

3 on 13

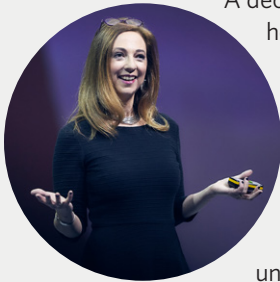
3 things from EP
to make life
better.

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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 | Introvert Power

Acclaimed author and lecturer [Susan Cain](#) is getting a lot of well-deserved attention recently because of her new book [Bittersweet: How Sorrow and Longing Make Us Whole](#), based in part on last year's TED talk on [The Hidden Power of Sad Songs and Rainy Days](#). And while we're certainly in the midst of several rainy springtime days here in Minnesota, it's Cain's earlier reflections on the power of introverts that are on our minds recently.



A decade ago, Cain delivered a went-viral-in-a-hot-minute [TED Talk on The Power of Introverts](#), alongside her book [Quiet: The Power of Introverts in a World That Can't Stop Talking](#). It's must-watch/must-read stuff, regardless of where you fall on the introversion-extroversion scale (and Cain is quick to acknowledge that there are countless flavors that exist between the two extremes, including some who chameleon as one or another).

Cain says that while introverts can certainly survive (and sometimes appear to thrive) in highly social environments, they almost universally feel most alive, most "switched-on," most capable when they're in quieter (sometimes solitary) environments. That's where they tend to flex their creative muscles, unleash their unique problem-solving skills, and hone their approach to the louder, more boisterous world.

With data and examples too numerous to list here, [her TED Talk](#) will lend insights into how your colleagues, clients, friends, family — and yes, you, too — operate best.

2 | Strategy. Productivity. Emotion.

Business management consultant and author [Patrick Lencioni](#) and [The Table Group](#) have churned out several excellent podcasts in recent weeks. Here's a few that stand out:

- [It's a Strategy Thing](#): Product leadership, customer intimacy, operational excellence... pick one. Great discussion topic here.
- [Enough About Productivity](#): Is it PRAH-ductivity? Or PRO-ductivity? Either way, it's motivation and clarity that are the drivers.
- [Don't Calm Down](#): Stay chill at work, right? Think again. Removing emotion leads to mediocrity.

3 | Find Your Third Place

Most of us have two places: work and home. But what's your *third* place? This recent article by [Allie Conti in The Atlantic](#) argues that we're losing our third places... and that there's a cost to it. Leaning heavily on [The Great Good Place by Ray Oldenburg](#) and the seminal [Bowling Alone by Robert Putnam](#), this one is timely.



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