

Every few months, Tony compiles a list of articles or videos that have had an impact on the way he sees the world, thinks about the future, or relates to others. Tony hopes some of these tasty morsels will help bring you clarity, perspective or joy. **MORE WISDOM, LESS TIME.**

# TONY'S TOP READS



## TEN CRUCIAL INSIGHTS FROM THE YEAR'S INDEX RETURNS

How have U.S. stocks performed this year? The answer is simple, but you'd never know that from looking at the three most often quoted indexes. This article sheds light on stock market returns and gives 10 key takeaways regarding how the stock market has performed recently.

## WHAT WE CAN EXPECT OF THE FUTURE WITH AI

Four out of every ten CEOs say AI could destroy humanity within 5-10 years. Chat GPT reached 1 million users within 5 days of launching, compared to Facebook taking 10 months to reach 1 million users.

The claims are extreme, positive and negative: Solutionists focus on "Why AI Will Save the World," while catastrophists warn us of "the risks of extinction". Whether you're pro-AI or anti-AI, this article (that you can listen to) discusses both the risks and opportunities of artificial intelligence in the future.

## 15 MINIMALISTIC LESSONS FOR A LESS CLUTTERED LIFE

In a world that continually exclaims "more is better," the idea of intentionally owning less seems foreign to many. Whether you've been introduced to minimalism before, or this is your first time hearing about it, this short article gives 15 lessons in the art of minimalism.

## IMPROVE YOUR PRODUCTIVITY WITH TASK BATCHING

While most productivity methods focus on chunks of time throughout a single day, there are few that address organizing by task, rather than by time. So much planning can be daunting, but there's one method that can help you structure longer stretches of time for the better. It's called "task batching." If you're feeling unproductive lately, or need a new way of getting things done, check out this article!

## FINANCIAL ADVISORS ARE FIGHTING AGAINST ELDER FRAUD

Scammers are becoming more skillful at financially exploiting the elderly, according to the National Adult Protective Services Association, but efforts to combat the crimes are also growing. Many are partnering with financial institutions to fight elder financial abuse because financial advisors and banks are often the first to see signs of exploitation, says Joe Snyder the National Adult Protective Services Association's public policy chair.

Check this article out if you'd like to learn about initiatives that are currently taking place to combat elder abuse and to gain and inside perspective on the issue.

## THE ULTIMATE PRODUCTIVITY HACK IS SAYING "NO"

One of my favorite authors James Clear argues that the ultimate productivity hack is saying NO. In this brief article he explains that when you say no to distractions and commitments, you free up your time and energy to focus on the things that are most important to you.

If you're ready to start taking control of your time and achieve your goals, start by learning how to say no. One of my personal mantras is: "If it's not a hell yeah, it's a no".

## THE EVOLUTION OF FINANCIAL ADVICE

In the past, financial advice was largely focused on helping people save for retirement. However, in recent years, there has been a shift towards a more holistic approach to financial planning. This means that financial advisors are now helping clients with a wider range of financial goals, such as estate, insurance, or tax planning.

I thought the article did a nice job of pointing out the comprehensive services that we provide, but sometimes fall short on communicating to all clients.

**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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