



# TONY'S TOP READS AND PODCASTS

JANUARY  
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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

### [Twelve Things To Say “No” To If You Want To Get Ahead In Life](#)

Unlocking your true potential and achieving success often involves making conscious choices about what to prioritize. This article serves as your indispensable roadmap, outlining the twelve crucial things you must say ‘no’ to if you’re serious about making strides in your personal and professional life. By learning to decline distractions, negative influences, and unproductive habits, you pave the way for a more purposeful and prosperous future.

### [Twenty-Four Ways To Change Your Life in 2024](#)

Your entire life can change in one year. Not ten, not five, not three. One. One year of focused daily effort. You can change your entire life in ONE YEAR. 2024 is officially upon us. Will it be the year that you change your life? To get you started, here are twenty-four tiny actions to help you make 2024 your best year yet...

### [Six Life Lessons That Also Apply to Investing](#)

Beyond returns, a good investing experience depends on how you feel on the journey — just like in life. Having a good investment experience is about more than returns. It’s about how we feel along the journey. Investing should help us live better, more fulfilling lives. By integrating our life and investment philosophies, we can see money as a tool that empowers our plans rather than as a goal in and of itself. Here are six principles that can help us in life and investing.

### [An Equal Inheritance For All The Kids Doesn’t Always Work](#)

Addressing the often-overlooked intersection of estrangement and inheritance, this article confronts tough questions with sensitivity and clarity. Learn more about four scenarios in which it’d be appropriate for one or more of your children to inherit differently than their siblings.

### [Cleaning House? Financial Ins and Outs for 2024](#)

Many people use the new year as an opportunity to revamp their wardrobes, redecorate their personal spaces, or revisit their finances. Yet, most of us learn every year that our resolutions or intentions (whatever you’d like to call them) can be hard to achieve. The trick is to keep things simple and realistic—both with your goals and yourself. That’s why we’ve boiled down a starting point for getting your financial house in order. Morningstar’s

specialists told us what’s in and what’s out when it comes to retirement savings, market movements, portfolio performance, and more. Plus, we’ve got the resources to get you there.

## PODCASTS

### [Tom Gayner: Short-Term Patience, Long-Term Results](#)

The Knowledge Project is my absolute favorite podcast! In this episode, the host interviews Tom Gayner, the CEO of Markel Group and a Director of The Coca Cola Company. Gayner reflects on the most important life lessons learned from Charlie Munger, what to look for when evaluating a company for investment, and his philosophy on debt. He also talks about the importance of playing a long-term game in a short-term world and how to overcome the obstacles of doing so. His insights on how he avoided the first technology bubble were fascinating, as was his commentary on the great financial crisis of 2008. Both of which were incredibly formative experiences in my career.

### [Naval Ravikant: The Angel Philosopher](#)

This is a must-listen for fans of The Knowledge Project and for those looking to hear from a deep thinker with an incredible wealth of insight. On this episode Naval and Shane dive deep into reading habits, getting the best information from the most reliable sources, mental models for making critical high-stakes decisions, avoiding overcommitting while staying focused on the most important projects, how to facilitate better learning for our children and Naval’s definition for the meaning of life. I listened to this during two trips to the dog park. I wore out my pups and gained wisdom at the same time!

### [Cultivating Happiness, Emotional Self-Management, and More](#)

Arthur Brooks is a social scientist, professor at Harvard University, columnist for The Atlantic, and bestselling author. In this episode, Arthur discusses his new book, Build the Life You Want. He delves into the nuanced concept of happiness, differentiating between momentary feelings and overall wellbeing. He explains the importance of understanding one’s personality pattern with respect to positive and negative emotions in order to better self-manage emotions. I love Arthur Brooks! He also has a wonderful book called From Strength to Strength. I found almost the entire book to be “highlightable.”

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**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.