

Hi there,

Hi, Rick Culleton here! I hope you're enjoying *Messed Up Like You*.

If you didn't get your digital copy (sometimes emails end up in spam), just reply with "send the link" and I'll get it to you.

When I was a kid in New York, I used to wake up before sunrise to do my paper route. I'd pedal past fancy brownstones and shiny cars, then head back to my side of town where money was tight. Even as a kid, I knew one thing for sure: I never wanted to be poor.

The problem was ... school didn't come easy for me. I've got ADHD, which meant learning took longer. And patience wasn't my strong suit.

I dropped out at sixteen. A week later, I was in prison.

That was my first crash course in cause and effect. I wanted freedom, but I was chasing shortcuts.

Fast-forward a few decades, and I've realized I was running the wrong race.

I thought chasing money would bring happiness. I got richer and richer ... but I still wasn't happy.

What finally changed things for me was discovering the difference between pleasure and happiness. Bigger bank accounts or fancier cars might give you pleasure.

But true happiness is internal, NOT from external or material things.

The same principle applies to technology. We want relaxation and clarity, yet we keep chasing stimulation.

That's where something I call Techno-fasting comes in.

It's not about ignoring the world. It's about taking back your focus.

Start small: try one screen-free morning a week. Go analog. Read, think, or just SIT.

You'll be amazed how quickly life gets quiet when the notifications stop running the show. I built a lot of this thinking into my new book.

It's still on track to release in January, and it dives deeper into small, practical habits like this—tools for keeping your mind your own. I share more of them (and some ridiculous stories) on my YouTube channel. Check it out to learn more!

Talk soon,

Rick

P.S. I'd love your quick take: Do you prefer audio, digital, or paper books? Hit reply with your favorite format, and I'll share the results in my next newsletter.