



*A holiday
gift from
Thrive to
you*

thriveatwork

Read

- One of my (Jen's) favorite reads this year - perfect for anyone who leads gatherings of people whether work meetings, team retreats, toasts, or just a dinner with family or friends: *The Art of Gathering: How We Meet and Why It Matters* by Priya Parker
- Reading now and recommend: *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* by Heather McGhee
- Excited to read Dorie Clark's new book: *The Long Game*
- Unlike my colleagues, I (Evan) struggled to muster the strength to read anything nonfiction (unlike 2020) this year. So, I focused on science fiction and comics. I finally read *Dune*, caught up on some Batman stories, and read a story about a team of space misfits from multiple alien races who work together to take on missions while learning what it means to be a family. It's called, *The Long Way to a Small Angry Planet* by Becky Chambers.
- Jack recommends *The Dawn of Everything: A New History of Humanity*, David Graeber and David Wengrow
- Have a look at The Conversation for topical articles from top researchers

Watch

- What to watch? Meet your personal movie concierge. Find movies and shows by mood, category, quality. Streaming game changer.
- Two shows we're often discussing? Ted Lasso and Succession. Two amazing shows for very different reasons.

Listen

- The most captivating podcast episode of this year for me (Jen) is here. Ezra Klein interviews Holden Karnofsky Co-Founder of GiveWell about what it means to make decisions about "doing good" in the world (i.e. ethics of our future) and then takes a crazy twist into talking about what the future actually could hold for us humans and why the time we're living in right now might be the most important ever. I am still processing this one- it's worth a listen. Call me if you want to talk about it!
- When I (Evan) need a chuckle, I listen to Smartless with Jason Bateman, Will Arnett, and Sean Hayes. But, when I want to keep up with the latest in the industry of our work (leadership, learning, technology, culture, talent, etc), I listen to the Josh Bersin Academy Podcast. I've followed Josh dating back to my corporate learning days when he would publish books and research focused on the best learning methods and technology. He still conducts a ton of research while keeping up with the latest trends in people technology and culture.
- Jack has enjoyed the album Poetry by Adam Baldych Quintet (2021 Jazz)

Well Being

- Stressed? Need a hug, or just a nice wave hello? Head on over to the nicest place on the internet where people from around the world take turns sending you hugs. Stay as long as you like.
- Finding it hard to get into a gym again? I (Evan) picked up a new Apple TV this year. The videos on their Apple Fitness + are really great. I gravitate toward yoga. Youtube has a ton there as well, but I like being able to sync my Apple Watch so I get credit for it.

Recipes & Food

- Jen's (well, really, Ina Garten's) go-to, easy-to-make winter soup, for when you need to get back to some actual vegetables after all the holiday treats. It's extra good the next day.
- Evan's (well, the Flavor Bender's) easy chicken ramen. Before the pandemic, Jen, Jack, and I would eat at an Asian restaurant for lunch at least once a week. My favorite dish is good ramen. My wife, Erica, and I started making it this year and found that it's quite doable and quite awesome. If you want to level up the difficulty, make your own noodles!
- Jack loves The NY Times Updated No-Knead Bread

Small Businesses

- With incredible leadership and partnership of Harness Collective in Cleveland's Hingetown neighborhood (our clients and friends) two retail shops (Shore Society and Him & His) have "popped up" to create beautiful spaces for wonderful homewares and some Lake Erie love. Check them out, and support these amazing small business start-ups!
 - Shore Society
 - Him & His
 - Harness Collective
- A beautiful gift of daily gratitude for yourself or someone you care about, made by our client and friend over at Free Period Press, Lora DiFranco