

Helpful Things

1. Integra Desk Highlighter, Chisel Tip, Fluorescent Yellow (ITA30004)

- a. **Why** - it doesn't bleed through pages - and that's pretty helpful.

- b. **Where:**

https://www.amazon.com/Integra-Highlighter-Chisel-Fluorescent-ITA30004/dp/B000WGC406/ref=sr_1_4?crid=3K6LNJZSHLJAM&keywords=integra+highlighters+yellow&qid=1705887788&sprefix=integra+high%2Caps%2C123&sr=8-4



2. SPRI Foam Roller High Density Extra Firm Muscle Massage Roller

- c. **Why** - it's a damn good foam roller after you've been sitting all day.

- d. **Where:**

https://www.amazon.com/SPRI-Roller-Density-Massage-36-Inch/dp/B003TKMSSK/ref=sr_1_2?crid=2WK1PHHE19R3T&keywords=sPRI%2Bfoam%2Broller&qid=1705887891&sprefix=sPRI%2Bfoam%2Brolle%2Caps%2C115&sr=8-2&th=1&psc=1



2. Rogue Fitness - Kettlebells

- a. **Why** - you can get good exercise from the comfort of your home.

- b. **Where:**

<https://www.roguefitness.com/rogue-kettlebells>



3. Autonomous Standing Desk - SmartDesk Core

- a. **Why** - great for marathon working, writing, or gaming sessions.
- b. **Where:**

[https://www.autonomous.ai/standing-desks/smartdesk-2-home?option1=1&option2=7&option16=36&option17=7442&utm_term=643201957397&utm_campaign=\[P\]_US_Search_Standard_Brand_Phase&utm_source=google&utm_medium=search&utm_content=autonomous%20standing%20desk&gad_source=1](https://www.autonomous.ai/standing-desks/smartdesk-2-home?option1=1&option2=7&option16=36&option17=7442&utm_term=643201957397&utm_campaign=[P]_US_Search_Standard_Brand_Phase&utm_source=google&utm_medium=search&utm_content=autonomous%20standing%20desk&gad_source=1)



4. Topo Comfort Mat by Ergodriven | The Original Not-Flat Anti-Fatigue Standing Desk Mat with Calculated Terrain | Accessories | Obsidian Black

- a. **Why** - pair this with your standing desk so you can stretch your feet.
- b. **Where:**

https://www.amazon.com/gp/product/B00V3TO9EK/ref=ppx_yo_dt_b_asin_title_o08_s00?ie=UTF8&th=1



5. Logitech C920x HD Pro Webcam, Full HD 1080p/30fps

- a. **Why** - it's a good, basic webcam.
- b. **Where:**

https://www.amazon.com/gp/product/B085TFF7M1/ref=ppx_yo_dt_b_asin_title_o08_s01?ie=UTF8&th=1



6. Ascent 100% Whey Protein Powder

- a. **Why** - this is the best protein powder I've found for after-workout recovery.
- b. **Where:**
https://www.amazon.com/gp/product/B07M6LWRPV/ref=ppx_yo_dt_b_asin_title_o06_s01?ie=UTF8&psc=1



7. CAP Barbell Adjustable Dumbbell Weight Set

- a. **Why** - buy two and you're set for at-home training.
- b. **Where:**
https://www.amazon.com/gp/product/B07W312KD5/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&th=1



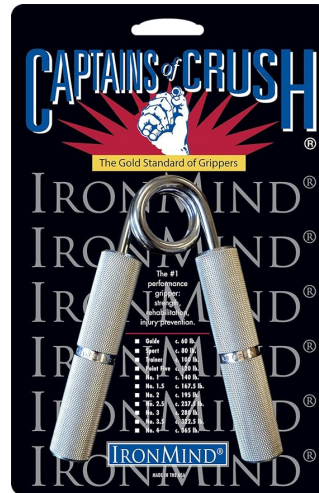
8. Thera Cane Massager: Green

- a. **Why** - good for recovery after a workout. You can massage muscle groups that are usually inaccessible (e.g., mid-back).
- b. **Where:**
https://www.amazon.com/gp/product/B000PRMCJU/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1



9. IronMind Captains of Crush (CoC)

- a. **Why** - this can help train your grip, which'll improve your overall functioning (e.g., opening a can) and help you in the gym.
- b. **Where:**
https://www.amazon.com/gp/product/B00938VCCA/ref=ppx_yo_dt_b_asin_title_o05_s00?ie=UTF8&psc=1



10. Georgia-Pacific Premium Bright Ink Jet & Laser Paper 500 Sheets

- a. **Why** - best paper I've found.
- b. **Where:**
https://www.amazon.com/gp/product/B078RHKB3T/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1



11. Howard Leight Earplugs

- a. **Why** - the strongest earplugs I've come by for attending shows (i.e., best NRR). Comes in two versions.
- b. **Where:**
 - i. **First option:**
https://www.amazon.com/gp/product/B000RMFGGY/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&h=1
 - ii. **Second option:**
https://www.amazon.com/gp/product/B0013A0C0Y/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&h=1



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12. TANGLE TEEZER, The Ultimate Detangler Hairbrush

- a. **Why** - Always works and doesn't mangle your hair.
- b. **Where:**
https://www.amazon.com/gp/product/B0899ZL5BZ/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1



13. ROSELYNBOUTIQUE Cryotherapy Ice Roller

- a. **Why** - great self-care tool to keep your face healthy.
- b. **Where:**
https://www.amazon.com/dp/B09V5TRZTS?psc=1&ref=ppx_yo2ov_dt_b_product_details

