

Paul Graham's Watch-Mechanics Pick and Farnam Street's Omega-3 Video

Recommended Reading from Tech Founders

2026-06-17

Paul Graham's Watch-Mechanics Pick and Farnam Street's Omega-3 Video

By Recommended Reading from Tech Founders • June 17, 2026

A small but high-signal set of authentic external recommendations: Paul Graham strongly endorsed an article on how mechanical watches work, and Farnam Street pointed readers to FoundMyFitness for more on omega-3s and the idea of focusing on what we need, not just what to avoid.

What stood out

The clearest conviction signal today came from Paul Graham, who attached a direct superlative to a watch-mechanics article. Farnam Street's recommendation was different in tone but still useful: a FoundMyFitness video on omega-3s framed around the idea that health attention should include what we need, not only what we should avoid [1, 2, 3].

Most compelling recommendation

How mechanical watches work

- **Content type:** Article
- **Author/creator:** Not specified in the notes
- **Link/URL:** <https://ciechanow.ski/mechanical-watch/> [1]
- **Who recommended it:** Paul Graham [1]
- **Key takeaway:** Graham called it “the best explanation I’ve seen” of how mechanical watches work [1]
- **Why it matters:** This was the strongest pure endorsement in the set, making it the clearest resource to read first if you want a high-conviction explanation of a complex system [1]

“This is the best explanation I’ve seen of how mechanical watches work.” [1]

Also worth saving

FoundMyFitness video on omega-3 insights

- **Content type:** Video
- **Author/creator:** @foundmyfitness [2, 3]
- **Link/URL:** <https://youtu.be/JNB3xRLnMTg> [2]
- **Who recommended it:** Farnam Street [2, 3]
- **Key takeaway:** Farnam Street framed the recommendation around a point from FoundMyFitness: people often focus on what they should avoid, not on what they need, and shared this video for more on omega-3 insights [2, 3]
- **Why it matters:** The value here is the framing shift. It turns a general health discussion into a specific resource about omega-3s rather than avoidance alone [2, 3]

If you only pick one

Start with *How mechanical watches work*. It carried the clearest conviction in today’s set, while the omega-3 video was notable mainly for its framing and topic specificity [1, 2, 3].

Sources

1. X post by @paulg
2. X post by @farnamstreet
3. X post by @farnamstreet