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Morning! So my plan was to write a thoughtful article around thrift for you today, but after an off chance conversation with a stranger I'm going to hit you with two quick book tips here :) The first one that comes from my newfound friend! (Thanks Ed!) It turns out he's an expat currently living in Taiwan teaching English, and as we got to the topic of money, that usually ends up happening (he doesn't get social security working there, NOR can invest in Vanguard funds, eek!), he asked if I'd ever heard of a Millionaire Teacher book before. In the obviously Holy Bible the finances of all things in their community :) I told him I'd heard about it before and even give away a few copies of the blog over the years, but I certainly didn't check it in depth mainly just because I'm not a teacher. He said it was a great book \*for everyone though, so below is a quick snapshot of it for anyone who might be interested in giving it a shot: Millionaire Teacher: Nine Rules of Wealth You Would Have Learned At School by Andrew Hallam Per Amazon: Millionaire Teacher shows you how to achieve financial independence through smart investing – without a financial wizard. Author Andrew Hallam was a high school English teacher. He became a millionaire without debt, following a few simple rules. In this book, he teaches you the financial fundamentals you need to follow in his songs. You can spend only an hour a year on your investment, never think about the stock market direction – and still beat most professional investors. It's not about get-rich-quick schemes or trendy investment products peddled by an ever expanding, self-serving industry; it's about your money and your future. This new second edition features an updated discussion on passive investment, studies of the cost of dollars on average versus one-off investing, and a detailed segment of RoboAdvisory for Americans, Canadians, Australians, Singaporeans and British investors. More can be found in the book here: Millionaire Teacher Amazon page And then more about the author here: AndrewHallam.com/about (Another great blogger around finance and teaching, btw? Ed more than MillionaireEducator.com. Super NICE guy, and always hacking system pound out more investment – highly recommend :) Tip #2 today comes from you truly who started doing so about three years ago when he ended up with boxes to ship books... And that's using Trader Joe paper bags to wrap up and post all the packages! No boxes needed! Which not only gives you that nice old school feel to it, but also serves as a great – and free! – a way to repurpose your bags :) And since Trader Joe likes to double the bag of all your groceries, you actually get more than enough to ship out a small army worth the books whenever you need haha... Here, I just wrapped up one of our recent winners: So nice and pure looking, well?! Just make sure the \*flip\* bags inside, or they might face more sticky than thrifty, haha... Other great uses for it: Drawing paper Gift Wrapping Carrying SUPER heavy stuff! (These bags are durable!) Getting really nerdy compliments I'm not sure if "all" communities would be grateful for it so much, but here in the Sworld it definitely goes right :) Here are two messages I recently received from people who seemed more excited about packing work than the actual items they made, haha... Love frugal pack... never thought about it. And I'm eclectic! Props you for wrapping [my book] in a Trader Joe bag! I will definitely keep this in mind the next time I send the book by mail. No Trader Joes around here, but I have a stack of Aldi bags from them a couple of times I forgot to own. They'll be perfect. So you have it – a good book, and a good way to wrap your books! It's small things in life, my friends :) What frugal things have you broken into lately? UPDATE: Make sure the mail books media mail too! That will get the cost down as low as possible unless you don't mind that they are taking an extra couple of days to get there :)/killer photo top by MysticsArtDesign/Links to Amazon above are affiliate links... Jay loves to talk about money, collecting coins, blasting hip-hop, and hanging out with his three beautiful boys. You can view all your online projects jmoney.biz. Thanks for reading the blog! THE BACKGROUND: On November 2, Grand Central Publishing releases Everything I Know About Business I Learned From Grateful Dead-the latest great genre of business books with titles that start with some version of Everything I Need to Know . . . which proves either business lessons are everywhere or that many business leaders are full of crap. Quiz: How unbelievable can these books get? Here are two real and two we make up. Can you tell who is who? The answers are below. With Matthew Geiger's Profits being made by tapping untapped markets, places others didn't dare go. That's what Ace did. Bears out! With Tom Porter Build a successful company, mimicking the dignity, adaptability, and balance found in the natural world. With Tim Knox If you work against people right, and use your common sense, you can be anything, do anything, accomplish anything. With Norrin Radd When you start from scratch, you can act like you have nothing to lose. That's what makes you better than the competition. Real Books: Duck (Dog Ear, 2009) and My Mama (Wiley, 2007) Follow Jason Feifer @heyfeifer and @fastcompany on Twitter.Related: Marketers Use Email Cookies to develop personalized ads Getting published always meant something special to us writer types; book with his name on it you have arrived. And now, thanks to the Internet, I'm a real published author. My publisher? Me.It was all day using a new online service called blurb. Its approach is very accessible. You choose a theme, page layout, picture and text size, and fonts from several options. The software is easy to navigate when frustrating slowly at times. I uploaded image files from a CD, dragged images into the site and watched pages filled with my original work. A blurb gives you the choice to write directly to your book page or pasting from another document. My passages go beyond the standard layout, and changing this process was boring. (The blurb says it's down to this.) That obstacle cleared though, I previewed and priced my book, then sent it off to the blurb contract printer. My collection of magazine entries and photos from the year in Spain is now España, a book. Mom's so proud. But the bigger