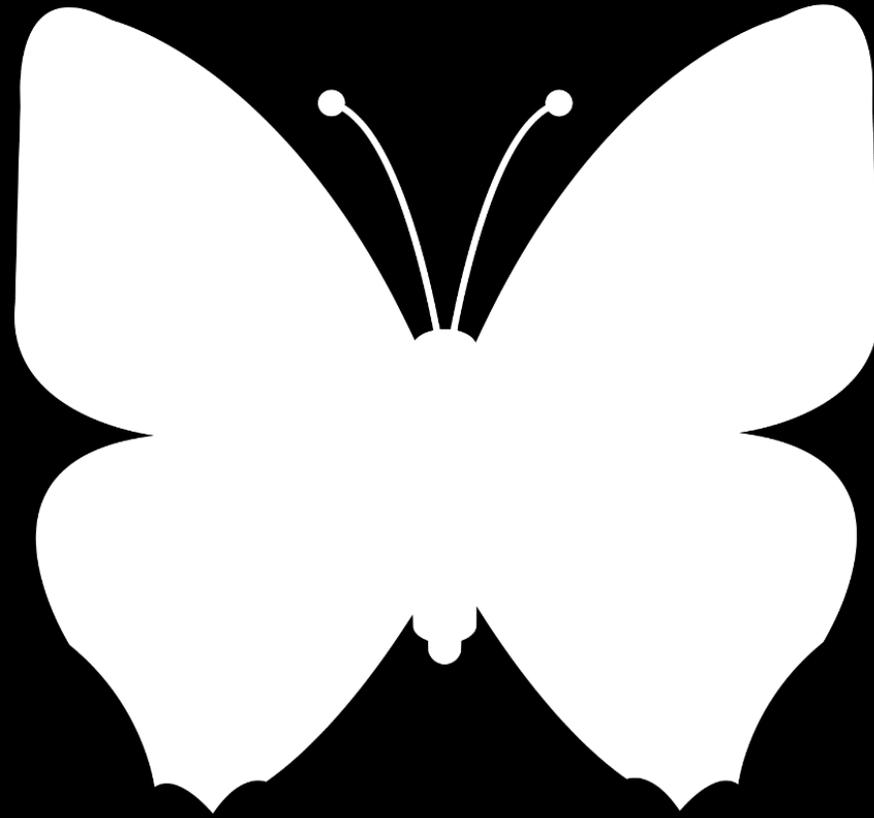
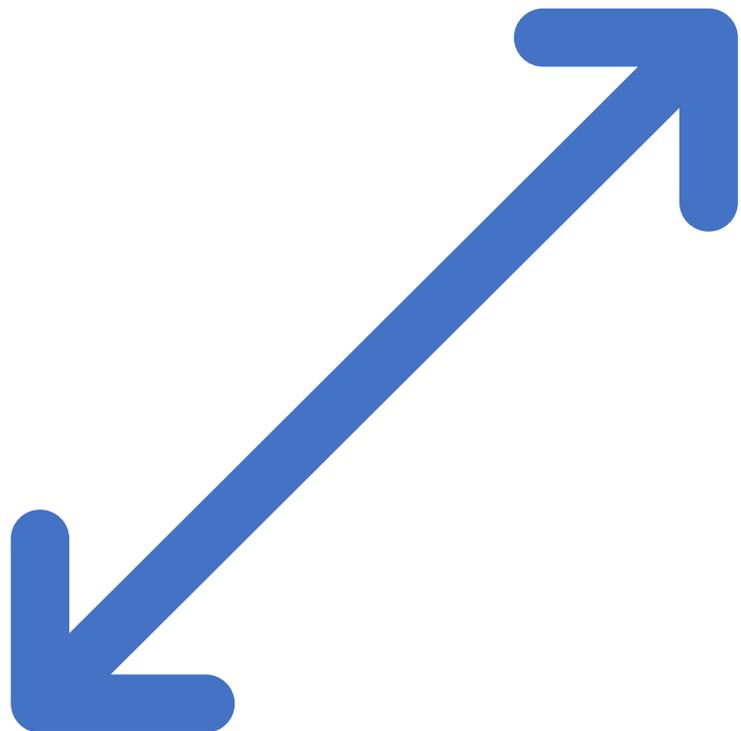


What
happened
this week?



