

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, or relate to others. In Tony's Top Reads, I like to share a pu-pu platter of articles (and one video) that brought me clarity, perspective, or joy. I don't always send things that I agree with 100%. To me it's important to have an open mind and to challenge your own beliefs. **MORE WISDOM, LESS TIME.**

ANTI-AGING TECHNOLOGY IS COMING. HERE'S HOW YOU CAN BE READY FOR IT.

Most people take the aging process for granted. Read why big names like Jeff Bezos and Google are investing in anti-aging technology and what it means in terms of longevity.

INSIDE THE MIND OF A MASTER PROCRASTINATOR

If procrastination is something you, or someone you know struggles with, this TED Talk dives into the thoughts of a master procrastinator and how he has built a successful routine to combat this counterproductive habit. I watched this video with my daughter and it was like a lightbulb went off.

6 ASPECTS OF YOUR LIFE THAT SUFFER WHEN YOU DON'T GET ENOUGH SLEEP

It's no secret that a lot of us aren't sleeping as much as we'd like to. This quick article goes over the importance of sleeping enough, and how we might be impacted if we don't.

THE GREAT CRYPTO GRIFT MAY BE UNWINDING

If a cryptocurrency is money, it should fulfill three functions that money has always fulfilled: serving as a unit of account, a means of exchange, and a store of value. Like shells in Native American societies and cigarettes in prisons, cryptocurrencies can serve as units of account, but what about the other two uses?

UNDERSTANDING VLADIMIR PUTIN

This article helped me understand the causes of the tragic war in Ukraine, by allowing me to see the motivations in Putin's mind that were captured in Over Stone's "As Putin" interview.

LET TONY ROBBINS HELP YOU DISCOVER THE 6 HUMAN NEEDS

Many of your behaviors are based on which of your needs are – or are not – being met. Depending on which of the basic human needs are foremost in your personality, you could be spending a lot of time consciously or subconsciously meeting one or two of them. And if you don't succeed, it could negatively impact your overall sense of well-being.

Knowing which of your 6 human needs is your primary driver and how this affects your ability to connect with others and develop healthy relationships is crucial to your understanding of what fuels you. It can also help you better understand and manage triggers and be in charge of your own emotions.

OPINION: ELON MUSK'S AUTONOMOUS VEHICLE FORECASTS ARE NOT JUST TOO OPTIMISTIC — THEY'RE WRONG

Self-driving vehicles have been on people's minds for awhile now, but recently more than ever. Elon Musk recently told a Financial Times conference, "We are actually quite close to achieving self-driving at a safety level that is better than human". But how true is this? According to this article, not very. Read more to find out.

THE SECULAR CASE FOR CHRISTIANITY BY TIM DEROCHE

Just as any serious Christian thinker must contend with the dark history of Christians persecuting others in the name of their faith, every serious secular thinker has to contend with the fact that these stories—from the Hebrew Bible on through the New Testament—seem to contain a tremendous store of wisdom about how to live a good life and build a healthy society.

As always, please let us know if we can be a sounding board or second opinion for anyone important to you. We're at your service! — TP.

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333 South Seventh Street, Suite 2370 | Mpls, MN 55402 | 612-324-0240

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