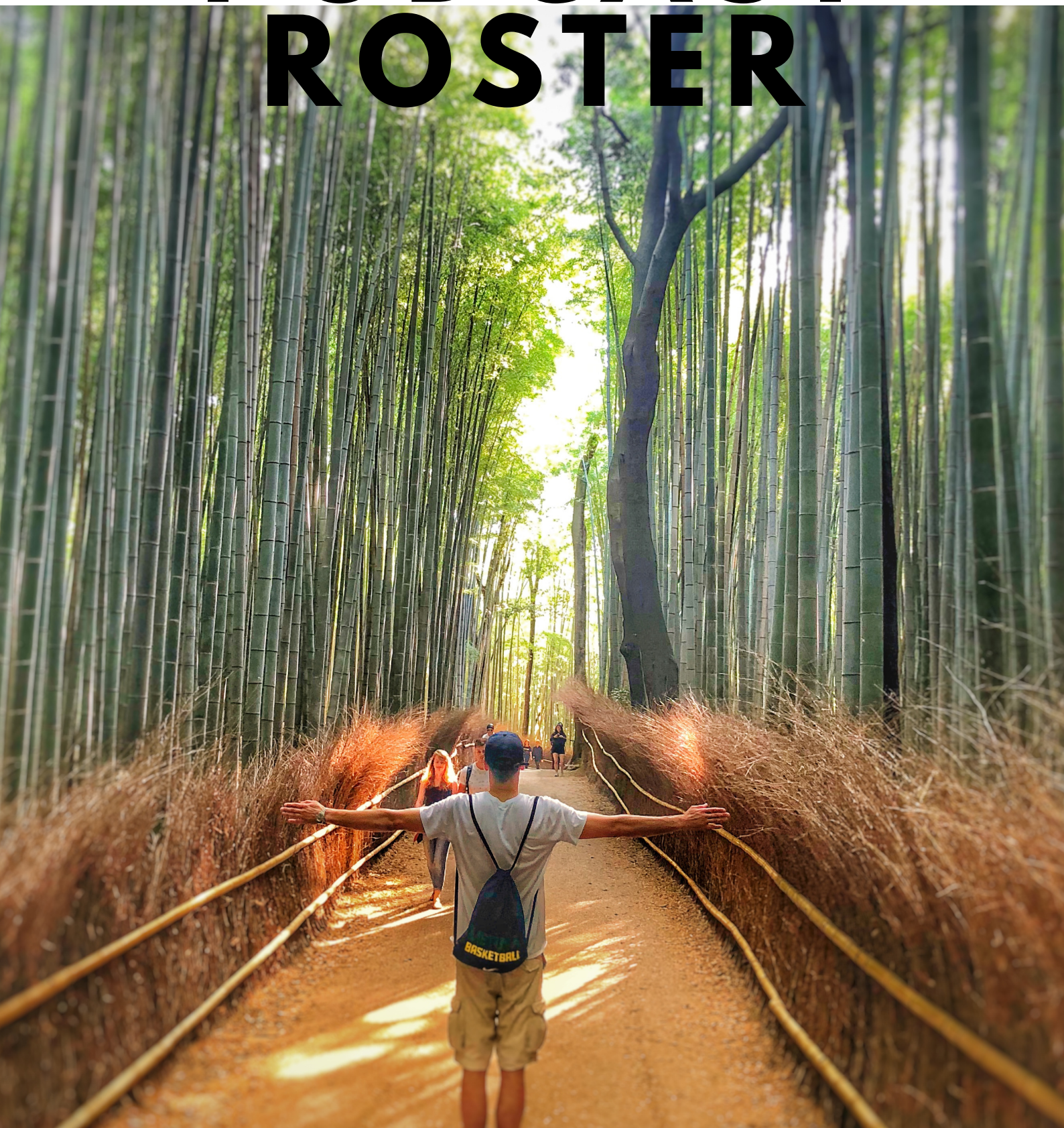


MARCH 2021 - ISSUE NO. 1

# MY PODCAST ROSTER



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## **PAGE 1**

### ***SPORTS***

My top podcast episodes where sports figures or relevant sports talk that month was entertaining and/or educational.

## **PAGE 2**

### ***CULTURE & SOCIETY***

Cultural and societal topics that can serve a purpose in multiple avenues with the most eye-opening stories and/or experiences worth sharing.

## **PAGE 3**

### ***SELF DEVELOPMENT***

Podcasters love to invite people who have something interesting to share in order to help people to be their best version of themselves. These are some of the highlights each month.

## **PAGE 4**

### ***FINANCE***

This month it was a crypto & NFT month for me personally, so I put some episodes together for people to get educated on it.

## **PAGE 5**

### ***MISCELLANEOUS***

Anything random I run across this month that could be worthy of your time.

# SPORTS



Ep#296 Kalle Sauerland (Podcast: Modern Wisdom):

- If interested in the life of a boxing promoter and want to hear some crazy stories, listen to Kalle. Entertaining.

Ep#1618 Mat Fraser (Podcast: The JRE):

- The journey of THE biggest CrossFit champ ever. Interesting journey and motivational moments throughout his career that are worth your time. Cool.

# CULTURE & SOCIETY

Ep#1613 Ayaan Hirsi Ali  
(Podcast: The JRE):

- Ayaan's journey is pretty eye opening to say the least. A recollection of what immigrants have to go through. How she escaped a forced marriage and much more. Inspirational.

Ep#293 Adam Alter  
(Podcast: Modern Wisdom):

- Talking about the addiction of phones and new technology in general and what techniques and tricks companies are using to keep you hooked. Educational.

Ep#1614 Tiller Russell  
(Podcast: The JRE):

- Some of the most interesting true-crime stories you will hear. He made the recent movie Silk Road as well as Operation Odessa & The Seven Five. Thrilling.



# SELF DEVELOP- MENT

Ep#584 Steven Pressfield (Podcast: The Rich Roll Podcast):

- Talking about internal 'Resistance' aka 'self doubt' and how to learn to overcome the fear of expressing your creativity. Helpful.

Ep#298 Polina Pompliano (Podcast: Modern Wisdom):

- About high performers like Goggins & Musk and their habits/mindsets/spending time wisely. Lots of sweet gems in this one on overcoming fear and looking past perfectionism. Insightful.



# FINANCE

Ep#504 Vitalik Buterin, Naval & Tim Ferris (Podcast: The Tim Ferris Show):

- If you're into crypto and NFTs in particular than this is heaven for you. Nerdy.

**New Podcast alert with Kevin Rose!!**

Ep#1 Aftab Hossain (Podcast: Modern Finance):

- All things NFT, great break-down from the ground up where even a novice like me starts to understand some of it. NFT & Crypto-ish.



# MISCELLANEOUS

## Podcasting:

Ep#288 Chris Williamson doing an AMA on his own podcast (Podcast: Modern Wisdom):

- This is a solo podcast where he celebrates his 100k subscribers and answers all questions and gives tips around the podcasting game. Useful.





**I READ,**

**I TRAVEL,**

**I BECOME.**

- BENAS MATKEVIČIUS