DOCTOR'S CROSSING
CARPE DIEM PODCAST
BY HEATHER FORK, MD, MCC

TRANSCRIPT

EPISODE 163 Facing Your Finances At The Crossroads - How To Be Empowered and Take Charge!

With guest Dr. Jordan Grumet

SEE THE SHOW NOTES AT: www.doctorscrossing.com/episode163

[0:0:00]

JG: "Going through medical school is so difficult. Your finances are so much easier than that. Managing your money actually is incredibly straightforward. It's way more straightforward than you think. It is way more straightforward than the Krebs cycle. It's a lot easier than you think. Becoming a doctor was much harder."

HF: Welcome to The Doctor's Crossing Carpe Diem podcast. If you're questioning your career in medicine, you've come to the right place. I'm Heather Fork, a former dermatologist and founder of The Doctor's Crossing. As a master certified coach, I've helped hundreds of physicians find greater happiness in their career, whether in medicine, a nonclinical job, or something else. I started this podcast to help you discover the career path that's best for you and give you some resources and encouragement to make it happen. You don't need to get stuck at the white coat crossroads. So, pull up a chair, my friend, and let's carpe that diem.

Hey there, and welcome back to The Doctor's Crossing Carpe Diem podcast. I'm your host Heather Fork, and you're listening to episode number 163. First off, I want to wish you a very happy start to the New Year. I hope you had some time to enjoy the holidays with family and friends.

I'm excited about this year and want to do my best to keep bringing you valuable content and resources. I very much appreciate your sharing the podcast with others and all of your lovely comments and feedback. I also welcome any suggestions for topics you'd like to have me address and anything else that would help you meet your career goals. You can reach us at team@doctorscrossing.com. Now onto our episode for today.

I thought it would be fitting to start the New Year off by talking about money and how to have an empowered approach to your finances when you're making career changes. If you're like me and you experience resistance to addressing your finances at times, whether that is student loan debt, knowing what income you actually need, talking to your partner about spending habits, figuring out your retirement goals or anything else related to money, this podcast is for you. It's way too easy to use busyness as an excuse to avoid taking a close look at our financial situation. Months and even years can go by where we don't have a concrete plan for having our money work well for us.

We can also have limiting beliefs and make assumptions about money that can cause us to make decisions that don't necessarily serve us well. We can also just put our head in the sand and not make any decisions at all.

One of the big reasons I see physicians staying in jobs where they are unhappy is because they assume that doing anything different is going to hurt them or their loved ones financially.

To help us come from a place of personal empowerment regarding our money, we are joined today by our wonderful returning guest, Dr. Jordan Grumet, internal medicine physician, speaker, author, and host of the podcast, Earn & Invest. Dr. Grumet's book, Taking Stock offers advice on financial independence, building wealth, and living a regret free life.

In today's episode, Dr. Grumet is going to be talking with us about how to deal with the resistance that often comes up around dealing with finances and share some steps on how to be empowered and proactive with our money. Jordan will also discuss some key areas to address when we're at the career crossroads, such as income requirements, retirement goals, and investment strategy. Without further ado, it is my great pleasure and honor to welcome Dr. Jordan Grumet back to the podcast. Hi Jordan.

JG: Thank you so much for having me back. It's funny, as I listen to your intro, I keep on thinking going through medical school is so difficult and there's so much information to learn. Your finances are so much easier than that. The first thing I want to tell everyone is it's a lot easier than you think. Becoming a doctor was much harder.

HF: I love that comparison and it works for so many things too, right? But I'd be curious to ask you, since this is really an area that you spend so much time in and you've talked to so many people about, what are some of the reasons why it's so hard for us?

JG: Well, I think for one is we were taught by society that we're bad at this. Especially doctors. We're told doctors are bad at business, doctors are bad at money, but people in general have trouble getting money. We don't like talking about money and we have a lot of fears surrounding it. The big problem is that people just feel like it's so complicated and difficult and big that it's easier not to address it than address it. The problem is what happens when you don't address something that is causing you anxiety? It ultimately causes you more anxiety.

