

Perspective
Mental health and anxiety tips
Just do it
What makes a great day?
On competing
Regrets of the dying
Life's delights
Belonging vs. Fitting in
Interest and banking
Overcoming challenges
Why struggle is good for you
Types of Fun
Credit cards vs. Debit cards vs. Cash
I've been your dad for 5982 days
Your gift to the family
Do you want to be good, great or elite?
Handle hard better
Just because you can afford it . . .
Can you beat Dad at Tetris? I doubt it.
Effort and Attitude
Know your value
Does \$\$\$ buy happiness?
Your health is your wealth
The beginning of a new day
What is your greatest fear right now?
How to stop negative thoughts
I am the captain of my soul
The negativity bias
Well isn't this lovely
Your hopes and dreams
Teen self-harm and mental wellness (a story in graphs)
Is your phone controlling you?
There's always something to complain about
My stolen wallet and the bishop from Les Mis
Are we your first call if you get in trouble?
\$\$\$ lesson - Building wealth through assets
Summertime - You best enjoy it!
Charity cloaked as dignity

Side-hustle challenge
C'mon dad, I'm just a teen!
In Heaven's name, grow up and go home! (a 1959 letter to teens)
Happy Father's Day To ME! (and a funny dad video)
Not every struggle is a mental health crisis
Empathy and the case for reading fiction
A boat is safest in harbor. BUT . . .
Ten ways to have a better conversation (especially on a date!)
Predictors of success
The cost of achievement
You have \$86,400
Where did all my \$\$\$ go? Payroll taxes explained
You won't always be on the inside
It's not the critic who counts . . . or is it?
Hilarious teen texts
The real fake world of social media
When the world gets too loud
Angry like Abe
The vast and endless sea
Your word is your bond
The Chinese farmer who lost his horse
Princess Bride optimism
The case for simplicity
You've been wronged. That doesn't make you right.
Finding your gift and then giving it away
The Jenky
A lifetime of skinned knees
Short-term pain, long-term gain
How to win friends and influence people
Merits of an ordinary life
Blame me!
Introverts and extroverts and ambiverts, oh my!
Report-card season: Your turn to grade your parents
You've been scammed!
Our tendency to "make it about me"

The rise of AI and what it means for your life
Media Literacy - Can you spot the fake news?
Follow your passion? Maybe.
You aren't the main character of other people's stories.
USA! USA! USA!
How to truly listen to someone
Assuming best intent
Star in the role you have. Work for the role you want.
Pressure is a privilege
Our family's financial history (moving on up!)
Dumb ways to die
The man in the glass
I'm sorry
The 16th second
Stick your nose in there
The war on drugs
The five times to stay silent
When someone is mean to you
The Oyster Thesis
Giving you both roots and wings
Come home
My 30 essential songs
Unspoken expectations are premeditated resentments
Paying our fair share
An ode to your mama
Left-brain or Right-brain
Your sibling relationships
Instantly improve your writing: Write Music!
The strenuous life
Gifts of nature
The courage to be disliked
We're all hypocrites
Our top 5 parenting regrets
The great grandparents you never knew