



Now and Then

Big Bang Theory's executive producer, [David Goetsch's](#), experience of investing through the Great Recession was similar to many—anxiety, fear, and even despair. Goetsch's [Now and Then](#) highlights the value of focusing on the long-term success of investing when short-term market volatility starts to keep you up at night.

Have I been pwned?

Data breaches are rampant and are increasing in scale, frequency, and severity. Believing that forewarned is forearmed, we recommend Troy Hunt's [website](#) that aggregates illegally accessed personal account data in an easily searchable format. Find out if you've been pwned.



Meet our Team

Abacus celebrates success in pairs this month! [Ann Beckwith](#) and [William Jeter](#) each passed the [Certified Financial Planner exam](#). The exam tests for knowledge in investments, insurance, tax planning, retirement planning, estate planning, and ethical professional conduct. Kudos to Ann and William for their success, but more importantly, the diligence, sacrifice, and focus required to pass this examination.

The Seven Day Financial Tune-up

Need a reboot of your financial life? Enroll in the [New York Times 7-Day Plan](#) by answering a series of questions that gauge your financial skills, attitudes and habits. The following week, you will receive a daily e-mail with a tip and a task related to areas for improvement. Simple, actionable, and a smart way to create positive financial habits.



Athena's Corner: Brain Health Institute

Most of us only think about brain health when something goes wrong. [The Center of Brain Health](#) focuses on creating healthy brains with strategies that improve focus, creativity, problem-solving, and mental efficiency. You can enroll in the BrainHealth [Physical](#) in Dallas to get to know your brain's strengths and weaknesses or download the Brain Health [Challenge app](#) to start training from your phone.

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