

# What to buy and sell if it all falls apart

By [Jonathan Chaplin](#) | September 22, 2019

We were worried about a recession at the beginning of the year, and published a report quantifying the exposure of our companies in the event of a recession. It was all for naught. The economy soldiered on, despite worries and warning signs. Well, we are still worried, and so we updated our recession exposure framework for the US and republished it this weekend (see report [HERE](#)). We summarize our findings on exposure in the US in this edition of the Global Weekly review. We also gathered thoughts from the team on what to buy and sell in Europe, Asia and Latin America. We are sorry to ruin your Sunday with gloomy thoughts, but we thought you should at least have our list of what to avoid if it all goes “pete-tong”, and our list of what to buy at the bottom.

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Full 12-month historical recommendation changes are available on request

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