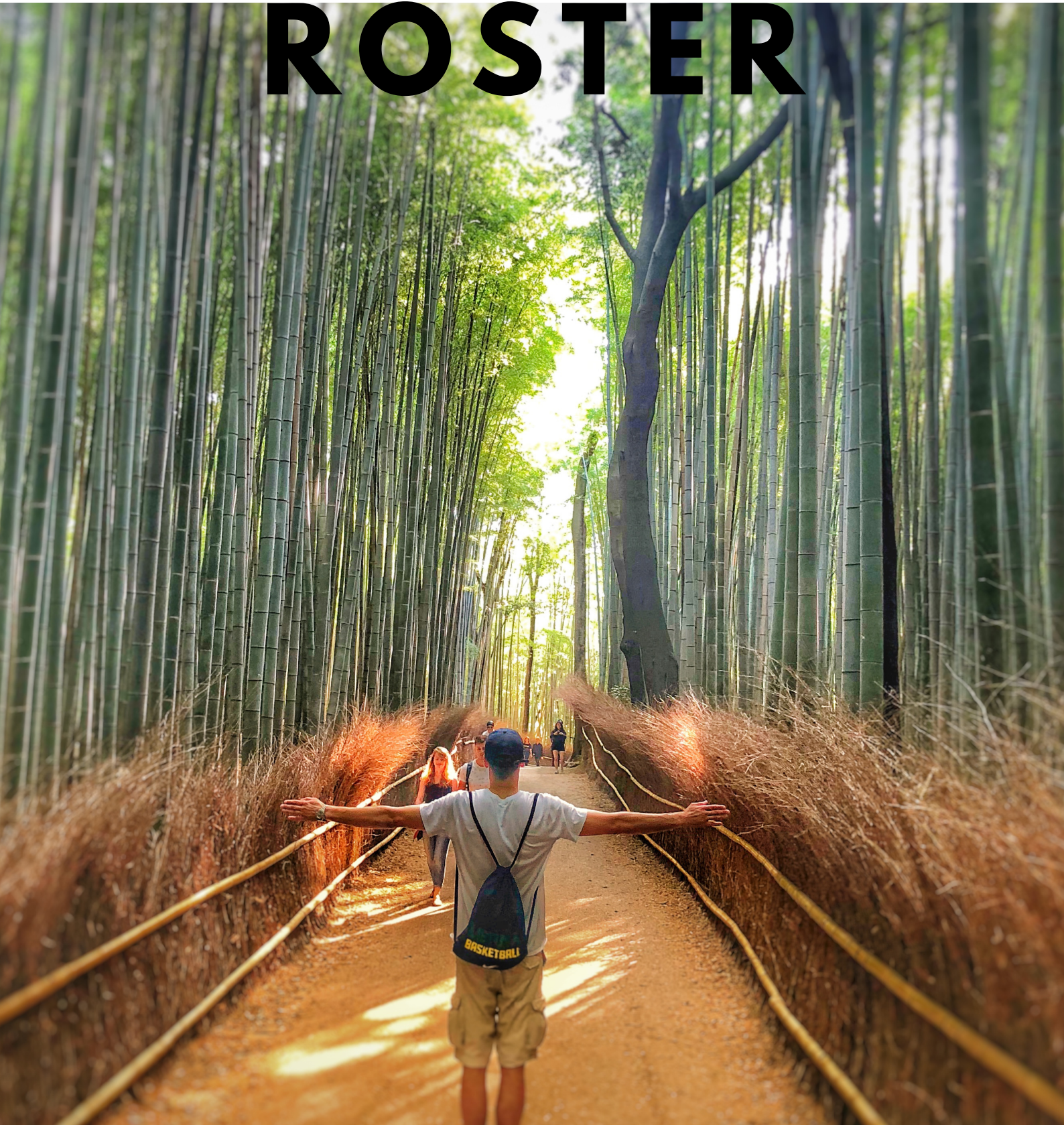


APRIL 2021 - ISSUE NO.2

MY PODCAST ROSTER



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SPORTS

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

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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.

