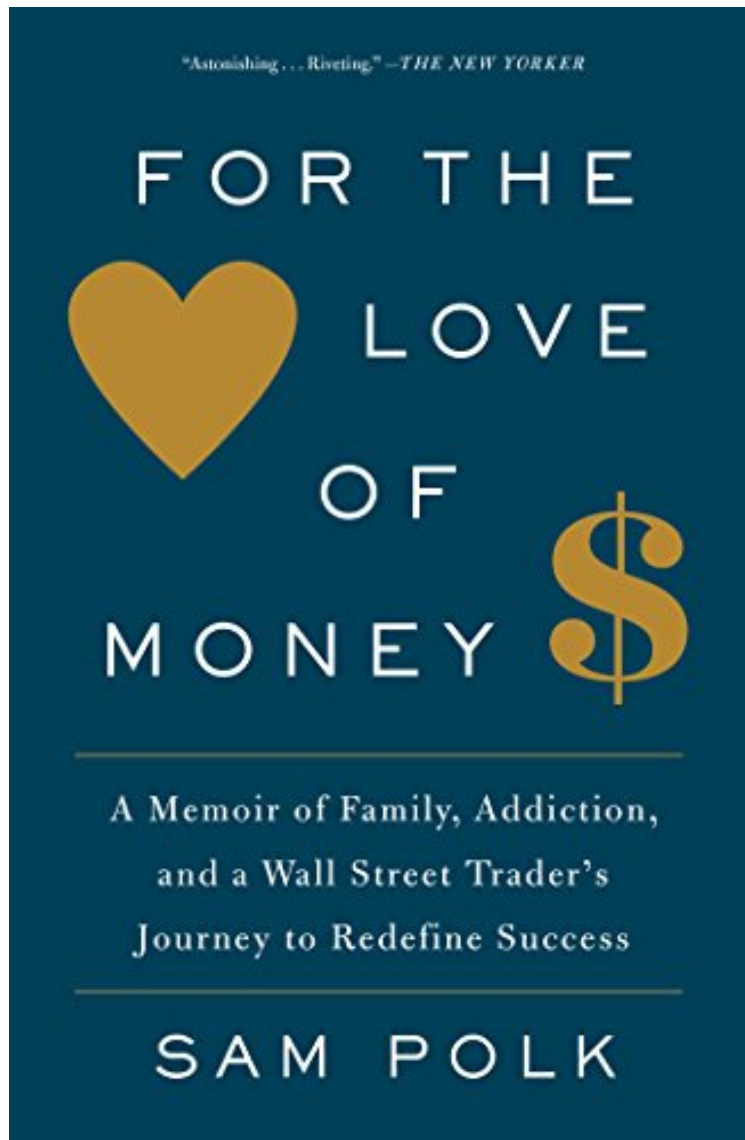


(Download pdf ebook) For the Love of Money: A Memoir

For the Love of Money: A Memoir

Sam Polk

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Sam Polk : For the Love of Money: A Memoir before purchasing it in order to gage whether or not it would be worth my time, and all praised For the Love of Money: A Memoir:

1 of 1 people found the following review helpful. Sam Polk's For the Love of Money is an impressive moral education of equal ...By DollySam Polk's For the Love of Money is an impressive moral education of equal calibre as Jonathan Franzen's Freedom. It is foremost a retelling of the age-old storymdash;magical ascent, single-minded pursuit of wealth and fame,soul-searching, guilt and redemption. He lifts every scar unflinchingly,and his clinical scalpel inadvertently points to diseases latent in most mortalsmdash;an unquestioning quest for more money,power,sex,tying

