

## **Fritz Folts Suggested Reading List**

### **Weighing Machine Podcast**

June 2023

#### *Finance, Economics and Investing*

##### **The Origin of Wealth**

Eric Beinhocker

Harvard Business School Press

2006

The economy as a complex adaptive system....more akin to the brain, the internet or an eco-system than to a static picture presented by traditional economic theory.

##### **The Fed Unbound**

Lev Menand

Columbia Global Reports

2022

Why the economy, the markets and the role of the Fed have not been able to go back to "normal" since the financial crisis of 2009. How Congress continually gets rolled by Wall Street, and how the entire shadow banking system is a ticking time bomb.

##### **Boom and Bust**

William Quin and John Turner

Cambridge University Press

2020

Why do stock markets, real estate markets, etc. experience amazing booms and busts and why does this seem to be happening more frequently.

##### **The Price of Time – The Real Story of Interest**

Edward Chancellor

Atlantic Monthly Press

2022

Explains how all economic and financial activity takes place across time. Interest is often described as the price of money, but it might be better to refer to it as the price of time...time is scarce, time has value and ultimately interest is the time value of money. An interesting perspective.

## *Non-Financial Books*

### Seven and A Half Lessons About the Brain

Lisa Feldman Barrett

Houghton Mifflin

2020

Mind expanding lessons from the front line of neuroscience research. Where brains come from, how they are structured and why that matters, and how our brain's work in tandem with other brains to create everything that we experience. Feldman Barrett also wrote ***How Emotions Are Made*** - a book about such topics as -- how we Experience our Constructed Model of the World as Reality. Constructed Emotions, Body Budgeting, Affective Realism, Social Reality, and the Interoceptive System.

### Meditations

Marcus Aurelius

The Modern Library

2020

Marcus Aurelius was the ruler of the Roman Empire for almost two decades. The book is often regarded as one of the greatest works of spiritual and ethical reflection ever written.

### The Obstacle is The Way

Ryan Holiday

Profile Books

2015

The book draws its inspiration from stoicism. As Marcus Aurelius put it nearly 2000 years ago: "The impediment to action advances action. What stands in the way becomes the way."