

Welcome to the latest edition of *The Best Ideas of the Month*, where you'll find my rundown of the month's smartest articles on becoming healthier, happier, and more productive.

In today's issue, you'll discover how to make yourself more likable, how to stop yourself from ruminating over bad news, and why the secret to happiness might be pursuing a second career.

Here they are—the best pieces I read this March.

## **PRODUCTIVITY**

### [Why Pursuing a Dual Career Can Make You Happier](#)

We've long been told that the key to success is finding the one thing we can do better than anyone else. But what if specializing is undermining our life satisfaction? This fascinating article argues that hyper-specialization can sabotage your happiness—and makes a compelling argument for pursuing dual-careers. (*Source: The Atlantic*)

### [The Surprising Power of a Simple Compliment](#)

Want to be a more effective leader? Start complimenting more strategically. Positive feedback has been shown to reduce the impact of stress on employees' performance. And while some leaders fear giving too many compliments will weaken their effectiveness, a recent study found that kind words, expressed daily, continued to brighten recipients' moods at a consistent level. (*Source: Harvard Business Review*)

### [5 Ways to Be More Likable to Your Remote Colleagues](#)

How do you foster strong connections in a remote environment? Here are five tips, including, “bundle your nudges.” Instead of messaging a coworker throughout the day, consider limiting your interruptions by saving questions and combining them into one or two messages. (*Source: Fast Company*)

## **HEALTH**

### [Why Older People Managed to Stay Happier Through the Pandemic](#)

With age comes certain advantages, and one of them is greater emotional resilience. Research has found that emotional well-being tends to increase with age, despite declines in physical and mental agility. (*Source: New York Times*)

### [What's the Minimum Dose of Training to Stay Fit?](#)

Life has a habit of disrupting our fitness routines. And in the middle of busy seasons, we can find ourselves asking, “What's the smallest amount of exercise I can perform without giving up past progress?” According to new research, with the right type of

workout, you can maintain with just two exercise sessions per week. (*Source: Outside*)

### [Forgetting More? It's Not a Sign of Mental Decline](#)

Having trouble remembering things? Your body might be signaling that you're stretched too thin. Trying to keep track of too many details at once can give the appearance of memory decline when in reality you simply need to focus your efforts. (*Source: New York Times*)

## **HAPPINESS**

### [The Art of Ending a Conversation](#)

It turns out humans are terrible at knowing when to end a conversation. In one experiment, participants overestimated how long their partner wanted to keep talking by 64%. It reminds us to be attentive in conversations and keep an eye on the other person's body language. (*Source: Scientific American*)

### [How to Quiet Your Mind Chatter](#)

Do you ever find yourself obsessing over a past decision? And maybe even falling into prolonged states of anxiety? One of the easiest ways to interrupt those spiraling thought patterns is to speak to yourself reassuringly in the third person. For example, "Ron, you made the best decision you could with the information you had." (*Source: Nautilus*)

Thanks for reading. Here's to a productive month ahead!

All the best,  
Ron

P.S. For more game-changing insights on succeeding faster, check out my upcoming book, [Decoding Greatness](#).

P.P.S. If you were forwarded this newsletter from a friend or colleague, and you'd like to receive it in the future, you can [sign up here](#).