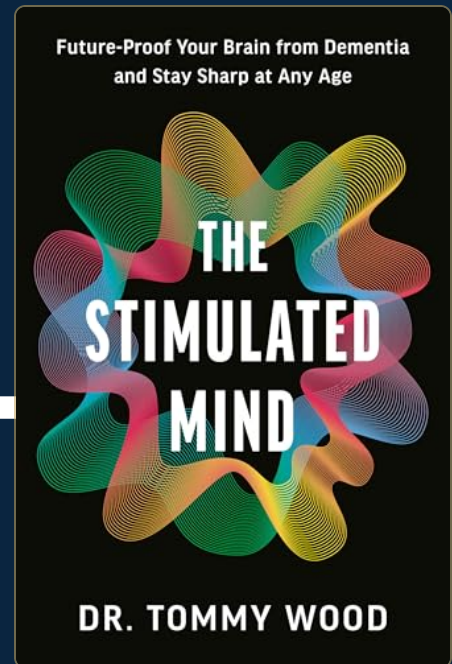


RICK & ISABELLA PINA COACHING

PATREON PREMIUM GUIDE • JPM 9 • BOOK 7 OF 9

STIMULAT MIND



Future-Proof Your Brain from Dementia and Stay Sharp at Any Age. Dr. Tommy Wood.

JP Morgan put this on their list for students and interns. That got my attention. If they want their young people reading it, I want us looking at it.

FIVE LESSONS • FOUR ROOMS EACH • [PATREON.COM/RICKPINA](https://patreon.com/rickpina)

5 LESSONS + HOW THIS APPLIES TO YOU

Hey family. JP Morgan put this book on their list for students and interns. I am not going to turn this into a sermon. It is not a church book. But that list got my attention. If they want their young people reading it, I want us looking at it. Here is what I think they want you to walk away with. And here is what it hit in me.

01 Your brain is not fixed

02 Build headroom

03 Stimulation, sleep, supply

04 Difficulty is the stimulus

05 People are the prescription

THE BOOK IN SHORT

YOUR BRAIN IS NOT FIXED

Dr. Tommy Wood is a physician and neuroscientist, and his whole book is an argument against a belief most people hold without examining it: that the adult brain is set, and that decline is simply what happens next. He says that is wrong, and that the brain keeps adapting when you give it the right stimulus.

His framework is the 3-S Model: Stimulation, Sleep, and nutrient Supply. What makes it worth a student's time is what he leaves out. The gains do not come from expensive pills, far-off discoveries, or extreme optimization routines. They come from things already inside your control: how you eat, how you move, how you sleep, who you are around, and how you handle stress.

1

The brain is not doomed to decline

Wood's central claim. Age is not the mechanism people assume it is.

2

The 3-S Model

Stimulation, Sleep, and nutrient Supply. Everything else is built on those three.

3

Build headroom

Headroom is the mental function you have available. More headroom means damage costs you less later.

4

Difficulty is the stimulus

The brain adapts to what is hard. Comfortable repetition of what you already do well is not stimulus.

5

Sleep is not the thing you cut

It is one of the three pillars, not the slack in your schedule.

6

Social connection is brain maintenance

Being around people is on the list of controllable factors, not a soft extra.

7

It is all in your control

Not pills, not breakthroughs, not extremes. Diet, movement, sleep, connection, stress tolerance.

01

LESSON 01 OF 5

YOUR BRAIN IS NOT FIXED

FROM THE BOOK

Wood's whole project is busting the belief that the adult brain is fixed and decline is inevitable.

He says the brain keeps adapting and developing when you give it the right stimulus, at any age. If you are twenty-two, that means the ceiling you assume you have is not real. If you are my age, it means the same thing.

MY NOTES — HOW THIS APPLIES TO YOU

BUSINESS

IF YOU HAVE A BUSINESS

I have watched people in this industry decide at fifty that they are done learning new systems. They are not wrong about it being harder. They are wrong that it is closed. Every one of them got passed by somebody who kept going.

MINISTRY

IF YOU HAVE A MINISTRY

I have been teaching for a long time and I still study like somebody who does not know enough, because the day I decide I have arrived is the day the teaching starts going stale.

CAREER

IF YOU ARE BUILDING A CAREER

Do not accept a ceiling somebody described to you. Most of what people call talent is accumulated stimulus, and you get to choose how much of that you accumulate.

FAMILY

WITH YOUR FAMILY

My kids need to watch me learn something badly in front of them. If they only ever see me competent, they will think ability is issued at birth instead of built.

02

LESSON 02 OF 5

BUILD HEADROOM

FROM THE BOOK

His key idea is headroom, the amount of mental function you have available to you.

