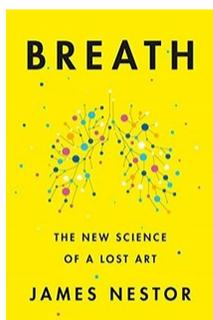


The New Science of A Lost Art



With all the worry swirling around in 2020, many of us are seeking ways to remain resilient. In *Breath*, journalist [James Nestor](#) explores the importance of breath. Rediscover breathing techniques that improve sleep, stop snoring, and improve health. Let's all take a deep breath!

Time to Clean Your (Financial) House

Nary a week passes without a client dropping off document-filled boxes or bags ready for shredding. Sheltering-in-place has few silver linings, but cleaning a closet or filing cabinet can result in instant gratification. If you are undertaking financial house cleaning, Abacus's [storage guidelines](#) will help you sort the wheat from the chaff. The Abacus team stands ready to shred your outdated confidential documents.

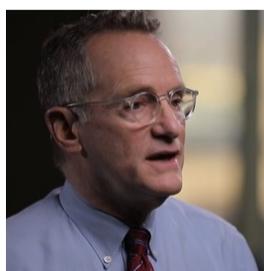


Meet Our Team

Please join the Abacus team in our shout-out to [Abby Mason](#) for completing her Masters in Accounting with a Tax Concentration at the [University of North Carolina](#). During her two years of nightly studies, Abby worked full-time with Abacus, navigated the normal joys of parenting compounded by COVID-imposed home schooling her five-year-old, and led the Abacus tax team in implementing many innovative technology projects. (Abby also leads the Abacus choir when we find a need to burst into song.) Abby, we stand in awe and in celebration.

Abacus in the Community

Like so many individuals, communities, and businesses, Abacus is increasing its support of our local food bank—[Harvest Hope Food Bank](#)—with firm-wide food drives and financial contributions. This month, we invite you to join us in a virtual food drive by "shopping" on the Harvest Hope Food Bank's [Amazon Wishlist](#). Honoring our clients beyond our local community (who live in 15 different states!), Abacus also made a donation to [Feeding America](#), a handy resource for organizing your own food drive.



Athena's Corner: "From Hopeless to Flawless in 11 Weeks"

Celebrated for decades for successful investing in distressed debt, Howard Marks is equally well known for his wise and enjoyable [memos](#). Marks' *Anatomy of a Rally* explores the questions on all our minds: How can stocks be doing so well during a severe pandemic and recession? Have the securities markets decoupled from reality? Is this irrational exuberance? How did we go from hopeless in March to a flawless market outlook in June?