

# 3 on 13

3 things from EP  
to make life  
better.

MAY 13 · 2020

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](mailto:3on13@epinc.com)**

## 1 | It's a Good Time to Talk (and Listen)

In her book, *We Need to Talk: How to Have Conversations that Matter*, author Celeste Headlee discusses how to have healthy conversations, and espouses the value of asking open-ended questions. "How" and "why" questions in particular tend to elicit a more in-depth response, which can lead to greater understanding.



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CELESTE  
HEADLEE

An additional benefit: "Open-ended questions transfer control to the person responding." And then there's this challenge: "Of course, in order to improve your questions, you have to ask them in the first place."



## 2 | Spring Things

- If, like us, you're missing baseball these days, here are three excellent books (mostly) about our national pastime: [The Brothers K](#), [The Art of Fielding](#), and [Once More Around the Park](#).

- Spring means tweeting birds, which makes us think of building one of [these](#) while listening to [this Gen-X classic](#).
- Commencement is upon us! Yes, it'll be weird this year. But memorable speeches will no doubt still be made. And author James Clear, the inspiration for *3on13*, has compiled a list of [Great Talks People Have Never Heard](#).
- Lastly, a few of us are (huge) fans of *Scrubs*. If you are too, we have [the perfect thing](#) to help brighten your day....

## 3 | Hungry Like the (Working From Home) Wolf\*

Working from home making you hungry? EP Performance Coach Matt Groves offers up a simple recipe for a snack that will hit the spot (42 grams of protein!) and is low in fat.

### PROTEIN PUDDING

**You need:** Greek yogurt, protein powder, and some fresh or frozen fruit.

#### Pro tips:

- Use a bigger bowl than you think you'll need. It makes the prep go easier, and helps you burn a few extra calories while mixing like a crazy person.
- Slightly frozen fruit works great — just zap for 10 seconds.
- Add a touch of water if it gets too thick.
- Try different combos of fruit for variety. Blueberries and raspberries. Bananas. Mango? Go nuts!



\* *The Duran Duran reference above is in no way germane to this article, yet it still felt right.*



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