



Pathfinder

Action doesn't follow attitude except in the rarest of circumstances rather attitude follows action. -Arthur C Brooks

Teamwork Matters

A message from
the City Manager

Jason Stilwell



Somewhere I picked up this nugget: book readers live an average of almost two years longer than those who do not read books. I recall it was a Yale study about reading's effects on engaging the brain and fostering empathy.

During the pandemic, people are reading more than usual. Books sales initially surged with those stay-at-home orders, and the momentum continued. Printed book sales all over the world rose to the highest level in a decade.

Every book gives me an opportunity to learn things and explore new ideas. My Santa Maria Public Library card stays warm. In the past year, I read about 30 books. They included (this is a partial list):

The Power of Habit, by Charles Duhigg. *The Book of Awesome*, by Neil Pasricha. *Atlas Shrugged*, by Ayn Rand. *The Great Influenza*, by John M. Barry. *Intrinsic Motivation at Work: What Really Drives Employee Engagement*, by Kenneth Thomas.

Men Are from Mars, Women Are from Venus, by John Gray. *The Second Mountain*, by David Brooks. *The Uninhabitable Earth: Life After Warming*, by David Wallace-Wells. *It Was All a Lie: How the Republican Party Became Donald Trump*, by Stuart Stevens.

Corporate Conspiracies: How Wall Street Took Over Washington, by David Wayne and Richard Belzer. *How to Rule the World: A Handbook for the Aspiring Dictator*, by Andre De Guillaume. *The War on Normal People: The Truth About America's Disappearing Jobs and Why Universal Basic Income Is Our Future*, by Andrew Yang. *Paths to Peace: Exploring the Feasibility of Sustainable Peace*, by Richard Smoke and Willis Harman.

The Story Factor: Inspiration, Influence, and Persuasion through the Art of Storytelling, by Annette Summons. *Talking to Strangers: What We Should Know About the People We Don't Know*, by Malcolm Gladwell. *This Is Why We Can't Have Nice Things: Mapping the Relationship Between Online Trolling and Mainstream Culture*, by Whitney Phillips.

Range: Why Generalists Triumph in a Specialized World, by David Epstein. *Apollo's Arrow: The Profound and Enduring Impact of Coronavirus on the Way We Live*, by Nicholas A. Christakis. *Deep State: Trump, the FBI, and the Rule of Law*, by James B. Stewart. *The Rise of Big Data Policing: Surveillance, Race, and the Future of Law Enforcement*, by Andrew Guthrie Ferguson. *What to Eat When: A Strategic Plan to Improve Your Health and Life Through Food*, by Michael Roizen, Michael Crupain, and Ted Spiker.

Whether it's the enjoyment of turning a page, escapism, or lowering levels of stress and anxiety, the more you read, the more you learn. Books are a rich source of information and broaden your horizons. It keeps the brain active.

There's never been a better time to crack open a book. You may live longer to read more.

Jason