

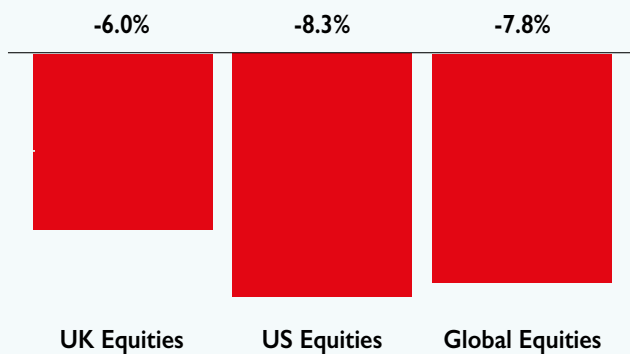
Enjoy this month's instalment of our newsletter. As always, it is packed with links that you may find interesting.

The Stock Markets (updated June 2022)

The key benchmark you should care about is achieving all of their financial and life goals, and not running out of money

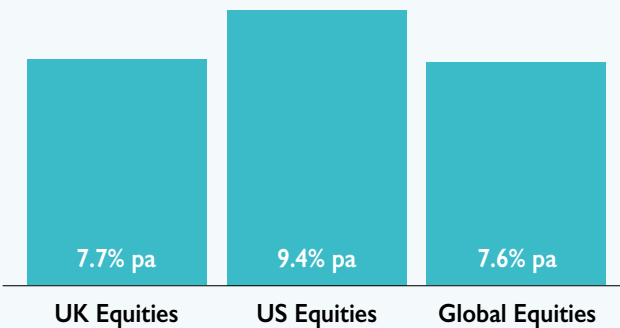
The Unimportant Numbers - 1 Month

Monthly figures are a distraction from your long term goals.



The Important Numbers - 30 Years

Investing in the Great Companies of the World has produced life-changing returns for the disciplined and patient investor over the last 30 years, the average length of a two-person retirement.

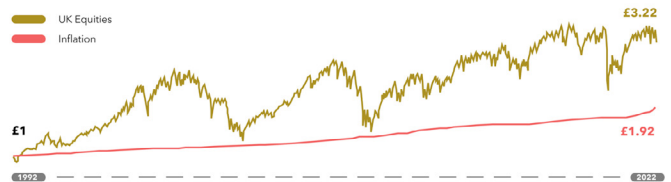


Source: FE Analytics, Humans Under Management. Returns are based on the total return of the respective indices, which assures all dividends are re-invested. Returns are in local currencies.

The Real Enemy

The number one enemy of the long-term investor is the financial dragon called inflation (the silent but steady increase of prices over time). The only sane definition of money is purchasing power, and over the last 30 years, inflation in the UK has almost halved the value of your money. But an investment in the UK share market has consistently provided protection from his enemy. What did you have to do to earn this? Two (behavioural) things:

1. Invest and stare out of the window (much harder than it sounds).
2. Be willing to see your investment value decrease by about -15% on average every year without being panicked into selling.



Must Watch

This Will Change the Way You Think Forever

[View](#)

Great Listens

Berkshire Hathaway: The Incomparable Compounder
[74 minutes].

A fascinating insight into one of the world's best businesses, run by our generation's best investors, Warren Buffett and Charlie Munger.

[Listen](#)





You're Buying Units

Being a wise investor requires an understanding that market cycles are an inevitable part of investment markets and our personal investment journeys. We've learnt from history that having the ability to behave rationally during times of both fear and greed is the best predictor of whether an investor will achieve life-changing long-term returns.

In particular, the ability to have the right mindset during temporary market declines sets the wise investor apart from the speculator, whose lifetime returns are likely to be destroyed by poor decision-making during crucial times.

The Wrong Way to Think About Market Declines

The surest path to making poor investment decisions is to focus on short-term market movements. What we lose sight of during times of uncertainty is that the value of our portfolio (or that of an index quoted in the newspaper) on any particular day is no reflection of our progress towards financial independence.

Obsessing about this number is the first step on the road to worrying about countless factors outside of your control. This is not a recipe for investment success. We believe that there is a better way.

You're Swopping Money for Financial Independence Units

An alternative approach with a better likelihood of success (and a saner investment experience) is to value your portfolio by the number of fund units you own. This number is shown on your statement, and it doesn't change between today and tomorrow based on arbitrary market movements.

Every additional unit you purchase, through either lump-sum investment or regular contributions, represents another brick in the financial independence house you are building. You're swopping money for units, and ideally, you never stop.

Market Declines Are Sales on Financial Independence Units

Within this framework, a market decline provides you with the rare opportunity to buy more units for every Pound (or Dollar) you're investing.

If the item that your future financial independence depends on is on sale, should you be happy or sad? Would you buy more or stop buying for a while until the price increases again? If you're investing for a lifetime, mindset is everything.

Appreciate Every Cycle

We know from history that markets advance more often than they decline. This makes the investment journey more manageable, allowing you to save your emotional fortitude for the rare times of decline.

You have the opportunity to view all cycles positively. A market decline is an opportunity to increase the number of units you own faster. A rising market boosts your progress towards independence by making your units more valuable.

