



# The Reverse Theory

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This book is available at <http://leanpub.com/thereversetheory>

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This is a [Leanpub](#) book. Leanpub empowers authors and publishers with the Lean Publishing process. [Lean Publishing](#) is the act of publishing an in-progress ebook using lightweight tools and many iterations to get reader feedback, pivot until you have the right book and build traction once you do.

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# The Basics

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## Previewing and publishing

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## Basic formatting

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## Markdown and Markua

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## Generate a preview version of your book

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## Either read a tutorial, or just go for it!

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## **Read the tutorial...**

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## **...or just go for it!**

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## **Thanks for being a Leanpub author!**

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# Writing in Markua

Writing in Markua is easy! You can learn most of what you need to know with just a few examples.

To make *italic text* you surround it with single asterisks. To make **bold text** you surround it with double asterisks.

## Section One

You can start new sections by starting a line with two # signs and a space, and then typing your section title.

### Sub-Section One

You can start new sub-sections by starting a line with three # signs and a space, and then typing your sub-section title.

## Including a Chapter in the Sample Book

At the top of this file, you will also see a line at the top:

```
1 {sample: true}
```

Leanpub has the ability to make a sample book, which interested readers can download or read online. If you add this line above a chapter heading, then when you publish your book, this chapter will be included in a separate sample book for these interested readers.

## Links

You can add web links easily.

Here's a link to the [Leanpub homepage](#).

## Images

You can add an image to your book in a similar way.

First, add the image to the “Resources” folder for your book. You will find the “Resources” folder under the “Manuscript” menu to the left.

If you look in your book’s “Resources” folder right now, you will see that there is an example image there with the file name “palm-trees.jpg”. Here’s how you can add this image to your book:



If you want to add a figure title, you put it in quotes:



**Figure 1. Palm Trees**

If you want to add descriptive alt text, which is good for accessibility, you put it between the square brackets:





**Figure 2. Palm Trees**

You can also set the alt text and/or the figure title in an attribute list:



**Figure 3. Palm Trees**

Finally, if no title is provided, and the `alt-title` document setting is the default of `all`, the alt text will be used as the figure title instead of as alt text.



**Figure 4. Palm Trees**

You can set the important document settings at Settings > Generation Settings.

## **Lists**

### **Numbered Lists**

You make a numbered list like this:

1. kale
2. carrot
3. ginger

### **Bulleted Lists**

You make a bulleted list like this:

- kale
- carrot
- ginger

## Definition Lists

You can even have definition lists!

### **term 1**

definition 1a

definition 1b

### **term 2**

definition 2

## Page Breaks

We don't recommend that you manually break pages, since that is brittle and can lead to unexpected formatting if you edit text earlier in your chapter and forget about the manual page breaks. But if you really want to add a page break, you use the `{pagebreak}` directive on a line by itself, with blank lines above it and below it.

## Code Samples

You can add code samples really easily. Code can be in separate files (a “local” resource) or in the manuscript itself (an “inline” resource).

### Local Code Samples

Here’s a local code resource:

**Figure 5. Hello World in Ruby**

---

```
1 require 'time'
2
3 # This is just some pointless code so you can see the syntax highlighting...
4 def display_info
5   pi = Math::PI.round(10)
6   time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7   formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8   puts "Pi to 10 decimal places: #{pi}"
9   puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10 end
```

---

### Inline Code Samples

Inline code samples can either be spans or figures.

A span looks like puts "hello world" this.

A figure looks like this:

```
1 require 'time'
2
3 # This is just some pointless code so you can see the syntax highlighting...
4 def display_info
5   pi = Math::PI.round(10)
6   time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7   formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8   puts "Pi to 10 decimal places: #{pi}"
9   puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10 end
```

You can also add a figure title using the title attribute:

Figure 6. Hello World in Ruby

```
1 require 'time'
2
3 # This is just some pointless code so you can see the syntax highlighting...
4 def display_info
5   pi = Math::PI.round(10)
6   time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7   formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8   puts "Pi to 10 decimal places: #{pi}"
9   puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10 end
```

## Tables

You can insert tables easily inline, using the GitHub Flavored Markdown (GFM) table syntax:

Header 1	Header 2
Content 1	Content 2
Content 3	Content 4 Can be Different Length

Tables work best for numeric tabular data involving a small number of columns containing small numbers:

Central Bank	Rate
JPY	-0.10%
EUR	0.00%
USD	0.00%
CAD	0.25%

Definition lists are preferred to tables for most use cases, since reading a large table with many columns is terrible on phones and since typing text in a table quickly gets annoying.