HF: And it becomes a snowball effect. The more we avoid it, the harder it is to go look at our accounts or open that folder, have a conversation. Now, I know about your background with finances. I read your book Taking Stock, which I love. I listen to your podcast Earn & Invest. But for the listeners, could you give them a little bit of background about how you even got interested in money and made this an area that you invest a lot of time and thought into?

JG: Yeah. Originally I had no interest in money whatsoever. Part of that is I was privileged enough to be born into a middle class family and my parents really modeled great money behavior. And so, I wanted to be a doctor. I had no interest in how much money I was going to make. I had no interest in saving money. I just wanted to go to medical school and become a doctor. And that really served me well up until a point where I started to burn out and I found the practice of medicine wasn't exactly what I wanted it to be. And I started asking some really hard questions.

One of those hard questions is "How much money do I need to get away from this profession to maybe retire or at least do something different where I may not make as much money?" And at that exact time, someone sent me a book, a guy named Jim Dahle sent me his book, The White Coat Investor. Because I was writing a medical blog and he sent me to review it for my medical blog. And it taught me what financial independence looks like, how to figure out how much wealth you need and how to accumulate that wealth. And it was a light bulb going off in my head and I realized that I probably had enough money and if I didn't have enough money, I could get there pretty quickly.

And that made me really think about personal finance and what this all means. Not just how I get there, but then the second question is, "Well, what does that mean once I'm there?" And it was something that I really spent a lot of time thinking about.

HF: That is such a great question and it reminds me of when I was in practice and I was starting to really question my direction. I went to this financial advisor and I said, "How much money do I need to retire?" He gave me a number. I went back, I put my head down for a bunch of years and then I came back with that amount of money. But the truth is his estimate was really not accurate. It was too low. But I'm glad it was too low because I think I would've felt I had to stay forever.

JG: See, the same thing happened to me actually. I got two different estimates. One, I went to my accountant who happens to be my mother, and she said, you need $10 million. She had no reason for this. She just said I think you'll be most comfortable if you have

$10 million saved. And I didn't have $10 million. All of a sudden I was like, okay, I can't retire.
Then I went to my financial advisor and he was a little more scientific about it. He did something called Monte Carlo Simulations. It's a way of looking at how much money you have and how it's invested and what that should provide you. But it was really funny. He never asked me a key question that now I realize is so important. He never said, “Well, how much do you spend every year?” And see, the problem is how much you need to retire is really based on how much you spend.

Now granted, as you grow older and life changes, you spend different amounts, but at least you need a place to anchor some of those decisions on. And so, the numbers he came up with for me also didn't fit. It was only after reading this book by Jim Dahle, The White Coat Investor that I started realizing what those numbers actually looked like and started finding out how to calculate them on my own. And that was really life changing.

HF: Well, we are very much held by practical information and we're going to definitely be talking about how to make these calculations for yourself and more concrete things. But first I'd like to start off with talking about the emotions around money. I'd like to look at an example where the emotions around money are causing resistance. And this could be having a lot of debt or perhaps you have conflict with your partner when you talk about money. Or maybe when you go to your financial advisor, they put a bunch of charts and graphs in front of you and you don't want to ask a question because you're afraid it's going to be a dumb question. So you just say, okay, I guess it's doing okay. And then you have your meeting in another year, but you don't really know. So how do we deal with all these emotions that come up?

JG: I think first and foremost is to realize that these emotions about money are actually a proxy for emotions about other things. Let me tell you something that's controversial here. Money matters nothing. Money as a concept itself just isn't that important. What's important is what that money allows us to do in life.

And I think one of the reasons it becomes so anxiety provoking is because it's really hard to sit down and think, “What do I want out of life? What does living my best life look like? How do I want to look back on my life when I'm on my deathbed, when I'm dying and see what I accomplished?” Those are really scary thoughts.

