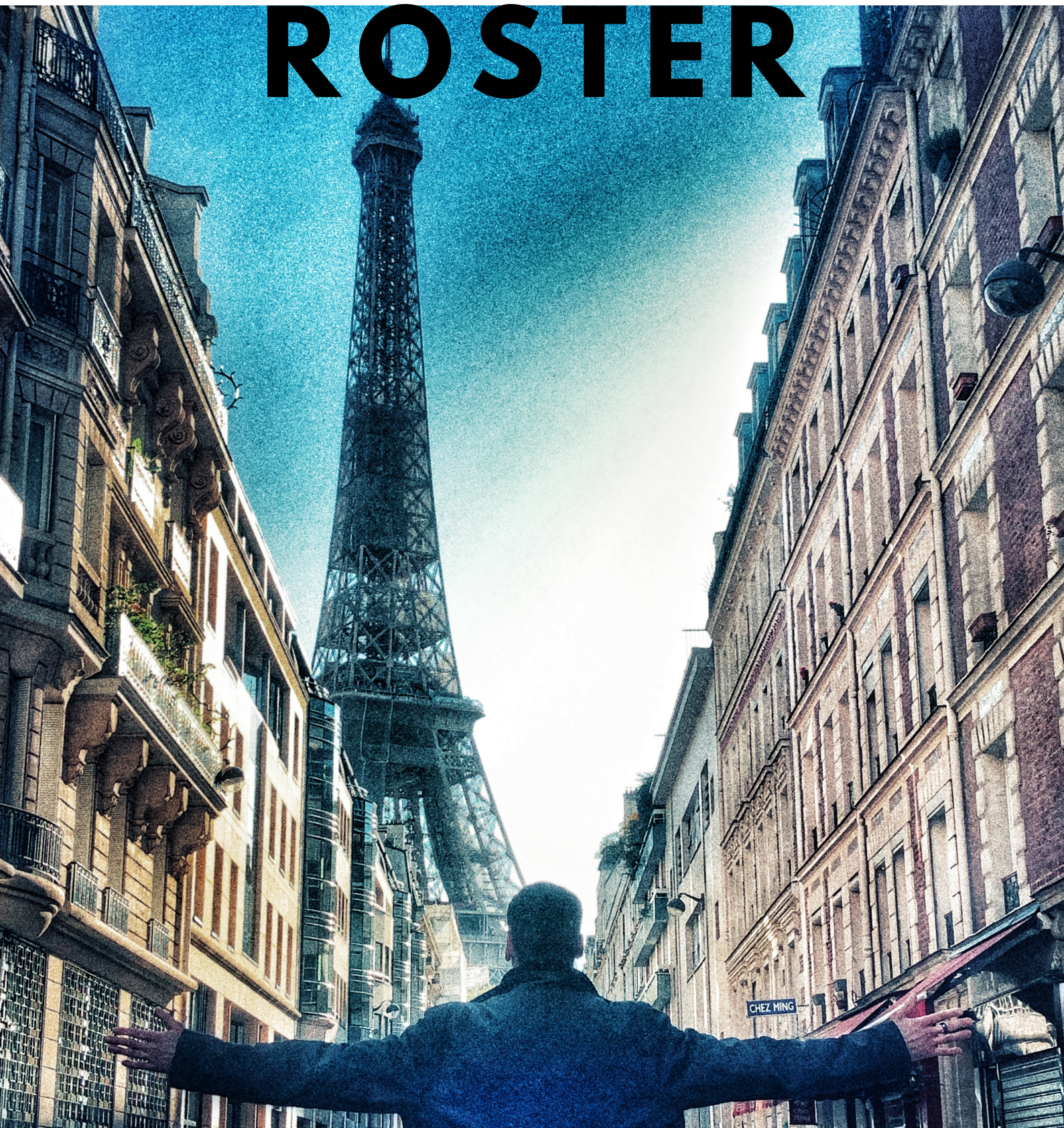


MAY 2021 - ISSUE NO.3

# MY PODCAST ROSTER





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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

### *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.

## PAGES 4

### *SCIENCE*

This month there were two interesting episodes about the cosmos, big bang, black holes and more with two of the most famous scientists out there.



