

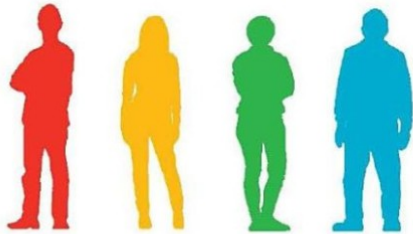
Dear Friends,

Happy New Year! The start of a new year brings everyone the opportunity to reflect on how their life is going. Is yours going in the 'right' direction?

Workwise healthcare in the United Kingdom seems to be overwhelmed at the moment. So what do you do burnout? Take on too much? Disengage? I think it is best to try your hardest, be resilient and collaborate with others for a common purpose.

YouTube Video of the Month

surrounded by idiots



The Four Types of Human Behaviour
(or, How to Understand Those
Who Cannot Be Understood)



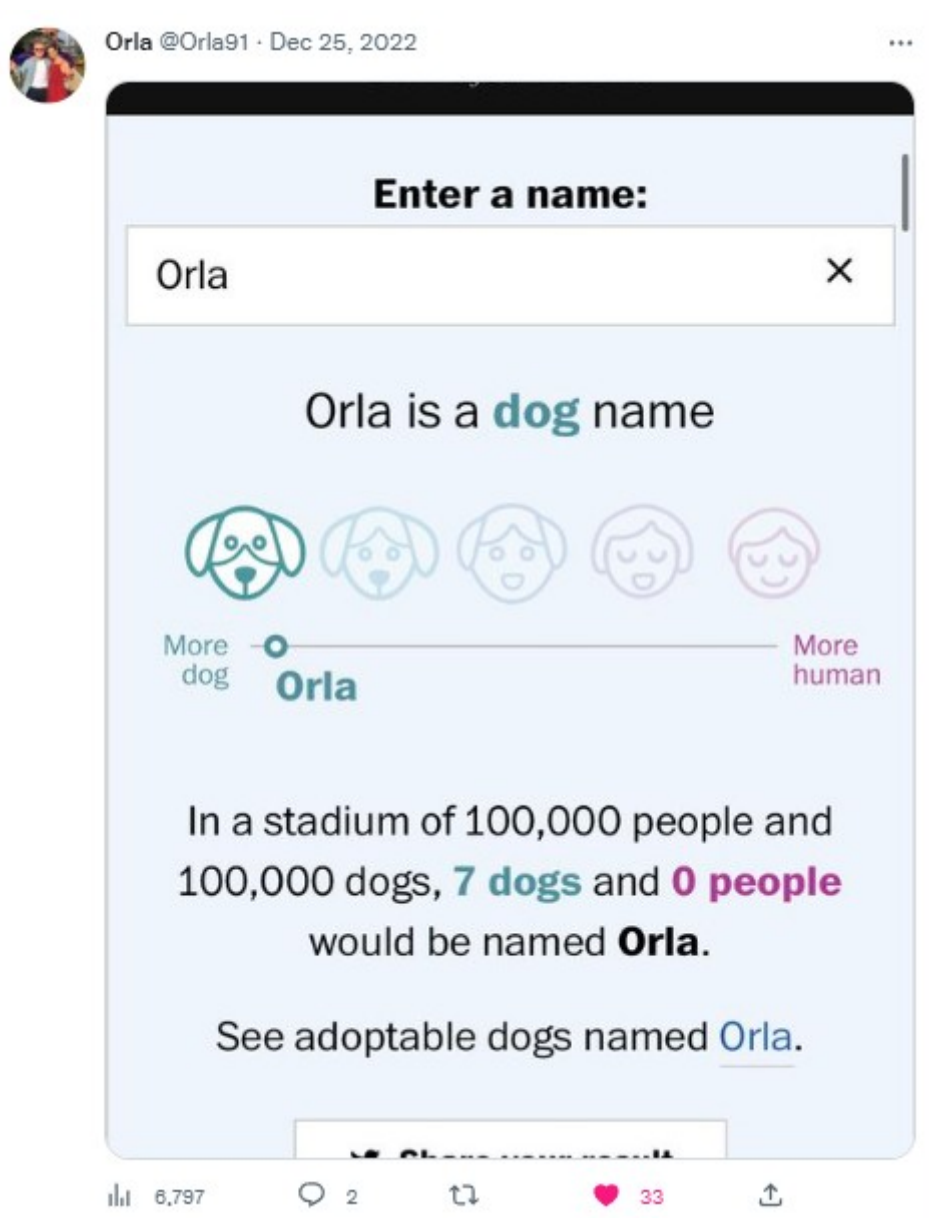
thomas erikson



Other people are not idiots – this is the title of a book is simply clickbait. I liked this video as I got the message across in a quite memorable way, what do you think? What 'colour' are you?

Ideally instead of messaging me directly (although thanks for those who have) please write the comments on the YouTube comments to 'drive' the algorithm.

Tweet of the Month



I liked this light hearted Christmas day Tweet by [@Orloa91](#). If you want to check your name click [here](#).

Pointless fact, it surprised me to see this is now the third January newsletter that I have written, [feel free to check out older ones](#). Feel like helping me? Please forward this to your friends so they can sign up by [clicking here](#).

Website of the Month

<https://quillbot.com/>

This is website interesting and has potential, you can put text in and it rewords it. An example of the output is amending text from earlier in this newsletter:

This book's title is just clickbait; other folks aren't stupid. I thought this video did a good job of communicating the concept, what about you? What "colour" are you?

Hope you have a great 2023,

Chris



CHRIS WEATHERBURN
Get the most out of your life!



Chris Weatherburn

Get the most out of your life!