PAGES 3 & 4

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. This month it was a bit more than usual, so two pages just to get it right...

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MISCELLANEOUS

This is a random segment where you can listen to an episode that was just entertaining for various reasons, storytelling, just having fun or whatever.

SPORTS



Ep#3 Bill Walton (Podcast: View From The Rafters):

- This is a new Podcast by the Celtics media-crew where you can listen to different Celtics legends and current players & staff. This episode featured the one and only Bill Walton, best story-teller in the game. Entertaining (to say the least).

Ep: April 29th: Ben Cohen (Podcast: The Lowe Post):

- This episode was a double-episode, Ben Cohen was on after Chris Vernon. Ben talked about his book "The Hot Hand" and discussed various examples of whether or not the 'hot hand' really exists or not. Fun.

Ep: #509 - George Mumford (Podcast: "The Tim Ferris Show"):

- This is a must listen if you are a sports person and into your mental-game. George talked about his experience of working with Michael Jordan & Kobe Bryant. Talking about the mindset of players and his own path of becoming a mental performance coach after fighting through addiction. Well-versed.

CULTURE & SOCIETY

Ep#1628 Eric Weinstein **(Podcast: The JRE):**

- On this episode the two talked about Clubhouse, Wine & Politics amongst others. All in all a very intellectual conversation, Eric is always worth a listen, if you can comprehend. Demanding.

Ep#159 Peter Hotez, M.D., PhD. **(Podcast: The Drive by Peter Attia):**

- All things vaccination from how the "Anti-vax" movement started and how the person (Andrew Wakefield) who did start it has been discredited by now and why the conversation is a dangerous one to have. Very demanding and mentally straining but worth a listen and highly important during these times. Complicated.

Ep#317 Andrew Yang (Podcast: Armchair Expert):

- Andrew talks about him running for Mayor of NYC, his plans for UBI and more. Political.



SELF DEVELOP- MENT (1)

Ep#314 Greg McKeown (Podcast: Modern Wisdom):

- Talked about what 'effortless' should look like and why asking the right questions before you do a job really matters if you want to get it done in less time. How to avoid burnout and why you shouldn't be proud of getting to that point, progress over perfectionism...and more. Essential!

Ep#312 Daniel Goleman

(Podcast: Armchair Expert):

- All things "Emotional Intelligence". Where the term comes from and how it can be cultivated to improve your own well-being. If you want to find out more about your inner-self. Gratifying.

Ep.: April 14th Dr Peter Attia

(Podcast: Finding Mastery):

- Dr Peter Attia on how to constantly challenge your own beliefs and push yourself to greater heights. The importance of emotional well-being and other factors that he values in the pursuit of longevity. Enriching!

Ep#302 Ryan Bush (Podcast: Modern Wisdom):

- Mental self-mastery and how to work against your own biases, how to recognize and eliminate them. Control emotions and cultivate self-control. Well-Articulated&Critical.



SELF DEVELOPMENT (2)

Ep#48 Matthew McConoughey (Podcast: "What's Essential"):

- Matthew talks about his new book/memoirs (Greenlights) and what they mean to him. About the importance of goal-setting and investing in yourself. You can also just listen to Matthew's voice and have a glass of wine with it, good appetizer for part 2 of their conversation that came out in May. Relaxing.

Ep#109 Angela Duckworth (Podcast: The Knowledge Project):

- Angela is the author of the book "Grit". She's also a Professor of Psychology and founder and CEO of "Character Lab". A deep discussion on character development and the psychology of people. Psychological.

Ep#310 Adam Lane Smith (Podcast: Modern Wisdom):

- In essence a deep discussion on the difference between male & female, how the sex drive works, taking care of depression without medication, couple treatment stories. Jaw-dropping!



MISCELLANEOUS

Music Industry:

Ep#316 Macklemore (Podcast: Armchair Expert):

- Dax talks to Macklemore about his up-bringing in Seattle, how he fell in love with music and why he chose East Coast Rap. Talks about his struggles with sobriety and much more. Chill.





I READ,

I TRAVEL,

I BECOME.

- BENAS MATKEVIČIUS