And so, we take all that anxiety and as opposed to putting it on those things like, “Oh boy, I'm so anxious. I don't know what to make of my life.” It's actually much easier to put it on money. And so, what we do is we make money the proxy for all these more important things. And because it's a proxy and because actually solving our money problems still won't solve all those other problems, it just feels difficult and unreachable and not understandable. And I think that's where a lot of us get stuck. We're asking the wrong questions.

And I'll get back to what I said in the beginning. Managing your money actually is incredibly straightforward. It's way more straightforward than you think. It is way more straightforward than the Krebs cycle. Things that we spent years and years studying, I always tell the average person, you can probably figure out your money by putting two or three hours to it every month. And if you're willing to spend two or three hours thinking about your money every month, you are going to figure out your finances.

I think the reason why a lot of us don't do it is it's really easy to just get confused by the terminology and the graphs and the ideas. And it allows us to escape the bigger, more important things. And I think that's why we do it. We just chuck it. We say someone else will manage it or it's unreachable or we just need to put our head back down and go back to work. And that becomes the de facto answer as opposed to what do I want out of life and how am I going to get there?

HF: I love the perspective, Jordan. Let's say we do have a physician who maybe has $300,000 of debt. They may be two years out of residency and they just feel overwhelmed. Where do they begin?

JG: First and foremost, this is really common. I know tons and tons and tons of people who've gone through this and I know tons of people who've come to the other side. First and foremost, a big thing is to realize you are not alone. I am not a student loan expert. I hate to say it, I didn't have any student loans. My dad died when I was really young. His life insurance policy actually paid for my medical school. I had zero student loans.

But I know a lot of people who've had them. There are people who specialize in this and often will give you their services for free because they make money in other ways. A good one is Student Loan Planner. And the reason why is you need someone to help you figure out, "Am I looking for loan forgiveness? Am I looking to refinance? Am I looking to pay this off immediately?"

All those are going to vary depending on who you are, how much money you make, and what your longevity is going to be in medicine. Because some of the people who listen to this podcast are like, "I don't know if I want to be in medicine after five or 10 years." Those kind of questions are really complicated, but there are people who specialize in this and hands down, I've never heard someone say, "I went to somewhere like Student Loan Planner and got confused and didn't help me." It's almost always the exact opposite. "I had no idea how my loans worked. Now I've gone and I see my options and I can think about how I want to deal with them."

First and foremost, if debt is your issue, there's some real ways to get help with this. You are not the expert in debt and you probably don't have time to be the expert in debt. In fact, again, well, it might take two or three hours a month to learn how to manage your finances, figuring out student loan debt and the best way to do that'll take far more time than that. So, don't do it. Hire it out, have someone else help you.

That being said, just because you have student loan debt doesn't mean that you can't live the life you want to live. There are a lot of people who have student loan debt and are investing. There are a lot of people who have student loan debt who are starting their own businesses. There are a lot of people who have student loan debt who are basically investing in real estate or are changing jobs or doing all sorts of fun and exciting things.

The thing about student loan debt is it doesn't mean you have to pay it off immediately. What it means is you have to have a plan to get past it. And often the plan, the longer you spread it out, the more you might consider doing some of these other things as a trade-off. And so, I know people who said, "Boy, I don't want to have any student loan debt. I'm going to pay it off immediately." And they were willing to grind it out and work long hours in a high paying specialty. And for them, that's what worked. I know a lot of other people who said, "You know what? I need to get to a certain point, but the interest rates are so low and Student Loan Planner helped me refinance. And so now I'm going to put some money in the stock market or I'm going to buy the building that I now practice in so that I can make some extra income."

There's lots of decisions that can be made once you tackle the planning portion of it. It shouldn't stop you. It's obviously something you have to deal with. But it shouldn't stop you from making momentum.