## Math

You can easily insert math equations inline using either spans or figures.

Here’s one of the kinematic equations  $d = v_it + \frac{1}{2}at^2$  inserted as a span inside a sentence.

Here’s some math inserted as a figure.

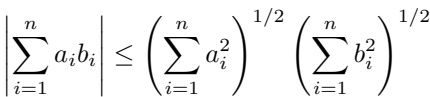


Figure 7. Something Involving Sums

## Headings

Markua supports both of Markdown’s heading styles.

The preferred style, called atx headers, has the following meaning in Markua:

```
1 {class: part}
2 # Part
3
4 This is a paragraph.
5
6 # Chapter
7
8 This is a paragraph.
9
10 ## Section
11
12 This is a paragraph.
13
14 ### Sub-section
15
16 This is a paragraph.
17
18 #### Sub-sub-section
19
20 This is a paragraph.
21
22 ##### Sub-sub-sub-section
23
```

```

24 This is a paragraph.
25
26 ##### Sub-sub-sub-sub-section
27
28 This is a paragraph.

```

Note the use of three backticks in the above example, to treat the Markua like inline code (instead of actually like headers).

The other style of headers, called Setext headers, has the following headings:

```

1 {class: part}
2 Part
3 ====
4
5 This is a paragraph.
6
7 Chapter
8 =====
9
10 This is a paragraph.
11
12 Section
13 -----
14
15 This is a paragraph.

```

Setext headers look nice, but only if you're only using chapters and sections. If you want to add sub-sections (or lower), you'll be using atx headers for at least some of your headers. My advice is to just use atx headers all the time. (The `{class: part}` attribute list on a chapter header to make a part header does actually work with Setext headers, but it's really ugly.)

Note that while it is confusing and ugly to mix and match using atx and Setext headers for chapters and sections in the same document, you can do it. However, please don't.

## Block quotes, Asides and Blurbs

Block quotes are really easy too.

—Peter Armstrong, *Markua Spec*



Asides are useful for longer text.  
But typing them like this isn't fun.

Asides can be written this way, since adding a bunch of A> stuff at the beginning of each line can get annoying with longer asides.

Blurbs are useful

Blurbs are useful

There are many types of blurbs, which will be familiar to you if you've ever read a computer programming book.



This is a discussion.

You can also specify them this way:



This is a discussion



This is an error.



This is information.



This is a question. (Not a question in a Markua course; those are done differently!)



This is a tip.



This is a warning.



This is an exercise. (Not an exercise in a Markua course; those are done differently!)

## Good luck, have fun!

If you've read this far, you're definitely the right type of person to be here!

Our last piece of advice is simple: once you have a couple chapters completed, publish your book in-progress!

This approach is called Lean Publishing. It's why Leanpub is called Leanpub.

If you want to learn more about Lean Publishing, read [this](#) or watch [this](#).

It's a December morning, Dr Wade was reading an article about recent scientific advancements. There is a prison in Wuhan, china. A Chinese scientist has been researching on the aging technology. He can increase people's age quickly and make them look older although they experience everything to happen in the short term. Prisoners who are given death sentences, some specified bacteria which are made in the lab by the Chinese scientist is applied into their body. As a result, they age quickly and die without being executed thru other process such as lethal injection or electric shock. A news article has been published about the experiment which said some bacteria can quicken the age of humans. Public have mostly positive comments

about the process. Dr. Wade was reading the article and was asking himself, how scared and panicking this process is for those people who agreed to take part in the experiment and get old pretty quickly in front of their own eyes.

Dr.'s thoughts got disrupted by his wife, his fellow faculty at the same university. She was ready to leave for the university, Dr. has no lecture today. She looked dull and uninterested in talking to him. She silently left the house and headed towards her parked car. Dr. was thinking about the last few years. He was academically unsuccessful and was having an emotional breakdown with his wife. She was not happy as Wade was spending more of his time on the research than with her. They didn't have any kids yet. He was remembering the time when he returned from a day-long convention at the university, was happy, came home and his wife was waiting with a lawyer at home. He understood and all he could do was a long breath and silence. He wasn't surprised, it happens, and things don't work sometimes accordingly. He lighted the cigarette. Signing the paper was easy but his heart was breaking into pieces cause from their high-school life they had been so together that they were like the breeze snowfall that falls differently but melts together.

