

Every few months, I compile a list of articles or videos that had an impact on the way I see the world, think about the future, relate to others. In Tony's Top Reads, I like to share some of these tasty morsels that brought me clarity, perspective or joy.

MY MOTHER'S FINAL WISH AND THE RIGHT TO DIE WITH DIGNITY

Here's an AMAZING TED talk for you...After a terminal cancer diagnosis upended 12 years of remission, all Elaine Fong's mother wanted was a peaceful end of life. What she received instead became a fight for the right to decide when. Fong shares the heart-rending journey to honor her mother's choice for a death with dignity — and reflects on the need to explore our relationship to dying so that we may redesign this final and most universal of human experiences.

IS AMERICA'S \$30 TRILLION CREDIT CARD MAXED OUT?

The "national debt" is how much Uncle Sam has borrowed and is supposed to pay back to its creditors, be they private citizens, institutions, foreign governments (publicly held debt), or even itself (intergovernmental debt). National debt is often framed as a percentage of gross domestic product (GDP). The Congressional Budget Office reported in February that the federal government's debt is expected to exceed the size of the American economy this year, even before counting the \$1.9 trillion COVID-relief package recently signed by President Joe Biden.

RETIREMENT CAN BE A TOUGH PSYCHOLOGICAL ADJUSTMENT: WAYS TO ADAPT

Retirees often face a loss of identity—who am I if I am not a (insert previous work identity) anymore? Many experience a void with the loss of structure in their lives, feel useless or unwanted with little meaningful engagement in society, or suffer feelings of isolation once they lose the social network that came with their job. There are steps people can take to help lay the groundwork for a fulfilling retirement, psychologists and advisors who work with retirees say.

40 REGRETS YOU DON'T WANT TO HAVE IN 40 YEARS

Regardless of your age or where you are in life right now, perhaps you will generally resonate with the thoughts here.

WHEN TO GIVE INHERITANCE MONEY TO YOUR KIDS

Should an inheritance be strictly an inheritance, to be left to children when their parents die? Or should parents use at least some of that money while they're still alive to help out their adult children financially? And if parents give while they're alive, how much should they give and when?

THE SIGN OF A GREAT THINKER

High-ability individuals tend to underrate their relative competence, and at the same time assume that tasks that are easy for them are just as easy for other people. The smarter you are, the less you think you know — because you realize just how much there is to actually know.

If you find something of value in this edition of Tony's Top Reads, please forward to someone you care about!

We're at your service! — TP.

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