HF: Right. And I think the biggest thing is finding a way to put the emotion aside so you can make a phone call or send an email. To me that's the real turning point because it is so easy for us to be like, "Oh, this feels heavy when I think about it, and so I'm just going to go and clean the kitchen or I'm going to go do something else versus do that one step that changes the trajectory."

JG: Yeah. And that heaviness is really one of those reasons to take a moment and listen to yourself. Why is this so heavy? What does this mean to me? What if I failed? What if I succeeded? What do those things look like? When we find ourselves at these stumbling blocks, we really need to go back and question because ultimately we've all lived lives with stumbling blocks. Whether that was getting into college or medical school, whether that was dealing with the death of your first patient. Whatever that was, we've all had these big major stumbling blocks in our life. But a lot of them we take in stride. So the question is, why aren't we taking this one in stride? And most of the time it's not because it's particularly more difficult than the other things we've done, it's because emotionally we look at it differently.

And so, a big part is asking, "Well, why? Why is student loans so scary to me but walking into an ICU and managing a ventilated patient isn't?" Because let me tell you again, walking into an ICU and managing a ventilated patient who's on the cusp of death, something that a lot of us listening to this probably could do, is way harder than paying off your student loans.

And so, again, this gets back to the emotions of why does one thing bother us and another thing not? And part of it is training, but again, this stuff is not so complicated that you need such intense training. Your brain is able to manage this stuff. We just need a little help.

HF: I love that. And we don't even actually have to understand. Sometimes I think why something is so hard, we can just say, "I've done hard things. This is not that hard and I'm just going to go for it."

Now let's look at the physician who is considering a career change. They're unhappy in medicine and they're telling themselves, "I just have to put my head down and work five more years or 10 more years till I retire because if I make a change, my income is going to go down and my family is going to suffer."

JG: I think there are a few different ways to look at this, but first and foremost, remember, money is a tool that gets you the life you want. If you're staying at a job that you're miserable in for five or 10 years for money, then it's actually working the opposite way around. You'd rather have very little money and live a good, happy, full life than have a lot of money and live a miserable life. And so, it's important to put these things into perspective.

Now that being said, a reasonable way to manage this is to decide to defer your gratification and work those five or 10 years, save up the money diligently and then do what you want to do. And a subset of the population, maybe they don't mind their job that much, maybe they like it on some level, but they have something else they want to do. Some people might decide to do that. It's called frontloading the sacrifice. And that's a reasonable way around it.

But it's one of multiple ways around it. Another way around it is to make that change, to adjust your finances accordingly, to realize that you might have less money to spend, or that those loans might be paid off later, or that you might work longer and not retire as early. But those might be really good trade-offs for doing something that you enjoy that feels more meaningful to you.

The answer is going to be different for each person but if we look at these things openly and intentionally and remove money as the goal and instead think of it as a tool, we can start saying, "Well, what are our tools available to us to live the best life we can?" And money is one of those tools, but it's only one of many. Our connections, our communities, our skill, our youth, our free time. Those are also tools.

And so, sometimes we have to say, "I'm going to have less of that money tool, but I'm going to use some of these other tools to start living the life I want to live." It's not easy. Again, we're used to doing hard things, but I would hate for you to work the next 10 or 20 years of your life doing something that makes you miserable for some number in your bank account that one day you're going to look back and say, "Okay, I have the money, but I lived a miserable life."

The trade-off isn't worth it. I'd rather you have less in your bank account but have more in that account of life, happiness and community and connections and love. The kind of things that are much easier when we're doing things, we're engaged in and want to be doing. Those are the accounts that I want to be full. I definitely want enough in your bank account also to support you but it's only as good as those other things get accomplished too.

HF: I love that answer. And you're so right in that when we're doing something we're engaged in and that we feel excited about, it's expansive energy and that can lead into directions we can't even imagine. Not only more money, but a lot more fulfillment.