Mature investors appreciate both spectrums of the cycle. They also have an appreciation for market history and an informed trust in the capital markets to reward those who are disciplined and patient. Do you have the maturity to see the markets this way? As Nick Maggiulli writes in his brilliant personal finance book, the trick is to "Just Keep Buying."

Read



The Seven Habits That Lead to Happiness in Old Age [7 minutes].

Your well-being is like a retirement account.

[Read the full article](#)

The Last Time [3 minutes].

Life doesn't come with a remote. There's no rewind or redo.

[Read the full article](#)

Read cont



The Locus of Entertainment [10 minutes].
Technology is a multiplier of your natural tendencies.

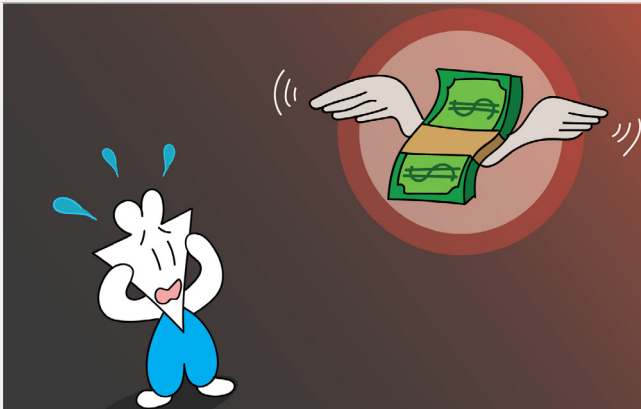
[Read the full article](#)

Think Outside the Portfolio [6 minutes].
There are many other levers that you can pull if you want to improve your finances.

[Read the full article](#)

Keep It Going [4 minutes].
Average returns for an above-average period of time leads to magic.

[Read the full article](#)



The Survival Instinct of Money [5 minutes].
The more you have to preserve, the more fear that surrounds its potential loss.

[Read the full article](#)

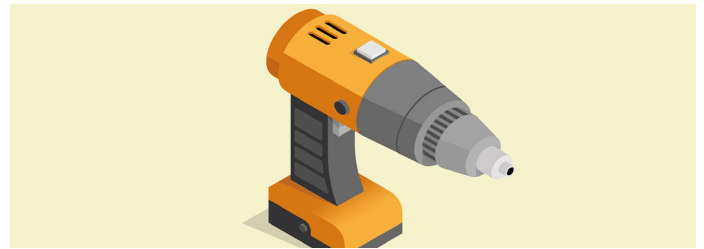
Timeless Lessons From the 2020-2022 Cycle [5 minutes]. Investing may be simple, but it's definitely not easy.

[Read the full article](#)

Ignore the Media

The media is not a friend of the disciplined and patient investor. Ignoring the key determinants of lifetime investor returns, the media prefer to focus on short-term returns, market predictions, and negative news.

We present the following as an antidote to the onslaught of negative news:



Cordless Drills on Sale: Buy One, Get 41.8 Free

Technically speaking, the first “cordless” drill was the hand-cranked bit and brace drill, which was invented hundreds of years ago. You can still buy one of these classics at Amazon for around \$57. Black and Decker introduced the first battery-powered cordless drill in 1961. “It was a great advance.”

[Read the full article](#)

Apple Watch now approved to track Parkinson's symptoms

San Francisco neurology startup Rune Labs has gotten the green light from the FDA to use the Apple Watch to monitor and track Parkinson's symptoms. Rune's app, StrivePD, combines self-reported experiences, brain imaging, and other clinical information with watch tracking to create a data-driven approach to care management and clinical trial design for Parkinson's.

[Read the full article](#)



These Satellites See Through the Clouds to Track Flooding

One day Joe Morrison, the vice president of a satellite company, gave members of his team a strange task: Go buy images from another company's picture-taking spacecraft. He wanted to see how easy it was to exchange money for those orbital goods and services. So the group scampered off and ordered a satellite image of an area in Southeast Asia, to be taken within the next three weeks. They paid around \$500. Easy.

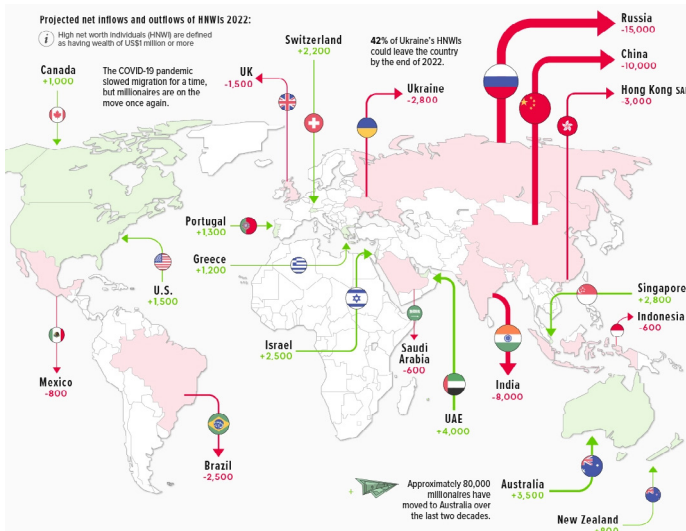
[Read the full article](#)

A Picture is Worth a 1000 Words

Mapping the Migration of the World's Millionaires

Throughout 2022, a projected 88,000 millionaires will move to a new country, according to the latest Henley Global Citizens Report. Which countries are these millionaires moving to, and where in the world are they coming from?

