

Tony's Top Reads for November 2018

I love sharing some of the things that made me think a little more deeply and brought me joy or perspective. Below are 6 items that fit the bill. Enjoy!

[New Study Finds Mediterranean diet could prevent depression](#)

So many people suffer from anxiety and depression — maybe if they ate more veggies and protein...

[A 19-mile-long crack has opened up on the vulnerable Antarctic coast. What's next?](#)

When it breaks off, it'll create an iceberg five times the size of Manhattan. How worried should we be?

[Epictetus on love, loss, and the Stoic cure for heartbreak](#)

EVERYONE will suffer loss at some point in their lives. Read this. Remember this. Have more peace and offer more comfort when a love is lost. This will teach you to accept and embrace the temporality of all things. VERY COOL ARTICLE.

[The Science \(Not Sci-Fi\) of Social Security](#)

If no action is taken, Social Security will be able to pay only 75% of its promised benefits after 2034. Concise discussion of the issues and potential solutions.

[Commodities Are Flashing a Once-in-a-Generation Buy Signal](#)

The valuation gap between commodities to stocks is at perhaps the greatest gap in decades. After years of underperformance versus other asset classes, we've added commodities to client portfolios. Read why here.

[One chart puts mega tech's trillions of market value into eye-popping perspective](#)

Staggering numbers: There are 5 big tech companies that together are worth more than 282 other companies in the S&P 500.

CAR#-1018-04289

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