

# Anxious Thoughts, Workaholics, Social Gatherings, Holiday Frugality, & Moving On (25m) – Episode 043

Episode 043 looks at curbing anxious thoughts from spiraling out of control; carving time out now to spend with your family while they're young, instead of waiting until you're middle-aged or elderly; how to leave social gatherings early without damaging your reputation with the host; the importance of being frugal around the holidays, especially in such a tough year as 2020; and not being afraid to find a new job when your current job stops serving you.

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