



TONY'S TOP READS AND PODCASTS

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Every few months, Tony compiles a list of articles and podcasts 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.

READS

[A Psychologist Explains the 6 Stages of Marriage](#)

In this insightful exploration of marital dynamics, learn about the six distinct stages that define the journey of marriage, courtesy of psychologist Mark Travers, Ph.D.. From the heart-fluttering honeymoon highs to the real talk of mid-marriage hiccups, this article is your guide to the ups, downs, and everything in between. Whether you're married, single, or seeking, this article holds valuable insights for everyone.

[How to GTD \(Get Things Done\)](#)

Over 10 years ago I picked up a book that completely changed my personal and professional life: *Getting Things Done: The Art of Stress-Free Productivity* by David Allen. *Getting Things Done* (GTD) is a productivity method that helps you achieve your goals by breaking them down into smaller, more manageable tasks. It is a five-step process: capture, clarify, organize, engage, and review. GTD can be a very effective way to manage your tasks and workload and I recommend it to anyone feeling like they've got too much on their plate right now.

[Product-Led AI](#)

There's lots of noise in AI. From techno optimists who envision AI as the great amplifier of humans, to pessimists who view AI as dangerous robots out to steal our jobs (and take over humanity), there's lots of varying opinions.

I view AI as an important generational technology wave – just like the internet, mobile, and cloud. It's an opportunity for the most ambitious entrepreneurs to build new things that change how we work and live. This article explores the progression AI has made and where it may take us in the future.

[Should You Have a Travel Bucket List?](#)

Is it better to have a clear travel plan or go with the flow? This article examines the advantages and disadvantages of approaching travel with a checklist mindset. Whether you're a structured itinerary aficionado or a go-with-the-flow adventurer, discover the benefits and drawbacks of having a to-do list guide your travel experiences.

PODCASTS

[Elevating Your Financial IQ](#)

Enhancing your financial literacy is key to a secure financial future. Join host Shane Parrish and Wall Street Journal columnist Jason Zweig as they tackle important topics like how to be a smarter investor, filtering out noise, and why philosophy and history matter in today's financial markets. Gain the financial wisdom you need to make informed decisions and secure your future with this insightful podcast.

[Unlocking True Happiness](#)

Immerse yourself in the profound wisdom of Harvard professor, PhD social scientist, and #1 bestselling author Arthur C. Brooks on this episode of *The Tim Ferriss Show*. Discover actionable strategies to challenge your beliefs and cultivate lasting joy, from crafting reverse bucket lists to mastering effective self-care. Listen now and unlock the secrets of lasting happiness.

[Exploring Innovation With Elon Musk](#)

Dive into the mind of Elon Musk, a thought leader at the forefront of current technological revolutions. Join host Lex Fridman as they explore the topics of artificial intelligence, self-driving cars, current politics, and groundbreaking scientific breakthroughs. This inspiring conversation will leave you eager to discover new possibilities.

[Making Sense of Modern Society](#)

Join renowned social psychologist Jonathan Haidt as he unravels the mysteries of modern life. In this enlightening podcast, Jonathan explores the impact of helicopter parenting, call-out culture, and social media's influence on our lives, providing you with insights to help you navigate these ever-changing aspects of society. Prepare to be captivated, informed, and empowered as you embark on this thought-provoking journey.

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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