



The Secret of Getting Rich

Some things never change. As a kid, I always wanted more. More cookies. More toys. More of summer. As an adult, I still want more. More vacation. More money. More Nate-time. When I was younger, my uncle used to say, "he who knows when enough is enough will always have enough." I've been thinking a lot about that lately because it's true. When you know what enough is, you're rich. The problem is that we're always wanting more of something or another. That's the hedonic treadmill the Buddhists are talking about. We're constantly seeking the next hit, the next feeling of pleasure. Craving and wanting like this is the root of suffering. One way to help end the suffering is to really think about what enough is. And trust me, you have enough. You're healthy enough to read this email and you're smart enough to understand it. What a gift.

News Interview

In last month's newsletter, I discussed Brian Walshe and whether he could be charged for murdering his wife, absent the discovery of her body. I was able to speak with Fox News about the Brian Walshe murder case.

Video

The Best Pre-Workout Drink

I used to think straight caffeine was the best way to prepare for my 5:30 AM workouts. That was until my buddy told me about Pulse Pre-Workout Drink. Very. Good. Stuff.

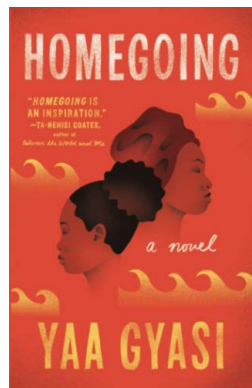
Pre-Workout

Recommended Reading

Homegoing

By: Yaa Gyasi

Like many of my favorites, this was recommended by my erudite sister Rebeccah. I'm going to copy from Amazon: "Homegoing follows the parallel paths of these sisters and their descendants through eight generations: from the Gold Coast to the plantations of Mississippi, from the American Civil War to Jazz Age Harlem. Yaa Gyasi's extraordinary novel illuminates slavery's troubled legacy both for those who were taken and those who stayed—and shows how the memory of captivity has been inscribed on the soul of our nation." Wicked good.



Death Be Not Proud

By: John Gunther

This book is about death. But don't shy away because it's beautiful, moving, and deeply philosophical. Here's what you need to know: in the 1940s, famed journalist John Gunther's 17-year-old son was diagnosed with a brain tumor while at Deerfield Academy in Massachusetts. He died 15 months later. The book is also not only about how he died, but how he lived. An absolute must-read for any parent, but particularly a father.

