

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 | On Interruptions and Productivity

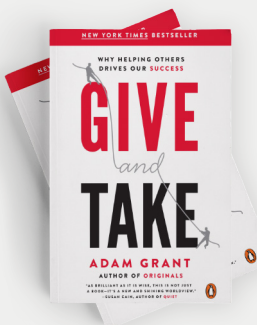
Life presents an endless series of interruptions and distractions. You will continually be pulled off course or asked to put out a fire created by someone else. People will steal your attention — usually with no intention of malice, but simply because different people have different priorities.

Everyone gets distracted. The real divide is between those who get back on track quickly and those who let interruptions expand into longer periods of inactivity. Top performers get back on track faster than most. This is the skill to develop. You will be interrupted, but you can choose to keep it brief.

— From James Clear's [3-2-1 Newsletter](#)



2 | Takers, Matchers, and Givers



Ten years ago, [Adam Grant](#) wrote *Give and Take*, in which he outlines that most people tend to operate as a Taker, Matcher, or Giver. Givers enthusiastically offer help. And as you might expect, Grant encourages his readers to be Givers. He offers up some excellent examples of how (authentic) Givers tend to experience the most professional success.

But here's the kicker: While Givers tend to be at the top of the success scale, they also tend to be at the bottom. So why do some Givers succeed wildly, and others fail miserably? He suggests that "successful" givers ask three crucial questions: Why? When? And For Whom?

The research is [fascinating](#), the examples thought provoking, and the advice might just change how you go about your day. [Read the book](#). Check out the [TedTalk](#). Or — if you're tight on time — [check out this excellent video overview](#) by Nathan Lozeron from the [Productivity Game](#). You won't be sorry.

3 | Summer's End

[Calvin and Hobbes](#) by Bill Watterson, August 24, 1987



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