

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.

Parents Are Beginning To Say No To Smartphones

Parents Are Beginning To Say No To Smartphones The scene in schools today is one of kids in the hallways bumping into each other with everyone staring down at their phones, and kids eating alone in lunchrooms while they scroll through endless TikTok videos. The research shows that smartphones (I call them WMD's or Weapons of Mass Distraction) are at least partly to blame for skyrocketing rates of teenage anxiety and depression. We're going to lose a generation of kids unless parents and teachers get strict and have some backbone!

The Biggest Career Choice Of Your Life: Marriage

This article is about the book "Money and Love." It focuses on one of life's biggest decisions, marriage. The book is a self-professed "roadmap for life's biggest decisions." It chronicles everything from dating to marriage, to having children and where to live, through to housework, finances, and even divorce—while providing a framework and exercises to help readers make informed decisions. Thoughtful conversation PRIOR to marriage can save grief and pain later.

Six Foods You Should Never Eat

Japan is known for having some of the world's longest living people, and many would suggest that diet plays an important role. A Japanese nutritionist shares the six American foods she refuses to eat. Read this, eat well, live long, and prosper!

"Fill Your Cup" Before Filling Others

While pressure is a part of any job, leadership positions come with high demands and expectations. When leaders don't prioritize self-care to maintain mental, emotional, and physical well-being, they are disadvantaged in their abilities to best lead their team. Read this short 7-minute article to learn how to be the best leader you can be...and we are ALL leaders in some way!

The Future of Business: 25 Trends We Can Expect To See In The Next 10 Years

We can all agree that the past few years have brought plenty of unexpected changes and have shifted the way many of us do business. Working from home is more common, signing documents electronically is standard, and AI can do our jobs for us. This Forbes article highlights 25 predictions of how technology will further change the world around us. Fascinating!

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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