And one of the things I see is that physicians often assume their money's going down, but I would say of the physicians I work with, about 75% of them make the same or more. And when we look at nonclinical options, the range is usually between $150,000 at the very low end to $300,000, $330,000 sometimes even a little bit more than that for the entry level job. With the average around $250,000.

JG: Yeah, people don't realize. Your skills as a physician are very transferrable. You are used to making complex decisions. You are used to time pressure. You are used to leading teams. You're used to absorbing difficult information quickly. These are the things that make a great leader in business. They make a great leader in sales. They make great leaders in research. These are very transferable skills. And as you know there are lots of communities out there looking for people as smart and able as you are. Yes, we know very clearly we can stay on as physicians and make a lot of money, but that doesn't mean that our skills can't be used elsewhere and still compensate us pretty well.

HF: And I love too that physicians are becoming more empowered and we're helping each other be better entrepreneurs. We're helping each other navigate this path where we often relied on other people to help us. But now people like you, you have this financial podcast, there's other podcasts about being an entrepreneur or investing in real estate and all these different ways that we don't have to just depend on a W2 income. There's so much more we can do that we've never even dreamed of where we can make more money than we even are in our current situation.

JG: Yeah. Listen, there are a million people every year who go out and decide to be garbage men and quit after six months or a year because they don't like it or decide to work in a pizzeria or decide to go do a million different jobs and no one questions them quitting. On the other hand, when you go and become a physician and decide this isn't for you, everyone looks at you and you say, “Well, you wasted so much time, you wasted so much energy.” You didn't waste time, you didn't waste energy, you didn't waste money. You've built skills and abilities. It's a mistake to think you have to use those in clinical medicine. I think there are lots of other ways to use those skills and abilities. This was not wasted time. This was a doctorate degree. You've received doctorate level training and that's meaningful.

HF: Yeah, great point. It has tons of value. I want to dive in in a minute to some concrete advice about looking at your investments and also retirement planning. But before we do that, I want to take a quick break to share a resource with you.

Hello my dear listeners. As I've talked about on the podcast, I do offer a one hour intro consult. And often when I'm speaking with physicians during this initial consultation, we talk about their finances. We look at what are you currently making, what is it that you need to make, retirement goals? And then I really talk about what you can make in nonclinical jobs so you don't feel trapped.

If this is something you might be interested in, we can talk about these nonclinical options. We can look further into your situation and you can find out how to schedule for this consultation by reaching us at team@doctorscrossing.com. And I'll put that email in the show notes.

All right. We are back here with our wonderful guest, Dr. Jordan Grumet. Jordan, would you like to start off with how to calculate your retirement goal? How to figure out what amount of money you're going to need?

JG: Certainly. This idea of, and I was faced with this too when I realized that I was burning out of medicine was, "How much money do I need to stop and never make another cent again?" Now remember, a lot of us won't stop and never make another cent again, but if we're being conservative, how can we decide how much money we need?

Well, the first thing you actually need to do is figure out how much you spend a year on average. You need to go back and look at your budget. And in a lot of ways we do this. Some people do pen and paper and they'll look at their credit card receipts and those kind of things, but there are a lot of apps out there, some of which are free in which you can connect your credit cards and your bank accounts and everything and it can tell you how much you're spending each month. And then you look at it in aggregate over a year because there's some months you're going to spend a lot, some months you're going to spend a little.

And once you figure out how much you generally spend a year, you can then decide on what a goal net worth is. For instance, to use round numbers to make it easy, let's say when you look at your budget over the last year or two, you generally spend $100,000 a year. If that's what you spend a year, we know that that's your target budget. That's how much you are going to want to spend in the future. Of course, we'll inflation adjust it.

But assuming that in today's dollars we're talking about $100,000, there is something called the 25 times rule. What you do is you take that amount of money, $100,000, you multiply it by 25. That gives you a net worth of $2.5 million. That has been studied in something called the Trinity Study as a bunch of other studies that basically if you then withdraw $100,000 starting in year one and you inflation adjust it over the next 30 years, the likelihood that the $2.5 million will last you for those 30 years is very, very high, like 99 to 100%.