question is this: What does it mean that for less than \$30, a relative beginner can publish a single copy of a commercially quality book? The blurb and its ilk are democratizing a tired oligopoly by opening pipes... all, really. Want to publish your treatise on the government's extraterrestrial conspiracy? Sure! The art of your child's refrigerator? It's a coffee table book! It's not as if there aren't enough books out there already: Nielsen BookScan reports that 1.2 million titles were sold in the United States in 2004, and only 2% sold more than 5,000 copies. Says Patricia Schroeder, EXECUTIVE DIRECTOR of the Association of American Publishers: It will be very difficult to organize this new load of information. The blogging phenomenon, though, offers a narrative analogue. Like a blurb, Web logging offers individuals easy access to the medium, previously controlled by some of the choice. Now about 75,000 new blogs crowd online every day, according to blog researcher Technorati. Of all of them, only 3 are among the top 33 news and media web sites. But this is not a market failure. Rather, blogging has made it economically viable for writers to reach a very narrow audience. So it will be, say, some, with books. The mass market has been replaced by mass niches, explains Jeff Jarvis, a former print editor who now blogs and advises BuzzMachine.com. The old media term was fragmentation. The new term is a choice. The book doesn't have to be big, just big enough. Publishing advertising and others are lubricating wheels, creating their own alternative market like Amazon for everyone. Shoe-ling hooks up authors with proofreaders, editors and marketers, allowing them to bypass established publishers and still reach the right audience. So while I don't think there will be much market for España (honestly, I'm not even sure deserves italics), I can still try. A book world company may not happy with it, but as I say, my mother is thrilled. Strategy + Business. Booz Allen Hamilton's ever-useful management journal, has published a list of what investors consider to be the best business book strategies for realms, innovation, leadership, and change this year. Several books have previously featured in fast company's Readers' Choice Awards, which is good validation, but there are several additional titles to consider as well. What do you think is the best business book of 2004? Let's make the necessary reading list. Published on January 1, 2021. Chairs and tables are the necessary parts for most people in the working environment, but it comes at a price. Often people experience back pain or neck pain from sitting on the other side of the computer. And in some extreme cases, people may experience several health problems because they sit at chairs all day long. This problem has been around for a long time before this pandemic began as people's lives involve a lot of sitting. Not only do we sit at the table, but we also sit on the sofas to watch TV and more. According to the study, we spend an average of 13 hours a day sitting, whether for leisure time or work purposes. It's no wonder that people need to find better solutions to improve posture. One of the best tools created, because it is standing tables. A new take on something familiar, we're going into more detail below the floor tables that they consider buying.7 Benefits from Standing Desk If you're not too familiar with the trend of standing tables, know that you're not alone. Standing tables have only recently come in popularity and not everyone out there is too keen on them. But let me show you a few reasons so you'll be happy for them and consider getting one.1. You Lose WeightGenerally by talking, losing weight requires burning more calories than what you take. You gain weight by taking more calories than what you're burning. As for sitting at the table, you're not really burning any calories despite your muscles being sore and stiff after fear. On the other hand, even things like standing do actually burn calories. Studies have shown that floors have burned more than 170 extra calories. In other words, you could burn almost an extra 1,000 calories just by standing at your desk every afternoon while working. Studies also show that longer sitting is so closely related to metabolic diseases and obesity.2. Blood sugarSoer in the same row, sitting for a long time, after eating, blood sugar may rise. This is particularly true in patients with insulin resistance or type 2 diabetes. Even just standing at the table after lunch can do a lot of good, as some office workers attest. Researchers say that standing 180 minutes after lunch, decreased blood 43% compared to those sitting down. This is one of the many benefits of upright desks.3. Lower risk of heart diseaseBe you have lower blood sugar and burn more calories, you will surely avoid less heart problems in the future. It is widely accepted at this point that the more you are sitting down, the more you are at risk of getting the heart problems you have.4. Cut Back PainI wouldn't be suggesting standing tables if I didn't believe their benefits, such as helping relieve back pain. But there are scientific studies to back up the claim that standing tables do reduce back pain. One study found that participants reported a 32% relief in back pain after several weeks using upright tables. The CDC also found that using a sit-stand desk reduced back and neck pain by 54% after 4 weeks of use, too. 5. Boost ProductivityOne of the common misconceptions about standing tables is that they hinder daily tasks such as typing. Although we don't agree that standing while working will be some getting used to, most people haven't seen a significant impact on typical job assignments. One study found that using a standing desk for 4 hours each day had no effect on letters typed per minute or typing errors. In fact, you may be more productive than before because of the constant improvement in both mood and energy levels.6. Increase mood and energyTaking in more detail, studies show that the improvement in mood and energy levels is associated with a decrease in stress and fatigue. One study found that those who used a permanent desk reported less of these two things. Even more surprising is that when people returned to their desks, the overall mood and energy levels returned to their original levels.7. Living LongerSeating there is less risk that many health problems are alleviated just by standing over, it makes sense