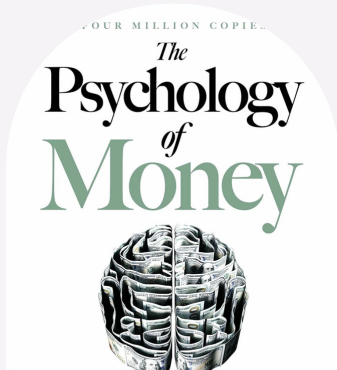


Stronger

Healthier

Happier

SUNDAY MORNING WITH COLIN JANUARY 21, 2024



READ

The Psychology of Money

This was a tough decision as I am usually working through multiple books at once.

I really enjoyed this book because it helps you make wiser decisions in being better with money. The author shares 19 short stories exploring the strange ways people think about money.

It teaches you how to make better sense of financial decisions while looking at the behaviors associated with making these decisions in the real world. This book has many interesting ideas and practical takeaways.



EAT

Hibachi Chicken

I like to try and get creative with cooking on Sundays.

There are a couple of specialty oils that really make the dish and it is well worth it for the flavor.

Hibachi Chicken is an easy 30 minute meal that you can make at home but feel like you are eating hibachi at a Japanese restaurant.

This meal is gluten-free and dairy free. It is also Whole30 and Paleo friendly. It can also be low carb with some easy substitutions. Enjoy!



LISTEN

The Daily Stoic

I started listening to Ryan Holiday's work right before the pandemic. This podcast and its Stoic teachings were a way for me to handle the uncertainty and weekly challenges we had during the pandemic and beyond. Every day, Ryan Holiday brings you a new lesson about life. All of his podcasts are inspired by thoughts and writings of great stoic thinkers like Marcus Aurelius and Seneca the Younger. The podcast also features interviews with notable figures from sports, academia and politics.

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