



TONY'S TOP READS AND PODCASTS

APRIL 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

10 Wake-Up Calls People Often Receive Too Late in Life

Too often people find themselves eagerly anticipating 5pm each day, longing for Friday each week, yearning for the holidays annually, and searching for happiness throughout their lives, only to discover a lingering sense of dissatisfaction. Embrace the realization that life's richness is often overlooked until its later stages, along with the untapped potential that is present at every moment. I loved exploring the simple wisdom offered in this article.

Retirement Planning Is More Than Financial Planning

Don't let grim headlines about volatile markets and rising inflation overwhelm you. The retirement planning industry is going through a quiet revolution that could be easy for you to miss. At Parr McKnight our focus has always been to craft a retirement plan that prioritizes living your best life. This article spoke to me while countless client conversations came to mind.

"Amateurs have a goal. Professionals have a system." — James Clear

The Government Really Is Spying On You — And It's Legal

Is the government spying on us? This article highlights the government's increasing interest in purchasing personal data. It addresses the ethical and legal considerations of this trend. In a rapidly evolving technological landscape, the author encourages thoughtful reflection on the balance between privacy rights and governmental surveillance in the digital age. I never worried about this stuff because I have nothing to hide, and I want authorities to catch the bad guys. Should I/we worry?

The Cost of Loneliness in Retirement

While we often worry about saving enough money for retirement, the cost of loneliness is rising as an equal threat to a happy, healthy retirement. Fortunately, there are steps you can take now to build your social capital. This one hit home for me. My dad retired, became isolated, got sick, and passed away far too early. While he didn't lead the healthiest lifestyle, if he better understood the cost of loneliness, he may still be around today. Please read this and help someone you know. Avoid the fate of my father.

PODCASTS

Knowledge Project: Greece

Greek history encompasses a rich tapestry of philosophy, democracy, and culture, shaping the very fabric of modern civilization. In this episode, host Shane Parrish engages with Aristotle Koskinas, an expert guide from Athens Walking Tours, to unravel over 3000 years of Athenian history. Listening to this felt like attending a college class on Greece. A must listen if you've traveled there or plan to in the future.

"For many men, the acquisition of wealth does not end their troubles, it only changes them." — Seneca

Knowledge Project: Dr. Becky Kennedy

Join bestselling author and clinical psychologist Dr. Becky Kennedy as she dives deep into essential life skills rarely taught, but crucial for navigating relationships. From parenting to partnerships, discover how to regulate emotions, set boundaries, and respond compassionately in tough conversations. It's fun to listen and chock fun of relational wisdom.

Lex Friedman: Ben Shapiro and Steven Bonnell (aka Destiny)

When Democrats and Republicans normally get together, the result is friction, hostility, and closed mindedness. Not here. This conversation, somewhat narrated by famous Podcaster Lex Friedman, explores many of today's pressing issues through the lens of constructive dialogue and critical thinking. It offers perspectives from both conservative and liberal viewpoints. I was amazed at the civility of the conversation and how many times they said, "I largely agree with you."

"An oak tree is an acorn that just refused to give up." — David McGee



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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