The point of building it is not to feel clever today. It is that when something eventually takes some capacity away from you, headroom is what decides whether that loss is an inconvenience or a catastrophe. You build it long before you need it.

MY NOTES — HOW THIS APPLIES TO YOU

BUSINESS

IF YOU HAVE A BUSINESS

Cash reserve is headroom. So is a second contract vehicle and a bench with more than one person who can run a pursuit. None of it looks necessary until the month it is the only reason we survive.

MINISTRY

IF YOU HAVE A MINISTRY

I build margin into my week on purpose so that an emergency does not cost me the whole month. A schedule with no slack in it is not disciplined, it is fragile.

CAREER

IF YOU ARE BUILDING A CAREER

Build skills before the job requires them and savings before you need them. Headroom is what turns a crisis into an inconvenience.

FAMILY

WITH YOUR FAMILY

Isabella and I do not run our family at one hundred percent capacity. If every hour is committed, one sick kid takes the whole structure down.

03

LESSON 03 OF 5

STIMULATION, SLEEP, SUPPLY

FROM THE BOOK

The 3-S Model is Stimulation, Sleep, and nutrient Supply. Three pillars, and the structure needs all three.

Notice which one people volunteer to give up first. Sleep is not the slack in your schedule. In this model it is load-bearing, and cutting it does not buy you time, it borrows time at a bad rate.

MY NOTES — HOW THIS APPLIES TO YOU

BUSINESS

IF YOU HAVE A BUSINESS

I have run proposals on four hours of sleep and I can tell you the writing was worse and the errors were mine. The all-nighter feels like commitment and it is mostly a transfer of quality out of the work.

MINISTRY

IF YOU HAVE A MINISTRY

I write early because that is when my head is clearest, which only works if I protected the night before. The discipline is not the alarm, it is what I did at ten the previous evening.

CAREER

IF YOU ARE BUILDING A CAREER

The intern culture that brags about no sleep is selling you something. Your judgment is the product you are being paid for, and sleep is where judgment is manufactured.

FAMILY

WITH YOUR FAMILY

We hold a real bedtime in our house, including for the adults. It is not rigidity. It is that everybody in this family is worse at being a person when they are short on sleep.

04

LESSON 04 OF 5

DIFFICULTY IS THE STIMULUS

FROM THE BOOK

Stimulation means giving the brain something it has to adapt to. Adaptation is a response to difficulty. This is why doing more of what you are already good at does not count. Comfortable repetition maintains. Difficulty is what actually builds, which means the frustrating thing you are avoiding is the useful one.

MY NOTES — HOW THIS APPLIES TO YOU

BUSINESS

IF YOU HAVE A BUSINESS

The pursuits that grew my company were the ones we were not obviously qualified for yet. The comfortable re-competes paid the bills and taught us nothing.

MINISTRY

IF YOU HAVE A MINISTRY

If preparing a message never costs me anything, I am recycling. The passages that give me trouble are the ones that end up feeding people the most.

CAREER

IF YOU ARE BUILDING A CAREER

Volunteer for the assignment that scares you a little. Being slightly out of your depth on purpose is the fastest legal way to grow.

FAMILY

WITH YOUR FAMILY

I let my kids struggle with things longer than is comfortable to watch. Rescuing them early feels like love and it robs them of the adaptation.

05

LESSON 05 OF 5

PEOPLE ARE PART OF THE PRESCRIPTION

FROM THE BOOK

Wood lists the factors actually in your control: diet, sleep, physical activity, social connection, and stress tolerance.

Social connection sitting on a neurologist's list is the part most people skim past. It is not a soft add-on to the medical advice. It is on the same list as food and sleep, which pairs neatly with what Wallace argued two books ago.

MY NOTES — HOW THIS APPLIES TO YOU

BUSINESS

IF YOU HAVE A BUSINESS

I do not do this alone. Partners, a board, people who will tell me I am wrong. Isolation is where bad business decisions get made and stay unchallenged.

MINISTRY

IF YOU HAVE A MINISTRY

Ministry cannot be done from a distance. The relationships are not the overhead on the work. A good deal of the time they are the work.

CAREER

IF YOU ARE BUILDING A CAREER

Do not build a career so consuming that you arrive at forty with no one who knows you. That is not a lifestyle cost, it is a health cost.

FAMILY

WITH YOUR FAMILY

Isabella is the person who tells me the truth. Twenty-plus years in, that relationship has done more for how my head works than any habit I have ever picked up.

BOOK 7 OF 9

WHAT DID YOU GET OUT OF THIS

This is book 7 of 9. These are books JP Morgan wants their new people and interns to read. What did you get out of going through this? Let's discuss this in the comments.

I love you.

This is the YEAR OF DISCOVERY.

YEAR OF DISCOVERY
GREATER IS COMING

Rick