



5 Minute Strategic Mindset



Here's my weekly list of what I'm enjoying, or what's inspiring me this week.

A quote that makes me think

"The less you know, the more you believe". Paul Hewson.

Who's Paul Hewson? None other than U2's Bono. Who would have thought he was such a philosopher? [Read more of his wisdom here.](#)

A person who inspires me

As a teenager, I obsessively watched snooker on TV. Pot Black had a famously whispered commentary, the host in a dinner suit, the contestants wearing vests and bow ties. I stumbled upon the snooker playing of Ronnie O'Sullivan recently, whose self-regulation under pressure is nothing short of remarkable. He started his career as a 13 year old in the 1980s and is still at the top of the game globally. [Watch him play](#), and you'll see a masterclass in poise, self-control and mastery of his domain. What can we learn from this level of precision, confidence and adaptability?

A book I'm loving

Bill Gates called this one of the most important books of our time. The epidemiologist, Hans Rosling, with his son and daughter-in-law, have written [Factfulness: Ten Reasons We're Wrong About the World — and Why Things Are Better Than You Think](#). The book is what it says on the tin: it's a must-read for any reader of this newsletter who wants to make the world a better place.

An idea that blew my mind this week.

How do any of us work out what is health information vs health misinformation? Does St John's Wort really help depression? Is there evidence that my two coffees a day will reduce my predisposition to heart disease? Visually synthesising complex information is the subject of "Information is Beautiful" and [this gorgeous chart](#) shows us what evidence does (and doesn't) exist for various health interventions.

And, please send me your feedback by email to ah@workwell.com.au
Which bullet above is your favourite? What do you want more or less of?
Other suggestions? Let me know!

Have a wonderful weekend.

**Purchase your copy
of Andrew's Book**

A signed copy with free global shipping



ORDER NOW



Our mailing address is:

2/110 Gertrude Street, Fitzroy, Victoria, 3065

[Unsubscribe from this list.](#)

[Visit our website.](#) | [Watch Andrew's videos](#) | [Download free book](#) (first 2 chapters)