



*Dear Members and Friends,*

*We shudder just thinking about ‘ancient’ times when people faced the holidays without Amazon prime. The enlightened podcasts of the day however suggest a more sustainable source of love and joy. Guest neuroscientists have proof that our well-being is tied to a constellation of physical, mental and spiritual practices. When applied in tandem, these ‘gifts’ give us superpowers. However, in isolation, they’re like people. They fade.*

*We’re going to spare you stats and graphs because neuroscience also tells us that your brain will lose that data long before your first holiday guest (or flight) cancels, but suffice it to say, finding ways to tap into that constellation each day is critical to our well-being.*

*To help you access your superpowers today, we invite you to look back at a year of bedazzling stories of Fourth Floor founders and their advisor champions, whose companies exist to give everyone access to a safer, healthier and more sustainable world to live and work in.*

*Wishing you a healthy holiday and happy new year filled with people, practices, and presence you won’t find on Amazon.*

*xx The Fourth Floor Team*