



FINANCIAL PREPAREDNESS

"One of life's most painful moments comes when we must admit that we didn't do our homework, that we are not prepared." ~ Merlin Olsen

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Analog Summer

Sometimes, in a summer morning, having taken my accustomed bath, I sat in my sunny doorway from sunrise till noon, rapt in a revery, amidst the pines and hickories and sumachs, in undisturbed solitude and stillness, while the birds sing around or flitted noiseless through the house, until by the sun falling in at my west window, or the noise of some traveller's wagon on the distant highway, I was reminded of the lapse of time. I grew in those seasons like corn in the night, and they were far better than any work of the hands would have been. They were not time subtracted from my life, but so much over and above my usual allowance. ~ Henry David Thoreau, Walden

The other day I saw a Land's End catalog in our stack of mail and noticed the words "Analog Summer" on its cover. I thought it was brilliant, and it got me thinking. I recently heard the term "[friction maxxng](#)," and plan to write about that in a future issue after I've read and thought about it more. I think it may just be a simpler, easier version of something I've been wanting to do for some time now: rewild myself.

In recent months, I've felt a need to spend less time looking at screens (especially at night), sitting on soft furniture, consuming news and communicating with others electronically. I'm also way behind on my [annual bookshelf](#), and there are many classics I haven't read yet and so many subjects I want to learn about; my [tsundoku](#) beckons.



So I've decided to have an Analog Summer. I live in [the perfect place](#) for it, too: a physically large yet humanscale remote community in the mountains, immersed in natural beauty and abundant wildlife. Thousands of people come here each Summer to get away from cities and suburbia and spend quality time with their family.

So starting May 1, I'm going to unplug and move more, and spend more time reading (physical) books, being more mindful and present in meatspace to listen and have deep, meaningful, face to face conversations with friends and family, laughing more, walking and exercising more, being outside more in direct sunlight, sweating more, breathing more fresh air, spending more time on the lake and putting myself in more places where I can see and appreciate natural beauty.

Every day from the time the stock market closes at 4:00, I'm going to close my computer and not look at any screens (including TV, except for watching a weekly documentary with my family) again for the rest of the day.

I think doing this will allow me to live more like humans have filled for millennia and have a richer, more meaningful and fulfilled life. Will you join me?

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Before starting a new diet or exercise regimen, you should consult with a doctor, nutritionist, dietician, or personal trainer.