

Wisdom Tool	Summary	Video Length
Money - The Good, The Bad, and the Ugly	Dr. Del explores the role of money in modern economies, emphasizing the importance of passion, value creation, and the golden rule. Discover how to balance intrinsic motivation with financial stability while improving your life and the lives of others.	31:38:00
Financial Freedom/How YOU Can Achieve It: Lessons & Insights	Craig Hane shares his journey to financial freedom, highlighting lessons from challenges, the joy of work, and the role of balance and 'flow' in happiness. Gain practical advice on achieving independence while pursuing your passions.	33:05:00
College With No Debt: Strategies for Success	Dr. Del offers practical tips on attending college debt-free, including choosing the right school, leveraging in-state tuition, and finding your passion. Learn how technology and AI can enhance education and help you achieve success without financial burden.	24:26:00
Build a Great Career with No College	Dr. Del explores how to succeed without college by focusing on technical skills, practical math, and hands-on experience. Discover alternative career paths, the value of intrinsic motivation, and why college isn't always the answer.	21:43
Actions Have Consequences & Wisdom vs. Intelligence vs. Emotions	Dr. Del explores the connection between actions and consequences, distinguishing wisdom from intelligence and emotions. Learn how wisdom-driven decisions, healthy habits, and emotional awareness can lead to a more fulfilling life.	13:38
Habits and Addictions: Understanding Their Impact	Craig Hane delves into habits and addictions, sharing personal experiences and encouraging self-analysis to evaluate their effects. Learn how some addictions can drive positive behaviors and explore strategies for personal growth and self-improvement.	8:01
Intrinsic vs. Extrinsic Motivation: Finding Fulfillment	Dr. Del delves into intrinsic and extrinsic motivation, highlighting the importance of pursuing passions and practical skills for a fulfilling career. Discover how flow—the ultimate state of intrinsic motivation—can transform your work and life.	16:51
Discover FLOW: The Key to Optimal Experience	Dr. Del explores FLOW, a state of complete immersion in activities that bring joy and challenge. Learn how intrinsic motivation and achieving flow can lead to a happier, more fulfilling life.	17:09
How Your Beliefs Shape Your Future	Craig Hane discusses the powerful impact of beliefs on our lives, sharing personal stories and the inspiring journey of Rick Ross. Learn how self-reflection and belief can drive personal growth and unlock new adventures.	27:31:00
The Power of Tribes in Shaping Lives	Dr. Craig Hane examines the role of tribes in human life, sharing JD Vance's journey from a hillbilly upbringing to Yale Law School. Explore how tribes influence beliefs, behaviors, and even political divisions, and reflect on the tribes that shape your life.	25:29:00
Defining Your Rules For Life	Dr. Craig Hane shares the personal rules he lives by, covering themes like the Golden Rule, karma, life missions, and gratitude. Reflect on your guiding principles and explore how judgment, wisdom, and emotional management shape your choices.	34:59:00
Mastering the Skill of Learning to Learn	Dr. Craig Hane introduces the concept of "learning to learn," emphasizing its importance for success in technical fields. He guides viewers to resources on practical math, intrinsic motivation, and coaching techniques, helping anyone develop the ability to learn effectively and efficiently.	3:38
Learn to Coach: Empower Yourself and Others	Dr. Craig Hane explains how to become a great coach, whether for yourself or others, using resources from the Triad Math program. Learn techniques from chapters 7 and 8 of his free eBook, and discover how coaching can be a valuable asset in life and education.	4:28
Master the Art of Selling	Craig Hane highlights the universal importance of salesmanship, explaining how understanding prospects' needs and presenting benefits effectively can drive success. Learn strategies for crafting compelling sales pitches and unlock personal and financial growth through effective selling techniques.	7:43

Convex Options	Dr. Craig Hane explains the concept of convex options and their potential for significant financial gains. Learn how to identify and seize opportunities with high rewards and minimal risk, and understand the contrast between convex and concave options through real-life examples.	18:59
Creating Good Mental Health	Dr. Del shares insights on maintaining mental well-being through personal growth, overcoming fear and anger, and fostering love and relationships. Learn how financial security, self-improvement, and spreading mental health awareness contribute to a healthier, more fulfilling life.	33:03:00
Creating Good Physical Health	Craig Hane shares his journey to better physical and mental health, highlighting the importance of exercise, balanced nutrition, and lifestyle choices. Gain insights into his transformation and practical advice for maintaining health and well-being as you age.	47:23:00
Actions Have Consequences for Your Health	Craig Hane reflects on the consequences of dietary choices on physical and mental well-being, sharing insights from his journey and Dr. Georgia Ede's book, <i>Change Your Diet, Change Your Mind</i> . Learn how understanding nutrition and making dietary changes can transform your health and mindset.	36:31:00
Life's a LAF - Part 1	Craig Hane introduces the concept of Love, Anger, and Fear (LAF) and highlights love's positive impact on mental and physical health. He shares personal insights on how maintaining a loving mindset can lead to a happier, healthier life.	6:14
Life's a LAF - Part 2	Craig Hane explores how Love, Anger, and Fear influence behavior and relationships. He shares strategies for managing emotions and encourages living in a state of love to foster better connections and personal growth.	18:26
How to Win an Argument	Dr. Craig Hane shares strategies for winning arguments by focusing on logic, shared beliefs, and clear definitions. Learn how to navigate debates, address assumptions, and use a question-based approach to foster understanding and productive discussions.	35:44:00
Dealing with a Difficult Person	Dr. Craig Hane offers practical advice on dealing with difficult people, emphasizing politeness, positivity, and self-improvement. Learn how to handle challenging situations, foster better relationships, and avoid becoming difficult yourself.	29:18:00
Persuasion Technique	No Summary	28:01:00
Exponential Growth	Dr. Craig Hane explains the concept of exponential growth, using real-world examples like financial strategies and business success stories. Discover how to leverage this powerful principle in personal finance and business, with insights from the Triad Math Army community.	46:32:00
White Clouds	Craig Hane uses white clouds as a metaphor to explore mindfulness, change, and the transient nature of life. Learn to appreciate the present, embrace loss, and cherish memories for a more positive and fulfilling outlook.	11:23
Response vs. Reaction	Craig Hane explores the difference between responding and reacting, offering practical advice on cultivating emotional intelligence. Learn how thoughtful responses can improve relationships, reduce conflict, and positively impact mental and physical health.	25:04:00