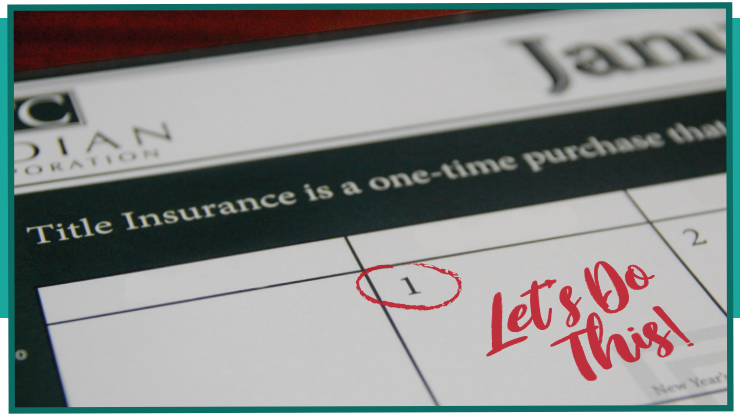
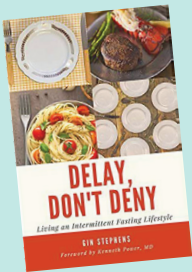


New Year, New You



It's that time of year again. Time to make the promises so many of us struggle to uphold come mid-February. We know how difficult these resolutions can be, so we compiled a list of recommended reading to help out when those commitments start to challenge our resolve. After all, helping people through important life transitions is at the heart of our business.

Meridian Title would like to wish everyone a healthy and prosperous New Year. Happy reading!

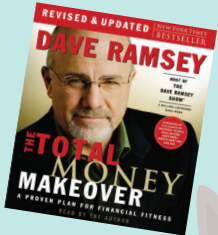
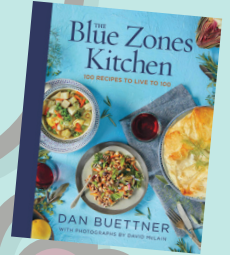


Delay Don't Deny - Gin Stephens

Intermittent Fasting (IF) is an eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods you should eat but rather when you should eat them. Tired of counting calories, eliminating foods from your diet and obsessing about food all day? If so, intermittent fasting might be for you.

Blue Zones Kitchen: 500 Year Old Recipes from the World's Longest-Lived People - Dan Buettner

Author, Dan Buettner and National Geographic photographer David McLain spent two years traveling back to the blue zones regions to capture the recipes (many of them hundreds of years old!) and food traditions before they fade away to the encroachment of the American Food Culture. Blue Zones Kitchen captures the way of eating that yielded the statistically longest-lived people and explains, in some detail, why that food enabled populations to elude the chronic diseases that has befallen Americans.

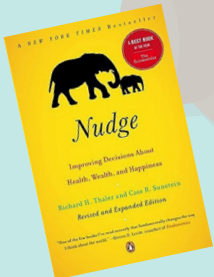
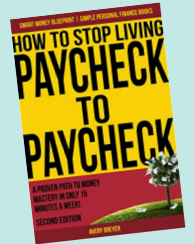


The Total Money Makeover - Dave Ramsey.

Great book about beating debt. Dave Ramsey has written 5 New York Time best sellers, including The Total Money Makeover. Publisher's Weekly says Ramsey "provides the brutally direct truth about the hard work it takes to become free of debt, and his directness is a great part of the book's charm."

How to Stop Living Paycheck to Paycheck - Avery Breyer

In this timeless bestseller, you'll get the motivation and know-how for building up a big stash of emergency cash, getting out of debt, making sure you never run out of money, and avoiding the 11 worst budget traps (that'll ruin your financial plans if you let them!)



Nudge: Improving Decisions About Health, Wealth, and Happiness - Richard H. Thaler

Using dozens of eye-opening examples and drawing on decades of behavioral science research, Nobel Prize winner Richard H. Thaler and Harvard Law School professor Cass R. Sunstein show that no choice is ever presented to us in a neutral way, and that we are all susceptible to biases that can lead us to make bad decisions. But by knowing how people think, we can use sensible "choice architecture" to nudge people toward the best decisions for ourselves, our families, and our society, without restricting our freedom of choice.



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