

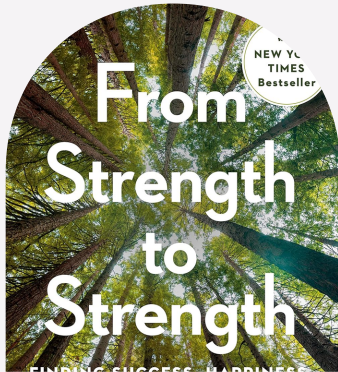


Stronger

Healthier

Happier

SUNDAY MORNING WITH BOB DECEMBER 24, 2023



READ

Learn More

The roadmap for finding purpose, meaning, and success as we age.

Having turned 60 this year, this book really hit home. Many of us assume that the more successful we are, the less susceptible we become to the sense of professional and social irrelevance that often accompanies aging. But the truth is, the greater our achievements and our attachment to them, the more we notice our decline, and the more painful it is when it occurs.

What can we do, starting now, to make our older years a time of happiness, purpose, and yes, success? From Strength to Strength is a great place to start that journey.



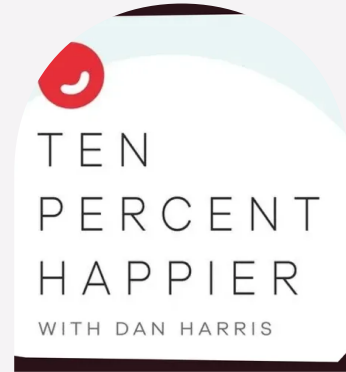
EAT

Healthy Fish Recipes

Fish, all kinds, eaten regularly.

Swordfish, salmon, haddock, cod, shrimp and more. Many years ago, when our kids were little, my wife made the unpopular, at first, decision to remove beef from our diets. You can imagine the reaction, but she persevered. Her secret weapon? An inventory of delicious recipes for fresh fish.

Some were grilled, some baked and some broiled and each a hit, eventually. My favorite is a simple swordfish steak covered with lemon juice and olive oil sprinkled with lemon pepper and then grilled until cooked through... perfect!



LISTEN

Ten Percent Happier

At the start of the pandemic in early 2020, when our business was thrust on to a path with a very unknown destination, I leaned into my very occasional meditation routine in search of the stillness and clarity I knew I would need to weather this storm. I decided from then on, meditation would be regular practice.

On his show, The Ten Percent Happier Podcast, Dan Harris talks with eminent meditation teachers, top scientists, and even the odd celebrity. Guests include everyone from the Dalai Lama to Brené Brown to Karamo. On some episodes, Dan ventures into the deep end of the pool, covering subjects such as enlightenment and psychedelics.

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