



# TONY'S TOP READS AND PODCASTS

AUGUST 2024



Every few months, Tony compiles a list of articles and podcasts that have had an impact on the way he sees the world, thinks about the future, or relates to others. Tony hopes some of these tasty morsels will help bring you clarity, perspective or joy. MORE WISDOM, LESS TIME.

## READS

### Marcus Aurelius on Love: Stoic Wisdom for Modern Relationships

Stoicism is a philosophy designed to make us more resilient, happier, more virtuous and more wise—and as a result, better people, better parents and better professionals. This article teaches readers about the role of love in relationships, in family, in humanity, and in yourself as told by Marcus Aurelius in his book *Meditations*. It's a 9-minute read that I'm sure will leave you enriched with timeless wisdom. The quotes are worthy of your refrigerator!

**BONUS:** Check out this 10-minute YouTube video to learn “9 Stoic Rules for a Better Life according to Marcus Aurelius” [CLICK HERE](#)

### Five Pillars of a Good Life

In the world of popular psychology, the work of one giant figure stands out: Carl Jung, the Swiss psychiatrist, psychotherapist, and psychologist who pioneered analytical psychology. Jung believed that making progress toward happiness was built on five pillars. For those that are like me, and want the bottom line...there's a great seven-point summary. Check it out!

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*“When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love.” — Marcus Aurelius*

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### What City Kids Learn on My Farm

At farm camp in upstate New York, city kids discover the value of hard work firsthand. Here's what the author Larissa Phillips says about kids today: “Overprotected as they are, a lot of city kids are missing out on so many important encounters with material reality: with death or danger or manual labor. These encounters can be unpleasant, even painful. It's understandable that we want to save our children from them. But they lose something essential when we do.” I have a nephew that I want to send here... ; )

### Is 100 the New 70? | Kiplinger

Eating well, exercising, getting plenty of sleep, and managing chronic stress can help make you a SuperAger. Funding that long life requires longevity literacy. In this article you'll learn more about the secret weapon of Norman Lear, the award-winning television producer and creator of the show “All in the Family.” He lived to be 101. There's also some cool “how long might I live

calculators.” Check it out and if you're a client, let's discuss the longevity forecasts in your investment plan.

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*“Your goal isn't better to be better than someone else. It's to be better than your former self.” — Ernest Hemingway*

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### Atlanta-based Husband and Father Reveals 43 Things He's Learned in 43 Years

Explore the wisdom of experience through the eyes of a father. I just love this article. I wish I'd read it 30 years ago before my first child. This practical advice and heartfelt wisdom is applicable to anyone, at any stage in life.

## PODCASTS / VIDEOS

### The Knowledge Project: Morgan Housel

The skills it takes to get rich are drastically different from the skills it takes to stay rich. Few understand this phenomenon more than Morgan Housel. He's identified unique lessons about wealth, happiness, and money by studying the world's richest families and learning what they did to build their wealth and just how quickly they squandered it all. Forget following the stock market day to day. Just listen to this guy and read his book, *The Psychology of Money*. **Email me and I'll send you a free copy.** Awesome.

### How To Run a Company With (almost) No Rules | TED TALK

I may have posted this before, but I'm doing it again. This is seriously one of my top three TED talks of all time. I watched it again recently. Billionaire Brazilian businessman Ricardo Semler will share how he spends his “terminal days,” how to run a business with fewer rules, and how to structure schools that produce outstanding results. A very cool TED talk. If you don't enjoy it, contact me for a refund. ; )

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*“In investing you must identify the price of success — volatility and loss amid the long backdrop of growth, and be willing to pay it.”*

— Morgan Housel

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*We're at your service!* — Tony Parr, CFP®, Partner

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