

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 | Conversation Skills

Very, very slowly, the world is opening back up. People are carefully coming out into the sunlight, squinting and stretching as if after a long nap.

We've sung the praises of author and journalist [Celeste Headlee](#) in the past, but it felt timely to return to her as this slow reopening of the world progresses. Many of us may notice a slight atrophy of our social and conversational muscles after this period of underuse. Now is a good time to review [some tips on how to have better conversations](#)... with friends, with colleagues, or with new acquaintances.

[This Headlee TED Talk](#) is about 11 minutes long, and it's worth every second. But if you're in a rush, jump to 4:20 for the start of her 10 Rules. And if you're really in a hurry, just ruminate on these two:

- "Enter into every conversation assuming you have something to learn."
- "If you don't know, then say you don't know."



2 | Sounds to Make You Smile



- St. Pat's Day is on the horizon, which makes Hozier's [traditional a capella take on The Humours of Whiskey](#) well worth all of its 51 seconds. We've got it mostly memorized. Come guess me this riddle; what beats pipe and fiddle...?
- This is [right up our alley](#). While the visuals of this [unbelievable video of Bryant Lake Bowl](#) are beyond stunning, the music and sounds of the place — the crashing pins, the snippets of conversation, the clinking glasses — grab us as well. The 90-second video [has gone viral](#).
- *Rolling Stone* recently named 10-year-old [Nandi Bushell](#) [one of this year's "Women Shaping the Future"](#) after the young drum phenom took on rocker Dave Grohl in a must-see [epic drum battle](#).



3 | Amazing Stories

We love great stories, and StoryCorps has gathered some [amazing ones](#), including a recent collection to [help celebrate Women's History Month](#). They include stories about friendship and challenge, about overcoming obstacles, and enjoying the day-to-day details of an everyday life. And [this one, about Kittie Weston-Knauer and her son, Max](#). At 72, Weston-Knauer is the oldest female BMX racer in the world — and she has absolutely no plans to retire.



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