



TONY'S TOP READS AND PODCASTS

JUNE 2024



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

[Watch a tech billionaire talk to his AI-generated clone](#)

My jaw dropped to the floor when I saw this fascinating video of LinkedIn co-founder, Reid Hoffman chatting with his AI-generated clone Reid AI. The highlight for me was when Reid asked his clone to summarize his book Blitzscaling four different ways. Using language that a child could understand; in Klingon; for the smartest person in the world, and in the way that Jerry Seinfeld would describe it. It's an entertaining peek at incredible technology.

[Warren Buffett Just Sold More Than 100 Million Shares of Apple, and the Reason Why Is Eye-Opening | Inc.com](#)

Warren Buffett just made a move that has everyone talking. He's sold over \$15 billion dollars' worth of his Apple stock. Does he think the stock is overvalued or is he doing it because he thinks capital gains taxes are going up in the future? They don't call him the oracle for nothing. It's a short article and worth your time.

[Want to Upgrade Your Brain?](#)

You can transform yourself through your brain. You can give yourself skills, languages, and abilities that are completely unfathomable to your current self. It's easy to get trapped in bad brain habits. In my life, I've fallen victim to five of the seven habits that hold people back. I work hard every day to be aware and overcome. Which ones afflict you?

[What I Wish I Knew About Dementia Caregiving \(aarp.org\)](#)

My mother sent me this article. Annette Franqui opens up about her deeply personal experience of caring for her mother who was living with dementia. It's a journey filled with challenges navigating the shifting realities of her mother's world. Dementia is a challenge we will all deal with some day, either personally or vicariously. This article offers practical advice and serves as a comforting companion, reminding you that you're not alone.

[7 Book Suggestions To Improve Your Personal Finance Management](#)

I've read five of these books and put two more on my list. If I were to pick only one to recommend to you, I'd choose *The 7 Habits of Highly Effective People* by Stephen R. Covey. [Send me an email, your copy is on me.](#)

[Is 100 the New 70? | Kiplinger](#)

Discover how modern science and lifestyle choices are pushing the boundaries of longevity. Dr. Michael Roizen predicts an increase in the average lifespan of around 30 years, making 100 the new 70. At Parr McKnight, we are fully aware of the planning challenges that result from people living longer lives. Take a few minutes to explore the secrets of becoming a centenarian and leave the planning to us. :-)

[The A-Z of AI: 30 terms you need to understand artificial intelligence](#)

Artificial intelligence is arguably the most important technological development of our time. For every major technological revolution, there is a wave of new information that we all have to learn. Understanding the language of AI will be essential as we all try to grapple with the risks and benefits that this emerging technology might pose. Here are 30 key terms to help you get started on your AI journey.

PODCAST

[Protocols to Strengthen and Pain Proof Your Back](#)

When I turned 45 my back pain began and my tennis days was over. If you're over 40, statistics show you have greater than 40% chance of suffering from back pain. In this podcast Dr. Andrew Huberman shares zero-cost, easy-to-follow protocols that will strengthen and hopefully pain proof your back. Some of these worked for me!

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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! — Tony Parr, CFP®, Partner