

3 on 13

3 things from EP
to make life
better.

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Emanuelson-Podas produces the **3on13 Newsletter** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think, make you smile, or make you a better, happier human being. **Got something worth sharing? Send it to 3on13@epinc.com**

1 | How to be Happy

Are you listening to [The Happiness Lab](#) yet? Matt Groves, EP's Performance Coach, hipped us to [Dr. Laurie Santos](#) recently, pointing us toward Episode 4 of her podcast, titled "[Mistakenly Seeking Solitude.](#)"

It's fascinating. Santos lays out how seeking solitude is connected to seeking free time — moving from a *time famine* to *time affluence* — and the very real related social (and happiness) costs. (No, there's nothing wrong with wanting some time alone. But study after study suggests human beings are happiest when connected to others.)

In this episode, she speaks to [Don Wetzel](#) (inventor of the ATM), [David Byrne](#) (yes, THAT David Byrne), multiple researchers, and even her brother (who wrote [this book](#)). And she answers the question: "But what if I'm an introvert?" Check it out [here](#).



2 | A Reminder: We Can Choose

Ever have an unwelcome thought? They tend to arrive at the least convenient times, often throwing a figurative monkey wrench into our literal plans and efforts. Author [James Clear](#) — advocate for the great value of systems and habits, and author of [Atomic Habits](#), one of our absolute favorites — says this about your brain when an out-of-the-blue thought, mood or feeling shows up:



"Your mind is a suggestion engine. Every thought you have is a suggestion, not an order. Sometimes your mind suggests that you are tired, that you should give up, or that you should take an easier path.

But if you pause, you can discover new suggestions. For example, that you will feel good once the work is done or that you have the ability to finish things even when you don't feel like it.

Your thoughts are not orders, merely suggestions. You have the power to choose which option to follow."

3 | Odds and Ends

- A thought about conflict from [French moralist and really-interesting-guy Joseph Joubert](#): "Never cut what you can untie."
- A 5-song playlist you should listen to: [Music You Should Know](#) (including the perfect [summertime song from Tai Verdes](#)), from our friends at 89.3 The Current.
- A photographic gallery to peruse: [Winter Drives with a Film Camera](#), from *ENTER*, the weekly digital newsletter published by AIA-Minnesota.



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