It's a rule of thumb. Does that mean it works perfectly for everybody? No. And of course, we never know what the economic future is going to look like, but based on the economic climate of the last hundred years, 25 times what you basically want to spend each year should be a reasonable estimate for a goal net worth for you to stop working and not have to work again.

Now remember, for a lot of us, we also at some point might get social security. A lot of us maybe will stop working as a doctor, but maybe we'll consult or do other things. So we may have some other income coming in. There's a lot of ways to work with that number. You don't have to hit exactly the $2.5 million, but again, it's a good rule of thumb to start with. There are a lot of other considerations to include. It's not worth talking about them right now, but it's a good place to start.

HF: That is excellent because it's so helpful. We need to have some kind of target then to backtrack and figure out what we want to do right now. Next, could you help us out with thinking about investment strategy, whether this is doing it on your own or having an advisor?

JG: First and foremost, one thing I did forget is when I was talking about that 25 times rule, it actually assumes that this is invested assets. When we're talking about $2.5 million, we're talking about $2.5 million that are invested. We're not talking about home equity, we're actually talking about $2.5 million invested. The most simple way is in the stock market. We talk about like a 60/40 mix of equities, which are stocks and bonds. 60% equities, 40% bonds. But you can vary that 70/30, 80/20, it doesn't matter as much. But we look at basically the stock market as the gold standard for your basic investments in order to get to retirement.

And so, we know through studies that if you generally invest in the market, I'm not talking about investing in Apple or Google or any specific stock. But if you take your money and put it in a broad based index funds, something that mimics the whole stock market, like a total stock market index, that you'll generally make somewhere between 8 to 12% in aggregate per year. Some years it goes down, some years it goes up. But if you're investing for 20 or 30 years, you should average somewhere between 8 and 12%.

That's probably the easiest, most simple way to invest. Take your money, put a little bit in bonds, put the rest in a total stock market index. Some people break it down even further. Maybe they'll put a third in a total stock market index, they'll put a third in foreign or a total international index. Maybe they'll put a third in something called REITs, which is a type of an investment “stock or mutual” fund.

There are different ways to do it and all of them work. I think a big fallacy people think is that there's a right way to invest and a wrong way to invest. The truth of the matter is, as long as you're doing broad-based index investing, you're pretty much most likely going to get it right or at least be close.

And so, that's the easy way. You can get more complicated than that. For instance, some people like to own real estate. And so you can add real estate in and then it's a little bit more complicated. You have to look at how much cash flow and how much equity you have in that real estate. But that's another thing to consider.

But above and beyond those three things, equities, which are stocks, usually broad-based mutual funds or index funds, ETFs, things like that. That's one class. Bonds is another class. That's more of your safety. You want a small allocation there. And then plus or minus on the real estate. It's really an easy way for most people to invest. And it does not take a brain surgeon, although some people listening may be brain surgeons. It does not take a rocket scientist. Basically, you would be very reasonable to take all of your equity allocation and put it in a total stock market index or an S&P 500 index and that would be a reasonable way to invest. Again, we're not talking about perfection. None of us need perfection, but it would be good enough.

HF: And you know what is interesting, Jordan? It's that I've had four different financial advisors. I fired the last one a couple years ago. And they make it so complicated. They buy all these different funds and you look at it and your eyes glaze over and you figure, "I can't do this." But after I fired this last group, which was one of the top in the country because they were underperforming the market, I said, "I have to figure this out."

And for longer than I want to admit, I avoided doing anything. I was like, "Oh, I got to do that. I got to do that." I kept putting it off. But I have to say when finally my mother asked me, "What's doing well in your portfolio, because mine is not?" And it forced me to actually look at it. When I started looking at each of the funds with a rocket science to see what was doing well, what wasn't, understand it more, I ended up selling a lot of the funds, simplifying it. Now, I actually took charge and understand what I have. I don't have that resistance anymore to looking at it. It was a game changer.

