysses.

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Take permanent notes

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You create permanent notes through elaboration.

Within the slip-box, elaboration means expanding on and connecting an idea. As a result a new structure of relationships is created between ideas. However, before an idea can be connected, it has to be abstracted.

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That's is what mean by the phrase "*atomic*" note. Permanent means to keep forever, but it also means permanently understood. Permanent slip-box notes will become your external storage for long-term memory.

You must understand that permanent notes are a result of your *OWN* thinking, not the captured ideas of others. When taking permanent notes, use your own words and never copy word for words. Except to capture a quote.

****Create a permanent**** note in Obsidian.

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2. Within the note elaborate on a previously taken fleeting or literature note.
3. Repeat this process until you've created 2-3 permanent notes.

By the end of two weeks of writing an hour each morning I ended up with 4,947 words that totaled 27.4 pages.

I started where you are now starting, but I hope in reading this you've been saved the many months of anguish that I endured. 🤔

Having spent the better part of a year learning and experimenting with Smart Notes (the Zettelkasten Method) and Obsidian, I now know that I'm only scratching the surface of what's possible in terms of personal productivity and knowledge management.

As I continue to learn, I'll continue to share. If that interests you, the best place to follow my work is on [YouTube](#). 🙌

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Notes

Communities

- <https://www.reddit.com/r/ObsidianMD/>
- <https://www.reddit.com/r/Zettelkasten/>

Articles about Zettelkasten, that don't suck

- <https://zettelkasten.de/introduction/>
- <https://zettelkasten.de/posts/collectors-fallacy/>
- <https://zk.zettel.page/>

Newsletter

- <https://www.obsidianroundup.org/>, the one and only worthy Obsidian newsletter by Eleanor Konik.

Thank you!

I want to thank you for purchasing this book. I hope you found it helpful, and I wish you the best of luck.

I'd like to ask you for a small favor.

If you enjoyed the book, I'd be very grateful if you would leave an honest review on Gumroad.

Every single review counts, and your support does make a difference.

Click [here](#) to leave a review on the book's Gumroad page.

Thanks again for your kind support!

Cheers,

Josh Duffney