Mariposa Wealth
Solutions



Markets:

Overall Theme

- Last week, the IMF released its latest World Economic Outlook in which it downgraded 2019 global growth to 3.0%, the slowest pace since the Great Financial Crisis. It also revised down global growth for 2020 by 0.1% to 3.4% from its last update. The report cited a broad-based softening in manufacturing as the reason for a synchronized slowdown, driven by higher tariffs as well as uncertainty surrounding trade and geopolitics. Furthermore, idiosyncratic factors are causing stress in emerging market economies, while low productivity growth and aging demographics are challenging advanced economies. The IMF also noted that the subdued growth is happening even after major central banks have moved to ease monetary policy, estimating that growth would be 0.5% slower without the support of lower interest rates. Recently, some positive news has reduced some of this uncertainty, with the U.S. and China announcing discussions of the first phase of an agreement, and the EU and UK signaling a Brexit deal. However, the reality is that there is still plenty of work to be done before sounding the all clear. For this reason, global growth is likely to remain below its long-run average, which should push the Federal Reserve to cut interest rates at its October meeting.
- Source JP Morgan Market Commentary

Markets:

WEEKLY DATA CENTER

Equities	Level	Index Returns (%)				
		1 week	QTD	YTD	1 year	3-yr. Cum.
S&P 500	2986	0.55	0.41	21.05	10.07	48.24
Dow Jones 30	26770	-0.13	-0.44	16.99	8.08	58.35
Russell 2000	3816	1.57	0.83	15.13	-0.17	31.39
Russell 1000 Growth	1071	0.26	0.93	24.44	12.06	63.49
Russell 1000 Value	777.29	0.73	-0.22	17.55	7.64	32.39
MSCI EAFE	1920	1.24	1.69	15.26	7.39	26.65
MSCI EM	1024	1.27	2.41	8.77	8.66	22.51
NASDAQ	8090	0.40	1.16	22.95	9.28	59.42

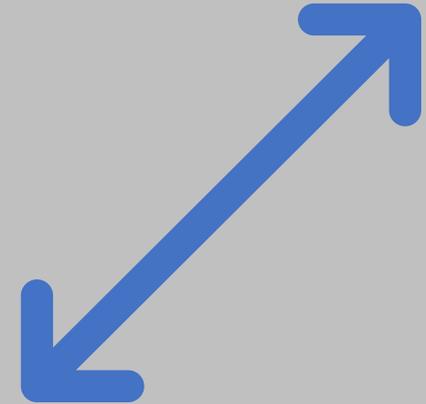
Fixed Income	Yield	Index Returns (%)				
		1 week	QTD	YTD	1 year	3-yr. Cum.
U.S. Aggregate	2.30	0.10	-0.17	8.34	10.89	9.30
U.S. Corporates	2.94	0.33	-0.11	13.07	13.99	14.21
Municipals (10yr)	1.69	-0.16	0.11	6.98	9.92	11.10
High Yield	6.32	0.39	0.22	11.65	7.55	18.68

Key Rates	Levels (%)					
	10/18/19	10/11/19	9/30/19	12/31/18	10/18/18	10/18/16
2-yr U.S. Treasuries	1.58	1.63	1.63	2.48	2.87	0.82
10-yr U.S. Treasuries	1.76	1.76	1.68	2.69	3.17	1.75
30-yr U.S. Treasuries	2.25	2.22	2.12	3.02	3.36	2.51
10-yr German Bund	-0.39	-0.44	-0.58	0.24	0.48	0.01
3-mo. LIBOR	1.95	2.00	2.09	2.81	2.47	0.88
3-mo. EURIBOR	-0.41	-0.42	-0.42	-0.31	-0.32	-0.31
6-mo. CD rate	0.92	0.90	0.92	0.68	0.67	0.34
30-yr fixed mortgage	3.92	3.92	3.99	4.84	5.10	3.73
Prime Rate	5.00	5.00	5.00	5.50	5.25	3.50

