

# Your Worst Investing Enemy: Your Brain

When investing, what makes more sense?

1. a 30%+ stock market crash
2. Inflation

The answer to this question may surprise you. Most people understand the risk incorrectly.

In today's podcast we discuss fear and its impact on investing. There's a part of our brain that helps us survive. It's also the part of the brain that can cause us to make the worst decisions.

In a year where fear of the market, and a fear for your own life has dominated the headlines, this may be the most important podcast you listen to all year long.

Here's to wise investing,

Brett, Brian, Katie, and the Iron Gate Team

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