They were like the fresh two birds of the morning. But things change. He wanted to let go of things which are out of his control. He became all alone and alone. Wanted to move far away but couldn't cause that's the only one closest place to the university. Things were dull and dry those days. Lecture, theory, and study.

Why every intelligent people have to have relational breakdowns and have an ultra-emotional lifestyle? That is always a mystery to me.

November 15th, 2040, Dr. Wade was sitting on a park bench alone and thinking he knew someone more emotionally broken at this time than him and it's Dr. Arthur, his closest friend, who is an Ivy League professor. Arthur is an African American, he has been friend of Wade since middle school. Till today, Arthur while away from everyone else except Wade, he starts his word with N\*\*\*a, I ain't doin s\*\*t. I am tired of the university and lectures man. We need to go to vacation, man. Gotta get some fresh air. His parents passed away recently in a public shooting while an active shooter was cross-firing in the neighborhood. That trauma still haunts Arthur and his only company

is Dr Wade who has been supporting him since the beginning. Dr told him to get a greyhound dog for his emotional support. But Arthur was not feeling that. Wade didn't bother him much.

Eventually, Arthur bought a puppy from the pet smart. It was not that expensive but Arthur was finding himself more attracted to the girl who was working at the shop. He was trying to talk to her but his introverted mind kept rushing him for home. Dr Wade was happy for Arthur getting a puppy. He was somewhat released from the pressure of spending time with him. Dr has now more time to worry about his new study.

Dr Wade was also thinking of getting a puppy like Arthur. But he knows his dog would be more lonely than him cause he is that personality who would be more busy researching than spending time with the pet.

Time was passing by. Dr Wade was researching on transdifferentiation, one of the rarest fields in science. He is transplanting turritopsis dohrnii cells into another living body to see if it evolves upon any sort of damage or hit. The Dohrnii can go back to its beginning stage through the transdifferentiation process with the same DNA and become a complete newborn and slowly regrow into its adult stage. It's a cycle that keeps it immortal. Dr Wade was gaining success in almost all of his experiments.

One day he got a call from Arthur, his dog got beat up by one of his neighbors kids, bleeding and senseless. The nearby vet hospital was closed, and he was worried. Dr Wade stopped by his house.

Dr Wade was driving his mustang and was thinking this is a chance to show Arthur a magic that his newly invented formula from The Dornhii can actually diminish any sort of wound or damage in a living body. He got some of it with him and rode for Arthur's house.

Luckily, the wound was repaired, and the skin was recovered. Wade was sitting next to Arthur was talking about the Chinese scientist who invented the aging technology. To share a secret, Wade made Arthur promise not to share with anyone, "Arthur, I am telling you one thing, my new invented formula which I applied to your dog, actually reverse the cells in body, and kinda decrease the age. Arthur wasn't that surprised and said " Ohh that's the secret, man I ain't gotta say to nobody and that's good if my dog becomes younger.

Next morning, the dog was looking fine. The wounded part looked new and almost the same as the other part of the body. Arthur was happy. But Dr Wade was looking stoic. Cause his thought was what's gonna happen to Arthur if someday his dog dies. When Arthur loves something so much, he loses it except Dr Wade the one and only friend of him forever.

Summer came. Life wasn't that hectic lately, everything was running at its own pace. Dr. Wade has been spending his time reading the book Arthur published recently on Wildlife and Survival. Well, Arthur believes wildlife has humor too. They have a different way to express, to imagine, you have to think of a smiling lion or tiger at a child deer. All of Arthur's points were included a lot of emotions for the wildlife endangerment. He also believes humans should have four legs, so, they wouldn't be feeling superior than other animals and kill them enormously. Wade was reading his book and thinking that he has been calling him for the last 2 days. No answer from him, Normally he doesn't do that. As far Wade knows he is not on vacation either. He always go for a coffee to Wawa, and come back to home to write some funny things, else he goes to play golf.