JG: Yeah. Let me tell you something that most people don't understand. You do not hire a financial advisor for returns. I'm going to repeat that. You do not hire a financial advisor for returns because you can do better than 90% of financial advisors by putting your money in a total stock market index. You'll do better than almost all of them. The reason to hire a financial advisor is for financial planning, which is different than returns. It's long-term planning. What type of insurances do I need? What is my retirement date going to be? Am I getting close to have enough money to get to retirement? Do I want some added safety in? How am I going to help plan for my kids' college?

Those are all things that a good financial advisor or planner's going to help you with. But if you're just after returns, I can tell you what you need and it's not what they're going to tell you, which is broad based index investing will beat them almost all the time. And this has been studied over and over again. The best fund managers generally over a five to 10 period, almost none of them beat the general market index. It's that simple.

HF: I think that's great for people to hear because we can think, "Yeah, okay, I can do this myself." And I think one of the other purposes that those advisors serve is so you don't do things when you're emotional.

JG: Correct. Correct. But you pay a cost for that, right?

HF: Yes, you do.

JG: Most advisors nowadays do what's called assets under management. They charge 1 to 2% for their financial advice, and that 1 to 2% will cost you millions over a career because it's not just what they're taking out now. That money that they take from you for their services compounds over long periods of time and you're generally paying them for assets under management for them to give you a subpar return because they generally don't beat the total market index.

And so, again, if you want to hire them for long-term planning, awesome. If you don't, but occasionally need some help, they're fee only advisors, which you can ask for two or three hours of their time. They can give you a general outlook and help you when you need it. Or they're advisors that just charge a straight fee.

There's lots of different ways to go around this but the asset under management way of being paid doesn't work if returns are your main concern. It can, if again, long-term financial advising is worth paying for you. And for a lot of people it is. Or as you were saying, that emotional aspect. If you're going to freak out and the minute the market goes down, you're going to sell and pretty much harm yourself and harm your financial plan, then a financial advisor is very worthwhile for you.

HF: Absolutely. Like anything, there are options here. Well, this has been such a helpful conversation, Jordan. There's so many other things I'd love to talk to you about, but I think this is great for now and I'd love it if you could tell listeners a little bit about how to find you and what you offer.

JG: The easiest way to find me is at jordangrumet.com. Basically, you can find a link to my book there Taking Stock, but you can also find the three places I create contact. One was a medical blog called In My Humble Opinion, which I don't write at any longer, but was there from 2004 to 2018. Another is a financial blog called Diversify. And last but not least, what I spend most of my time doing, the Earn & Invest podcast. All the links are at jordangrumet.com. And I have another book that's going to be coming out in January of 2025 called The Purpose Code. And as things progress with that, all that information will be at that website also.

HF: Excellent. And I learn a lot from listening to your podcast. My dear listeners, I highly recommend it if you want to dive into some more financial topics. I loved your book, Jordan, and I can't wait for this new one to come out about purpose. Thank you again so much for being a returning guest on the podcast.

JG: Thank you for having me. It is a blast as always.

HF: Thank you, Jordan. All right, my dear listeners. I appreciate you sharing this podcast with anyone you think it would be helpful for. And as always, don't forget to carpe that diem and I'll see you in the next episode. Bye for now.

You've been listening to the Doctor's Crossing Carpe Diem podcast. If you've enjoyed what you've heard, I'd love it if you'd take a moment to rate and review this podcast and hit the subscribe button below so you don't miss an episode. If you'd like some additional resources, head on over to my website at doctorscrossing.com and check out the free resources tab. You can also go to doctorscrossing.com/free-resources. And if you want to find more podcast episodes, you can also find them on the website under the podcast tab. And I hope to see you back in the next episode. Bye for now.

[00:35:42]

Podcast details

END OF TRANSCRIPT