self-worth with achievement. The absence of unconditional love from his parents, coupled with unhealthy relationship with his twin brother, catalyzed his wild Columbia years—a headlong race for sexual validation and substances-induced highs. Nevertheless, his rise from a self-destructive and insecure English undergrad with 3.0 GPA to an expert at distressed trading at a top hedge fund testifies to the fact that the cloistered financial underworld is far from a meritocracy. Imagine the chances that an African American or a Latino with 3.0 GPA, even at top Ivy Leagues, could get his or her foot in the doors of investment banks. What distinguishes him from Silicon Valley entrepreneurs is that his ambitious streak and toughness were fueled primarily by insecurity and sibling rivalry, which evidenced in a serious deficit in self-discipline during college years, but his powerful desire to rise in the moneyed world remade him into a classic Wall-Street workaholic. Patches of his early twenties read like extracts from David Foster Wallace's biography: AA meetings, rehab, falling desperately in love with Sloane Taylor, mistaking physical intimacy for love, a charmed life for a good life. His deterioration shares the molten core with F. Scott Fitzgerald and his male characters. Wanting to be good, to be kind, to be brave and wise, but money, prestige, booze and sex obstruct the view of the unequivocal good. It is impossible to be selfless when one does not know how to apply self-love consistently. As in a classic morality play, his ability to detect moral contradictions on the Wall Street—Ayn Rand's fantasyland and examine the source of his discomfort and momentary self-hatred gently nudged him in the right direction. Some lucky individuals have always been on the right path by having and following the right instincts continuously, such as Mark Zuckerberg, Bill Gates and the mathematician Terence Tao. There is nothing they did at any moment of their early twenties or even whole lifespan that one can significantly outdo. I admire people who never err or whose mistakes cost much less than the likes of Fitzgerald, Wallace and Polk, but it is the latter's willingness to expose their fatal weakness of character that give us a breathtaking view of human redemptive potential—how one can emerge with more courage and compassion from long-drawn battles with self-indulgence, complacency and entrenched addictions. In a way, people who have never fallen through the cracks don't know what tragic dignity tastes like. It tastes like broken rainbow. The quotes that struck chords with me from the book: "There was something hollow about the satisfaction of realizing your life finally matches your fantasy. Instead of feeling complete, I felt sad." "So much of my life had been a reaction to my father. I was sick of living in the past, tired of being angry." 1 of 1 people found the following review helpful. Simply amazing. Buy this book. It will change your perspective. By Raheem I finished this book today, and felt compelled to immediately write a review, which is new for me. The raw honesty within these pages is noticeable from the get-go, and whether you like it or not, you will find yourself relating to Sam on one level or another. I have read the articles he's written, as well as their reviews; I've also watched his TED talks and media appearances, where the responses to his values are varied, and while I thought I understood the trajectory he traveled on, it is clear after reading this book that I really had no idea. To have such hardened focus on a single, overarching goal only to shun it when finally on the cusp of achieving it - it is not difficult to wrap your head around that concept, let's say if you read about it in an article - but when you put it in the context of someone's entire life, it becomes an emotional rollercoaster, where you find yourself going from laughing at Sam's descriptions to literally crying because you can almost feel his pain through the pages, to wanting to shake the book in hopes the young man in there snaps out of it. You should ask yourself, how many people on Wall Street do you hear talking like this? Do you hear ANY? What was made abundantly clear as I read this book was how despite the negative perceptions America has of Wall Street, it still reigns supreme. The amount of courage it takes to write a book this candid and this powerful should NOT be overlooked. And trust me, when you read this book you will see that this is not just some tired, public act of penance. The book pulses with years of intense introspection, and Sam is thoughtful, incisive, and brutally honest in a way you just don't hear men speak like in this day and age. You are left with the impression that Sam truly wants to help others cross the barrier like he did, and not necessarily into anywhere but a more loving, thoughtful, and honest world. This is a book of self-discovery, and no matter your background, it is about each and every one of our own personal journeys. I highly encourage everyone check it out. It is a wonderful, powerful, cutting book that you will undoubtedly be reaching to for a re-read before you even realize it. 2 of 2 people found the following review helpful. Read in one sitting and I never do that. By Jason Engelson Truly amazing. In so many ways I could relate just leaving a high paying job because I was always stressed out and couldn't stand my co workers. Polk writes with a prose that is decades beyond his age and does it with such a style that keeps you glued to the page. I am a sucker for Wall Street books and I have to say, this might be the best one out there as it reminds you of what REALLY matters at the end of the day. Fantastic read!

“Part coming-of-age story, part recovery memoir, and part expose of a rotten, money-drenched Wall Street culture” (Salon), Sam Polk’s unflinching account chronicles his fight to overcome the ghosts of his past—and the radical new way he now defines success. At just thirty years old, Sam Polk was a senior trader for one of the biggest hedge funds on Wall Street, on the verge of making it to the very top. When he was offered an annual bonus of \$3.75 million, he grew angry because it was not enough. It was then he knew he had lost himself in his obsessive pursuit of money. And he had come to loathe the culture—the shallowness, the sexism, the crude machism—and Wall Street’s use of wealth as the sole measure of a person’s worth. He decided to

walk away from it all. For Polk, becoming a Wall Street trader was the fulfillment of his dreams. But in reality it was just the culmination of a life of addictive and self-destructive behaviors, from overeating, to bulimia, to alcohol and drug abuse. His obsessive pursuit of money papered over years of insecurity and emotional abuse. Making money was just the latest attempt to fill the void left by his narcissistic and emotionally unavailable father. "Vivid, picaresque...riveting" (NewYorker.com), For the Love of Money brings you into the rarefied world of Wall Street trading floors, capturing the modern frustrations of young graduates drawn to Wall Street. Polk's "raw, honest and intimate take on one man's journey in and out of the business" really gives readers something to think about" (CNBC.com). It is "compellingly written...unflinchingly honest...about the inner journey Polk undertakes to redefine success" (Forbes).

