

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. MORE WISDOM, LESS TIME.

THESE SEVEN SKILLS SEPARATE SUCCESSFUL KIDS FROM "THOSE WHO STRUGGLE"

After combing through piles of research on traits most highly correlated to optimizing kids' thriving abilities, educational psychologist Michele Borba identified seven skills kids need to boost mental toughness, resilience, social competence, self-awareness and moral strength. These skills are what separates successful kids who shine from those who struggle.

WHAT SIX HABITS MAKE MILLIONAIRES ULTRA-WEALTHY?

Striking it rich is not a fluke. It takes hard work, fearlessness and a growth mindset. Author Tom Corley spent five years studying the habits of 233 millionaires — 177 of which were self-made — to find out how they make use of their time. Based on his research, he identified six principles they all shared that helped them build wealth.

LOVE IS A VERB

Esther Perel explores love as a practice, the delicate relationship between play and risk, the cyclical nature of passion, the osmosis of desire and self-worth, and how the concept of ambiguous loss illuminates the modern experience of loneliness. If you enjoy TED Talks, be sure to check out her two videos!

DISCIPLINE IS DESTINY.

HERE'S 25 WAYS TO BECOME MORE DISCIPLINED.

Over the years many have said that the key to success is hard work and discipline. Who we are, the standards we hold ourselves to, the things we do every single day are all predictors of the trajectory of our lives. This article highlights 25 habits you can start today to become disciplined and on the best trajectory possible.

16 WAYS PROFESSIONALS CAN AVOID OVERCOMMITTING THEMSELVES

Many of us are guilty of committing to plans we don't want, deadlines we can't meet, or unrealistic expectations we've set for ourselves. If this resonates with you, this Forbes article provides 16 very helpful ways we can prevent ourselves from overcommitting.

THE RULES OF AGING

Aging is seen as a period of losses with no gains... "How we perceive our aging process — how we feel about [our own] aging — is an important determinant of physical health, psychological health and even longevity," says Yoav Bergman, a social psychologist and faculty of social work at Ashkelon Academic College. Take a peek at this article for the interesting stages of aging.

DOOMSTER IN CHIEF

Perpetually gloomy market prognosticator Nouriel Roubini told a reporter on October 31st, 2009 that he was "95% in cash", following that interview the stock market was up nearly 449%. This is an interesting article on the influence deleterious headlines have on us. Pessimism can be very expensive.

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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