

Hey, it's Jesse! I'm so excited that you're here.

Welcome to my first ever weekly email, where I will keep you updated with science based tips and techniques to help you live smarter, happier and healthier lives! The emails will be sent out every Monday to help you start your week on the right foot.

My aim with these emails is to offer you value every week, to give you something that makes you more productive, to make you less stressed, or even just to make you smile. Maybe it will be a thought provoking quote, a fun short video, a relatable story...who knows!? Anyway, I'm sure you are busy with life so I'll keep this first email short and sweet!

## **A little story**

Yesterday was the worst day I've had in a LONG time. I woke up feeling fine, started my day with a fancy new "Columbian Blend" coffee...but by lunchtime I had a pounding headache, I felt weak and I stumbled back to my bed. What was happening to me? Was it something I ate? Was I finally becoming infected with that virus everybody's been talking about?

I awoke hours later, feeling exhausted, confused and a little bit scared...when suddenly it hit me. I crawled to the kitchen and picked up the new coffee I had purchased, and there it was in small print, nearly invisible writing..."DECAF"!

There are a few morals to this short story.

1. Things aren't always as bad as they might seem. I thought I had COVID, turns out I just needed some caffeine.
2. Always read the fine print when purchasing tea or coffee.
3. Caffeine addiction is real!

Who drinks decaf coffee anyway, what is the point? It's like drinking alcohol free beer!...But this whole ordeal made me think that I should try quitting caffeine for a while. Do you think you might be addicted to caffeine? Just something to think about...

## **Video of the week** ~ The Long Term Health Effects of Coffee

[Click Here To Watch](#)

If you are addicted to coffee or caffeine, this video I made last year might interest you :)

Finally, I'd like to leave you with a statistic:

If you switch your morning coffee to a green tea every day, you can lose up to 80% of your overall happiness!\*

Thanks again for trusting me with your E-mail address. I know the responsibility that it comes with and I do not take that lightly...I truly hope that I can help you to improve your life in some small way every week.

Until next time,

-Jesse

P.S Please hit reply and let me know if you have any questions or feedback. Cheers legends!

\*Not legitimate, drink whatever makes you happy, every damn day :D