"A page-turning journey of radical transformation with rare insights into the dysfunction of Wall Street and our achievement-obsessed culture, written with a level of honesty and depth that is rare for any author, let alone a former hedge-fund trader!"--Jack Canfield, bestselling co-author of the CHICKEN SOUP FOR THE SOUL series "Beyond a cautionary tale on wealth addiction and the toxic culture of Wall Street, For The Love of Money is also a tender and clear story of the transformation of a soul in search of self and healing. Along with a vivid entry into the world of a hedge fund trader, the reader finds resonance in Sam Polk's excavation of his essential wound and is likewise brought into the bright light of wholeness."--Gregory Boyle, S.J., founder of Homeboy Industries and New York Times bestselling author of Tatos on the Heart: The Power of Boundless Compassion "For the Love of Money is one of the most important memoirs of our time. Sam Polk takes us on a journey through the upper echelons of Wall Street, where money and self-worth are often inseparable. Polk shows how he got swept up in a culture of accumulation, and how he managed to extract himself by making peace with his past. Polk's humility and unflinching honesty offers us hope for tomorrow, and an account of what truly matters. This is a must read."--Christina McDowell, author of After Perfect: A Daughter's Memoir "Riveting. Polk has managed to write a fast-paced thriller, while at the same time exploring the pain underneath our desire for money, power, and success with startling honesty, brilliance, and depth. But perhaps the best part (and there are so many best parts in For the Love of Money), is that Polk's story is a remarkable blueprint of hope and transformation for what comes after greed. I was blown away."--Geneen Roth, #1 New York Times bestselling author of Women Food and God "A compelling, mesmerizing, and deeply psychological memoir. Polk's journey is both courageous and inspirational, and a reminder to all of us that there are pursuits far more fulfilling than the accumulation of material wealth."--Robin Berman, MD Associate Professor of Psychiatry, UCLA author of Permission to Parent "I read Sam Polk's For the Love of Money in one night. It's an engrossing and important book--required reading for the legions of bright, young students who assume that money brings well-being. As Polk shows, the quest for money never ends, and only becomes more urgent. Instead, enduring happiness comes from a career grounded in passion and meaningfulness. As long as you're happy and have enough to live on, the rest takes care of itself."--Adam Alter New York Times bestselling author of Drunk Tank Pink and Associate Professor of Marketing and Psychology, New York University Stern School of Business "Engrossing....A heartfelt and cautionary success story incorporating both the deceptive promises of wealth and the life-changing power of self-awareness."--Kirkus "A journey of self-discovery."--Forbes.com "Compellingly written...unflinchingly honest...a book that seems, on the surface, to be about finding professional fulfillment, ends up being, at its core, about the inner journey Polk undertakes to redefine success."--Forbes "Part coming-of-age story, part recovery memoir and part expose; of a rotten, money-drenched Wall Street culture."--Salon "A raw, honest and intimate take on one man's journey in and out of the business...It really gives readers something to think about."--CNBC.com "Though it glosses at first as a trading desk memoir, [For the Love of Money] is in fact an account of addiction and recovery, similar in structure to classics of the genre such as Jerry Stahl's 'Permanent Midnight' or Caroline Knapp's 'Drinking: A Love Story.'...A vivid picaresque...riveting."--NewYorker.com "Raw...compelling."--The Times (UK) "Polk's redemptive one-step-forward, one-step-back story, along with his insider's view of Wall Street and the larger issues of income inequality, make for a memoir that's not only revealing but also timely."--BookPage About the Author Former hedge fund trader Sam Polk is a writer; cofounder and CEO of Everytable, a social enterprise that sells fresh, delicious meals at prices everyone can afford; and the founder and executive director of Groceryships, a nonprofit that helps low-income families struggling with obesity. Polk graduated from Columbia University in 2002 with a BA in English and holds the Chartered Financial Analyst (CFA) Designation. His writing has been published in The New York Times, Los Angeles Times, Huffington Post, and CNBC.com. He lives in Los Angeles with his wife and their daughter. For the Love of Money is his first book.