

3 on 13

3 things from EP
to make life
better.

AUGUST 13 · 2022

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 | One Thing.

One thing to remember today, when you're walking through the office, or when you're on *that* call, or when you're feeling stressed and the deadline looms, or when you're going to take a shortcut, or leave it for someone else to do, or temporarily forget all the important things your mother taught you:

Manners are the lubricating oil of an organization. It is a law of nature that two moving bodies in contact with each other create friction. This is as true for human beings as it is for inanimate objects.

— [Peter Drucker](#), Management Consultant and Author

There is and will always be friction within a company. Remember your manners. It's important.

2 | Text Your Friends. Just Because.



We've long promoted face-to-face communication as the best, most effective form of communication. And we stand by that. But there's interesting new research out which says that — among friends, especially — even a simple text can help create or maintain connection.

University of Pittsburgh Professor of Business Administration Peggy Liu is the lead author of a [fascinating new study published in the Journal of Personality and Social Psychology](#) that found people tend to underestimate just how much friends like hearing from them. Especially out of the blue.

The research finds that these causal, "just because" reach-outs go far in creating warm, positive feelings in the recipient. It's not far off from the "it's the thought that counts" concept pushed by the greeting card industry once upon a time.

A synopsis of the study can be found in this [New York Times article](#). But before reading, ask yourself: *who should I reach out to with a "just because" message today?*

3 | What to Read Next?

*That's what books are for... to travel
without moving an inch.*

— Jhumpa Lahiri, *The Namesake*

Check out [60 Upcoming Books The Goodreads Editors Can't Wait to Read](#) ... and take a trip.



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