# SPORTS



## **Ep# 515: Chris Bosh (Podcast: The Tim Ferris Show):**

- On this episode Chris Bosh did a phenomenal job breaking down basketball for people who have not been introduced to the game properly. I enjoyed hearing him talk about his past, him growing up as a prime-time prospect, the attention he had to deal with, the way he watches 'tape' on himself and he talked about the sacrifice he had to do during his run with the Heat. Enriching.

## **Ep#177: Tim Grover (Podcast: Chasing Excellence):**

- In this episode, Tim Grover, the former trainer of Michael Jordan and Kobe Bryant talked about the minds of the great, what sacrifice it takes to be on that level and how much of their time they spend training. He also talked about Jordan's second stat-sheet as well as his new book that came out, "Winning". Mindset.



# CULTURE & SOCIETY

## Ep#1647: Dave Chappelle (Podcast: The JRE):

- There is only one Dave Chappelle, nothing to be added. Special.

## Ep#1645: Christopher Mellon (Podcast: The JRE):

- Chris served in various intelligence roles for the US government, lots of secrets he couldn't get into but Joe pushed him pretty good on the UFO issues. Secretive.

## Ep#1655: Sebastian Junger (Podcast: The JRE):

- One of my favourite authors/journalists talking about his near-death experience, what it meant to him. Also, his new book "Freedom" was a topic. You can 'run', 'fight' or 'think' your way into freedom. Humbling.

## Ep#325: Prince Harry (Podcast: Armchair Expert):

- Prince Harry joins Dax for a rare appearance and discuss various topics, most interestingly about his upcoming in a privileged environment and comparing it to the Truman Show, changing mindset and facing trauma. Mental Health.





# SELF DEVELOP- MENT

## **Ep#1644: Ethan Suplee (Podcast: The JRE):**

- If you remember the big and overweight actor from "Remember the Titans", "American History X" as well as others then you should absolutely hear his story and how he transformed his body, it's out of this world. Also some stories about hunting and discussion of the simulation theory. Wow.

## **Ep#326: Jim O'Schaughnessy (Podcast: Modern Wisdom):**

- "It's hard to come up with an escape plan when you don't know you're in jail!" Find out more of what beautiful insights these two had while talking about happiness and discovering once path. Joyous!

## **Ep#52: Greg Wells (Podcast: What's Essential):**

- Talking about the importance and optimization of 'rest', how it's a skill and the 1-2-3 rule that will help you to rest throughout the year, if you are able to apply. This podcast illustrated the importance of automation in our lives and much more. Essential.

## **Ep#327: Daniel Kahnemann (Podcast: Armchair Expert):**

- Daniel is one of the most insightful and deep thinkers of our lifetime. In this episode he talks about the rationality of happiness, studying decision-making, "decision-hygiene" and plenty more. His book on human rational, "thinking fast & slow", is probably one of his more notable works in recent time. Rational.





# SCIENCE

## **Ep#323: Michio Kaku (Podcast: Modern Wisdom):**

- The deepest discussion I've heard about space, black holes and big bangs. If you're into it, be my guest. Ridiculous.

## **Ep#1658: Neil DeGrasse Tyson (Podcast: The JRE):**

- Fascinating discussion about the stars, the probability of Aliens being out there from a scientific standpoint, some facts about the string theory and plenty more about the cosmos in general. Beyond Me.





# MISCELLANEOUS

## Philosophy:

### Ep#185 Sam Harris (Podcast: Lex Fridman Podcast):

- Two of the more intelligent people on this earth having a sophisticated and deep discussion about Consciousness, Free Will, Psychedelics, AI, UFOs and meaning. Deeeeeeeep.







**I READ,**

**I TRAVEL,**

**I BECOME.**

**- BENAS MATKEVIČIUS**