you will be living longer from this whole. There is a huge amount of research that shows how sitting is dangerous to our overall health. So, the constant feeling makes more sense, as evidenced by the various benefits of standing tables, which I presented here.10 Best Standing DesksAs more research shows more research on the benefits of standing tables, the more they become attractive and the more people want to buy them. Of course, many companies have achieved this demand and provide a variety of opportunities. Below, I've picked some of the best upright tables around that provide you with all the above benefits and offer some other unique aspects.1. Most Desk Space Standing DeskThis is one of the best sellers around and for good reason, a stagnant desk from FEZIBO allows you to benefit from standing desks and offer a few other things to go with it. One of the key aspects is a large job. It covers x 24 room that offers plenty of space when standing. Inches You can easily fit two desktop monitors on this desktop if you want! Buy a table here.2. Best Adjustable Compact DeskFor for those looking for a compact stagnant table, one of Seville Classics is a good pick. Unlike standard floor tables, it has more platforms for standing table. It is meant to be above the workstation, not itself. Even with this small case, it offers enough space – about 30 inches wide and 20 inches deep – and has keyboard trays as well. The other nice thing about this desk is you can effortlessly and noiselessly turn it upright and sitting on the table. Buy Seville Classics table here.3. Alternative Adjustable Compact DeskAnother compact desk alternative that's similar to Seville Classics is the one from ABOX. They have an electrically operated lifting parking table that can adapt to different heights. Like Seville, you can use this both sitting and standing up. What's unique about it though, is a little larger space it provides plus one-button automatic lifting. In addition, the design is more durable and can hold up to 44 pounds. Buy ABOX permanent table converter here.4. Best High Rise Standing DeskFor for those who want even more unique design, one option is the Victor High Rise Collection. Like the previous two, it requires support for an existing workstation. However, the main difference is where everything is positioned. Since this upright table uses a support pole. It is ideal for monitors if you plan to use it upright. It also offers sitting options thanks to additional panels that can be added to the support pole. Some other notable features are easy tap technology that allows it to convert quickly. It also has a safety sensor that protects you and your desk, as the sensor finds objects by inging them in a sitting position. In addition, since it is a support post, you are allowed to freely adjust the height at any time. Try it here.5. Best L-shaped Electric Standing DeskFEZIBO offers a lot of quality upright desks and more we wanted to mention was their L-shaped electric parking desk. It is able to support itself itself so there is no need for additional workstation support, and it is also in a unique form unlike other tables on this list. It is fully electric as well, able to adjust it easily between the upright height and sitting height if necessary. The design also makes it ideal for corner spots or if you are looking to combine multiple L-shaped tables in a collaboration room. Try this desk here.6. The ideal Office Study DeskOne of the advantages of modern standing desks is their adjustable height. With two engines working together, this permanent table offers smooth and simple adjustment when it comes to height. It is also one of the more durable tables being made of heavy duty steel. It can hold over 260 pounds and offers some elevation as many of the stand-alone desks that are on this list. Another nice feature is the 4 preset buttons. This allows you to adjust the height of the table by committing it to memory. Just press M to adjust the position and set it. Pick up Ergosoft upright table here.7. Ideal Surface TopTypical upright tables are often used for wood or metal, but you can find rare standing tables that use bamboo. As for uplift desks, some of the surface tops are bamboo. Why is this so important? Well for one, bamboo is more durable than most other materials, but is also environmentally friendly and still has an attractive appearance. It can lift 355 pounds with 3-step feet and offers two-monitor space. It even comes with a 10-year all-inclusive warranty that has coverage unlike what other companies usually offer. Get uplift's bamboo table here.8. An alternative to the L-shaped Permanent DeskIf you're looking for another l-shaped desk, the alternative is one of Mr. Ironstone. The different advantage of this floor table is simple installation and cleaning – easier cleaning is due to the fact that the surface material is anti-slip and scratched. Buy Mr. Ironstone standing on the table here.9. Best Permanent TableFrameWith most desks it can be divided easily, another option is simply to change the base of the table. As for FEZIBO frames, it provides the same high quality, but at a lower price, because only get frame. This particular frame is made of metal, has 4 lockable castors and a cable management tray and touch, and has a length of 43.31 to 59.05, making it compatible with most of the peaks of the workstation you want to add. Buy a frame here.10. Laptop Permanent DeskSIDUCAL makes upright tables that are suitable for laptops. While it will be tough to get a monitor, a laptop permanent desk can offer some other unique perks. For one, it's a very mobile floor desk that allows you to move it around the office space with ease. Secondly, since it is designed for laptops, it is lightweight and has a panel that has adjustable laptop placement. Finally, it still offers a decent place for other items than another desktop, but office supplies, a bottle of water, and other items would be fine. Buy a laptop upright table here. Bottom line There are many advantages to standing tables, and their modern ergonomic designs offer much more than the existing advantages of standing. As you can see, even these tables offer the extra perks that any typical table has to offer, and then some. Buy one of the proposed standing tables today, and enjoy the benefits of having one. Featured photo credit: LinkedIn Sales Navigator via unsplash.com unsplash.com

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