

# The Client Connection

News and Updates from The Gensler Group

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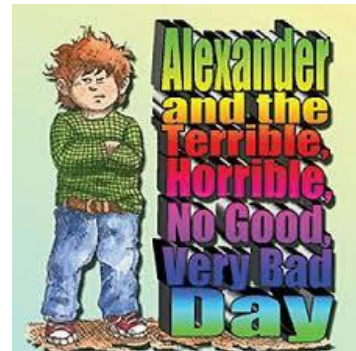
## Updated Reviews



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## The Markets

If you have young children or grandchildren, you may have read "Alexander and the Terrible, Horrible, No Good, Very Bad Day" by Judith Viorst. Well, that's what last week was like on the European continent from an economic perspective.



Hopes of economic recovery were put on hold when gross domestic product (GDP) figures across the region showed no - nada, zero, zip - growth overall during the second quarter of 2014. First quarter's growth (0.2 percent) hadn't been all that impressive either, but at least it was headed in the right direction. The strongest second-quarter performers were Netherlands, Spain, and Portugal, according to The Economist. However, some of Europe's largest economies (Italy, Germany, and France) contracted during the period.

[Click here to read the entire article.](#)

## How well do you know Social Security?

Q2

Quarterly Market Review  
Second Quarter 2014

## Quarterly Market Review

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Social Security is coming under increased scrutiny because of its projected long-term financial problems. Suggested changes to the program have included gradually raising the normal retirement age for full benefits to age 69, trimming benefits for wealthier retirees and raising the

amount of wages subject to payroll taxes that fund the program. With thousands of baby-boomers turning 65 every day for the next 16 years, the pressure is on to come up with fixes to ensure the program lasts.

So how well do you know Social Security? Take our quiz to better understand this federal program, which provides an important piece of most retirees' income. In fact, the decisions you make about when and how to take benefits can help fortify your financial security in retirement. Some of our secret strategies to boost your benefits may surprise you, too.

[Click here to read more and take the quiz.](#)

## The Real Reason We Yawn

**Yawns are contagious, but they keep the brain working in peak form.**

Yawning can be a problem at the office for Lindsay Eierman.

"I've explained, 'I'm sorry, I didn't get much sleep last night,' " says Ms. Eierman, a 26-year-old social worker from Durham, N.C. But a lack of sleep may not be the problem.



Researchers are starting to unravel the mystery surrounding the yawn, one of the most common and often embarrassing behaviors. Yawning, they have discovered, is much more complicated than previously thought. Although all yawns look the same, they appear to have many different causes and to serve a variety of functions.

Yawning is believed to be a means to keep our brains alert in times of stress. Contagious yawning appears to

have evolved in many animal species as a way to protect family and friends, by keeping everyone in the group vigilant. Changes in brain chemistry trigger yawns, which typically last about six seconds and often occur in clusters.

[Click here to read the entire article.](#)

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