

Every few months, I compile a list of articles or videos that have 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 some of these tasty morsels that brought me clarity, perspective or joy. Below are my top reads PLUS one TOP WATCH and one TOP LISTEN for August. MORE WISDOM, LESS TIME.

## 12 RULES FOR LIFE

Whether you're a rule follower, rule bender or rule breaker, you'll LOVE these. Remember the quote by the Dalai Lama, "Know the rules so you can break them WISELY."

## THAI INSURANCE COMMERCIAL

"Unsung Hero" is a tearjerker that will leave you astonished that this level of emotion is elicited by a Thai Life Insurance commercial. It depicts a story of a man who helps people, animals, plants and the world simply because it makes him feel better when he gives to others.

## THE FOUR PHASES OF RETIREMENT TED TALK

Imagine squeezing ALL the juice out of retirement! When interviewed on his research, Dr. Riley Moynes commented, "I wish I knew then what I know now about the psychological challenges that accompany retirement. It would have made things much clearer and easier."

## WHO IS TO BLAME FOR INFLATION?

Here are 15 or so drivers of rising prices, roughly in order. I believe most of the blame goes to those at the top of the list, the bottom of the list are very modest but real contributors.

## THE SOURCES OF TENSION BETWEEN ADULT CHILDREN AND THEIR PARENTS

Adult child estrangement has come out of the cultural cupboard where secrets are kept with both new psychological research and renewed hand-wringing about what some are calling an "epidemic" or a "dangerous trend." Know the sources of tension, so you can maintain GREAT relationships with your adult kids!

## THE TEEN GIRLS AREN'T GOING TO FORGET - BY SUZY WEISS

'It's like a sci-fi show where people went to sleep and woke up two years later.' Lockdown is over, but the scars of isolation aren't going away. This article provides amazing insight into the consequences of the COVID lockdowns to teenage girls. I have one. The article RESONATED with me.

**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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