

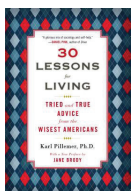
Treasure Chest of Resources from My Sabbatical

The last two years, my work family has allowed me the privilege of taking a few weeks away from the office. I use most of the time to relax, refresh, reflect, and grow as a person. I thought I would share some of my “sources of growth” so that you could possibly benefit as well. — Tony Parr

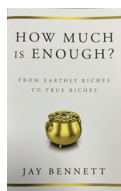
“The result of busyness is that an individual is very seldom permitted to form a heart.”

~Søren Kierkegaard, 19th century Danish theologian and social critic

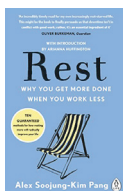
6 BOOKS



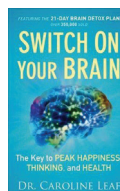
30 Lessons for Living:
What can we learn from the wisest Americans about marriage, parenting, work, health, and aging fearlessly?



How Much is Enough:
It's not about how big your financial “pile” is, it's what you do with it. Carve out a slice of your pie for generosity.



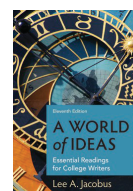
REST:
The enabler of health, longevity and productivity — not its opponent.



Switch on Your Brain:
Your mind controls your brain, not the reverse. You CAN teach an old dog new tricks and improve your thinking!



Things That Matter:
Subtracting life's clutter helps to reveal life's purpose.



A World of Ideas:
A favorite! Essays by great writers and philosophers whose ideas have helped shape history.

3 PODCASTS and 3 VIDEOS



What Alcohol Does to the Brain and Body.
Huberman Lab podcast: Stunningly impactful and informative. We all know someone who should listen.



The Centenarians Decathlon
The Drive: Dr. Peter Attia podcast: How to reverse engineer your workouts, so that you are able to do the important “physical things” late in life.



**Burn Out Part 1
Burn Out Part 2**
GTD: Getting Things Done
Refreshing perspectives for those prone to staying in high gear for too long.



Relieving Anxiety video
Scott Adams
Why would the Dilbert cartoonist say, “Be the unimportant potato instead of the priceless masterpiece?”



“Bad Back” video:
Stuart McGill
Four simple exercises to soothe your aching back. Worked for me!



Generous Giving video
Alan and Katherine Barnhart
Helped me shape my vision for Parr McKnight.

2 HIKES and 1 BOOK SUMMARY

“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”

~Thoreau

Vail, Colorado: Booth Falls Trail

North Shore, Lake Superior BEST HIKES:
Agnes Lake, Oberg Loop, Sugarloaf Cove, Temperance River and finally... Grand Portage State Park (my favorite because it features Minnesota's tallest waterfall and 4.5 miles of rugged hiking terrain.)



What Got You Here Won't Get You There

Excellent book summary on constant improvement.

If you're reading this, you're likely a friend, a client or both. If there's a book I mentioned that appeals to you, email me. I'd be happy to send it to you: tony@pmwmg.com

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