



## GOOD READ

**Healing Collective Trauma: A process for integrating our intergenerational and cultural wounds**, written by Thomas Hubl, explains how trauma is both collective and individual experiences. His book helps a person understand how unhealed trauma, collective or individual, places obstacles on the path to healing.

Hubl provides a solid framework within which to process the past few years. Additionally, he offers strategies to move through the residue and increase resilience. I found his work beneficial in defining the collective experiences of the recent past.

## Exercise Your Brain

You can strengthen and create new neural pathways easily. Use your non-dominant hand to accomplish small tasks such as:

- brushing your teeth
- using your mouse
- remote controls

These exercises are better than doing crossword puzzles and sudoku to improve cognitive function, and they will also increase creativity.

Get those couch potato synapses going with non-dominant hand tasks!

## PIVOTS AND POTHOLES PODCAST Launches April 2021

*with guest  
Dan Dubelman*



Dan Dubelman wrote his first song when he was four years old. He became a child actor at five years old. He studied at Oxford University. He earned a scholarship to the prestigious Johns Hopkins Writing Seminars Fiction program. He holds NASM and AFFA certifications. He has performed all over the country - including at Farm Aid with Willie Nelson, Neil Young, John Mellencamp, and Dave Matthews. Whew. These are only a few of his accomplishments.

Dan has successfully executed many pivots in his life and experienced the potholes which are part of the process. The Pivots and Potholes first podcast will be a raucous trip down memory lane as Dan shares his experiences and will also discuss his current life pivot to launching Hot Rod Guitars last year.

Join us for a conversation that will entertain, stimulate, and encourage that adventurer within your spirit!



## G.I. Joe Fallacy: Knowing is half the battle. (Not always.)



The GI Joe epithet "knowing is half the battle" is a fallacy that applies to only approximately 10% of our cognitive decision-making and happiness estimation processes. For example, most people KNOW that making more money will ensure increased satisfaction/happiness with their life. However, studies have found a happiness ceiling correlating to income is around \$75k, and income above that amount provides no measurable increase in happiness levels.

Another example is considered common knowledge regarding the female gender's significantly better ability to multitask. I have heard this topic come up in an off-handed manner in conversation or served up as a witticism used in gender banter. Measurements of subjects' multitasking capabilities in a Stanford study showed that everyone decreases in accuracy and efficiency levels. Everyone. Even more curious is that individuals self-labeled as heavy multitaskers scored lower on the tests than low multitaskers. I have chosen this single aspect to discuss, but there were many remarkable findings in the Stanford study.

Improving satisfaction, fulfillment, and happiness in your life will require investigating core beliefs to evaluate their functional truth. I challenge my cognitive bias by looking up the definitions of words I KNOW, I know. Practicing this intervention is simply a reminder and will not alter my default cognition, but I find it is a valuable exercise.

What would help you process your biases? Now that you KNOW, you can...oh wait.

## New Blog Post - February 22th

Part 2 offers tools to rewire your happiness models



## NEWS LETTER

**March Topic:  
Immune System Influences  
on Mental Health**

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