After thinking a while, Wade decided to give him a visit. He rode into his Mustang and drove it to Arthur's house. He knocked on the door, it was silence for a while, then Arthur opened the door. He was looking way more different than before but a little tensed. He was not showing up at the university as far Wade was informed. Both sat on the couch. Arthur made some coffee for both. Wade asked him why he wasn't picking up his calls and not replying to his messages. Arthur replied calmly, 'I have made a mistake.' Remember you told me about the formula based on the dohrnii jellyfish, Arthur was breathing hard, Wade wasn't expecting something phishy from him.

Arthur adding, I also heard about the Chinese scientist who invented the aging process. I had a talk with him. I shared him your theory! don't get mad. Wade shouted out loud, you kidding me? You know what they can do with this? You have no idea. Arthur added, you don't know the worst part yet, they have already used your formula and theorized it as an age reversing dote. The worst part is that they convinced me to use the formula in my body so my age will go backwards and make me look younger. On top of that, any kind of wounds in my body will be cured within a matter of time.

And fortunately it happened. But the problem is I came to know my age reversing process will continue for a long time which will make me look little and shorter alongside my cognitive power will be decreasing, as a result of this I have to live like a young kid. That's bad I have to leave the university, people won't recognise me.' Help me Wade, I just wanted to try something that you invented and I thought it's good for me if i can be young so I can forget all my sorrows which I have right now, but recently I am feeling that I can't remember things properly and I use the word 'actually' multiple times when talking which I did when I was young and dumb.

Wade was calmig himself. First of all, the formula has been handed over, it will be used illegally and what not. Wade was thinking about what can cure this. Cause if the age-reversing cycle continues, Arthur isn't gonna make it. It's a boring process, human beings mean to die, death is a taste and it's inevitable. Immortality is a curse. At leas for Arthur.

Although the formula of dronhii works fine for animals and other beings for other purposes. But when it comes to the touch of the human body it starts working back-wise.

Now, Dr. Wade is desperate to save his friend cause he is going crazy, and the normal body process is being disrupted. Blood flow started changing into speedy and hair started falling rapidly. The worst part is that he left the university and he is now unrecognizable. In the beginning, he was feeling good as he was getting younger but slowly his eyes were hurting, and his body energy was lowering. The hormones in the body started changing and unfortunately, though he looked young one of his brain parts wasn't changing while the other parts were changing and that's what caused him to go handicapped. He could barely move with a young fresh body. Slowly he loses his speaking ability and Dr Wade has very little time to find the antidote.

Wade removed all the dornhii samples from the lab. He was re-searching how to make his friend stable. He know how Arthur's life was. Both were friends long time, finished college together and then became faculties at the same university. Wade never thought something like this was gonna happen to Arthur. If this thing keeps happening, Arthur might do something crazy.

Days passed by. One night, Wade was thinking what if Arthur's body cells and hormones can be replaced, as a result, he will be able to live like a human again. But hormonal change is very critical. But still, as soon as the dornhii cells are exchanged for human cells and somehow they are removed from his body, it is possible to kill all the cells in his body. And that's the only way to save him. If Dr. Wade makes a transplant plasma to Arthur's body, maybe they will be able to take over the body control from the current cells running his body.

After all the dilemmas, Arthur was taken to the hospital and after talking to the doctors, they made all the preparations to do the operation. And it's kinda unpredictable. However, the

operation was completed. All the current plasma in Arthur's body was killed and all the dead plasma was taken out of his body and saved in a jar. On the other side, Dr Wade's plasma was taking place in Arthur's body. The process completed without any trouble. Arthur woke up next day, Wade was feeling little dizzy but ok. Drs reported Arthur will be okay slowly. His dog was walking around the hospital corridor, Bechara dog has been in agony because last few days he couldn't go near to Arthur and he could only company was Wade who is boring, which is why maybe his wife left him.

Then It was December, and Dr Arthur was back to the university. Wade is also back. Both were researching om an artificial kidney transplant . After the transplant, Lance used to bleed through the nose and mouth but it was all the bad blood and dead cells coming out. Wade had the dead plasma jar which has thousands of dead cells combined with Turritopsis Dohrnii. Who knows they might be alive.

Wade had to destroy the jar far away from the city in an ocean where probably some dornhii lives who knows. But the fact is immortality means only for other animals not for humans. It doesn't suit them. And that's how everything gets importance to humans, life, wife, kids, family.

2 months later after the incident, Wade's wife came back and they both started everything again.