

# Quitting Something, Nurturing Curiosity, Work Life, & Changing People (22m) - Episode 037

Episode 037 looks at the advice to “never give up” on something that is no longer serving you (see also “sunk cost fallacy”); being kind to those, adults and children, who are curious about the world, even when you’re surprised by their ignorance; the importance of focusing on more areas of your life outside of work; and why and possibly how you can change the people in your life that are bringing you down.

Book: *Nonviolent Communication* by Marshall Rosenberg

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