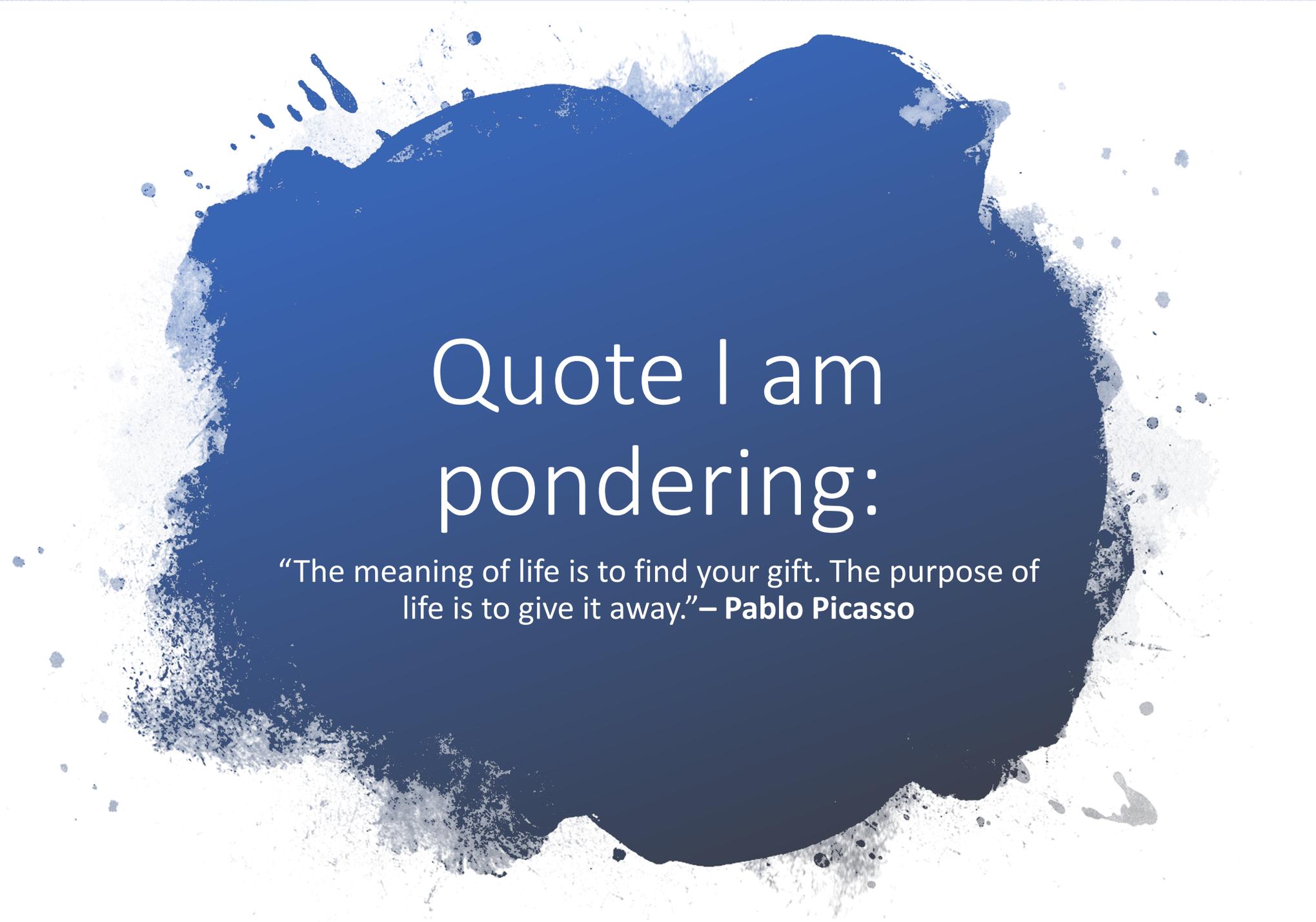
Index Characteristics			
NTM P/E	P/B	Div. Yld.	Mkt. Cap (bn)
16.90	3.28	1.89	53.33
15.94	3.93	2.12	250.57
21.87	1.91	1.45	1.15
21.46	7.52	1.15	37.67
14.19	2.00	2.54	23.66
13.89	1.56	3.36	20.39
12.16	1.54	2.94	14.60
22.39	4.31	1.04	5.11

Currencies	Levels		
	10/18/19	12/31/18	10/18/18
\$ per €	1.11	1.14	1.15
\$ per £	1.29	1.27	1.31
¥ per \$	108.52	109.72	112.50

Commodities	Levels		
	10/18/19	12/31/18	10/18/18
Oil (WTI)	53.76	45.15	68.63
Gasoline	2.63	2.27	2.88
Natural Gas	2.32	2.94	3.28
Gold	1490	1279	1223
Silver	17.44	15.47	14.52
Copper	5751	5965	6147
Corn	4.01	3.42	3.20
BBG Idx	166.75	159.72	177.66



- Source JP Morgan Market Commentary



Quote I am pondering:

“The meaning of life is to find your gift. The purpose of
life is to give it away.” – **Pablo Picasso**

NATIONAL BESTSELLER

"Being indistractable is the essential skill for our time."

—GREG MCKEOWN, author of *Essentialism*

indistractable



How to Control Your Attention
and Choose Your Life

NIR EYAL

Wall Street Journal bestselling author of *Hooked*

WITH JULIE LI

What I am reading this week

- You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold.
- What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become "indistractable?"
- International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote Silicon Valley's handbook for making technology habit-forming. Five years after publishing *Hooked*, Eyal reveals distraction's Achilles' heel in his groundbreaking new book.
- In *Indistractable*, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more.
- Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. *Indistractable* reveals the key to getting the best out of technology, without letting it get the best of us.
- Inside, Eyal overturns conventional wisdom and reveals:
- Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it
- What really drives human behavior and why "time management is pain management"
- Why your relationships (and your sex life) depend on you becoming indistractable
- How to raise indistractable children in an increasingly distracting world
- Empowering and optimistic, *Indistractable* provides practical, novel techniques to control your time and attention—helping you live the life you really want.

NETFLIX

explained

OFFICIAL
TRAILER

Docuseries:



Billionaires

There are more billionaires than ever. But how does this vast accumulation of wealth affect the world? Mark Cuban and Bernie Sanders offer insights.

October 3 23m

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I started with Billionaires and found it very interesting.