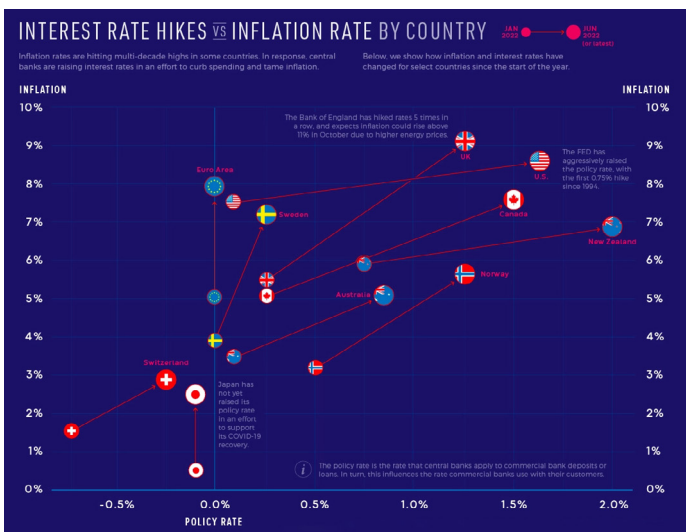
[Read the full article](#)



Interest Rate Hikes vs. Inflation Rate, by Country

Imagine today's high inflation like a car speeding down a hill. In order to slow it down, you need to hit the brakes. In this case, the "brakes" are interest rate hikes intended to slow spending. However, some central banks are hitting the brakes faster than others. This graphic uses data from central banks and government websites to show how policy interest rates and inflation rates have changed since the start of the year.

[Read the full article](#)

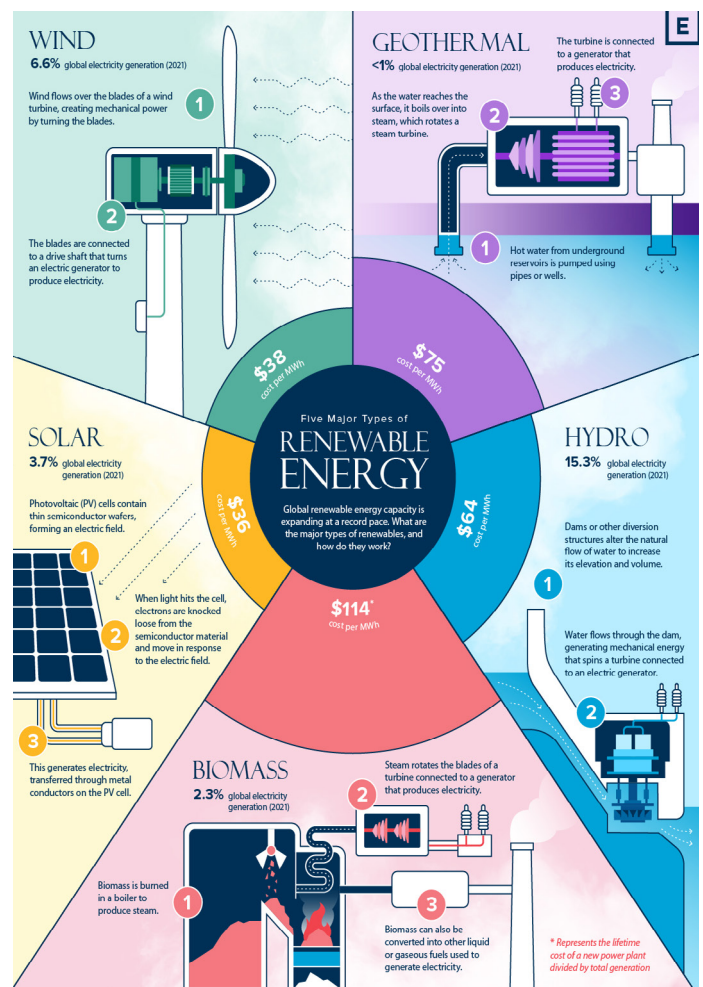


What Are the Five Major Types of Renewable Energy?

Awareness around climate change is shaping the future of the global economy in several ways. Governments are planning how to reduce emissions, investors are scrutinizing companies' environmental performance, and consumers are becoming conscious of their carbon footprints. But no matter the stakeholder, energy generation and consumption from fossil fuels is one of the biggest contributors to emissions.

Therefore, renewable energy sources have never been more top-of-mind than they are today.

[Read the full article](#)



We hope that you enjoyed this month's newsletter. Please let us know what you enjoyed or write back with any of your own news.

Please forward to a friend, relative, or colleague. As always, we're here for you. See you next month.