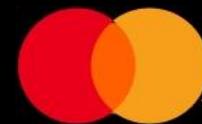




29 of the Best Podcasts of All Time

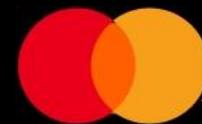


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Ever wonder how podcasts originated? In 2004, MTV video jockey Adam Curry and software developer Dave Winer had the idea to create serialized narratives that could be listened to on an iPod—media that would combine the educational content of a news broadcast with the dramatic expression of an audio book. There are now more than 115,000 English language podcasts available on the Internet.

During these days of staying indoors, podcasts are an ideal way to pass the time because you can listen while you cook, clean and do household chores, which means multi-tasking while being entertained.

Most podcasts are available through the Apple Podcast app on iPhone and Google Play Music on Android.



1. Tony Robbins Podcast

Want to take your business to the next level? Develop stronger relationships? Improve your finances? Enjoy better health? The powerful words and insights of motivational speaker Tony Robbins has helped millions of people around the world create meaningful change in their lives.

2. TED Radio Hour

Similar to Ted Talks, this podcast explores the biggest questions of our time. With lessons from some of the world's greatest leaders, each 1-hour episode provides inspiration to learn more about our world, our communities, and ourselves..

3. Cool Things Entrepreneurs do

A podcast for people who desire motivation, ideas, inspiration, and the chance to learn from successful entrepreneurs. Each episode presents a success story while examining subjects such as goal setting, mentorship, mindset, marketing, sales, millionaires, big thinking, networking, re-invention, and financial planning.

4. The Anthill

Here's another series for curious minds. The Anthill examines in its own unique way everything from science and history to politics and economics. Episodes unearth stories from the world of academia to explore topics such as the Illuminati, gene mapping, space exploration and beyond.

5. Freakonomics Radio

Freakonomics Radio discusses socioeconomic issues for a general audience. Learn the hidden side of just about everything. Host Stephen Dubner chats with Nobel laureates, entrepreneurs, provocateurs, and lovable underachievers.



6. Stuff You Should Know

Why does orange juice taste bad after we brush our teeth? How salt works to enhance a dish? Or El Niño? Topics range from chaos theory to true crime and historical figures. This eclectic podcast hosted by Josh Clark and Chuck Bryant blends lecture with sketch comedy - a perfect combo for the curious-minded.

7. Philosophize This!

Created specifically for non-academics interested in learning more about philosophy, this educational podcast explores the thinkers and ideas that have forged the world we live in. Concepts are distilled into user friendly discussions, best if listened to order!

8. Rise and Grind

As a follow-up to his book by the same name, Daymond John explores how grit, perseverance, and hard work create a foundation for success. With interviews featuring entrepreneurs, musicians, athletes and great thinkers this podcast aims to inspire people to out-work, out-perform and out-hustle their way to the top.

9. HBR Ideacast

Harvard Business Review Ideacast is a podcast featuring leaders in business and management. Like the magazine, the show covers marketing and business strategies as well as leadership, mentorship, happiness at work, climbing the corporate ladder, office politics, and conflict resolution.



10. The Tim Ferris Show

A business podcast from the author of the bestselling book *The 4-Hour Workweek*. On the show, Tim methodically deconstructs the habits of highly successful people, from chess pros and athletes to famous authors and entrepreneurs, in order to share with listeners common traits for success.

11. The Secret History of the Future

Journey into the past to unpack the history of the future. Seth Stevenson of *Slate* and Tom Standage of *The Economist* compare the past and the present in a technological context to predict the future.

12. Masters of Scale

LinkedIn co-founder Reid Hoffman sets out to disprove theories about how great entrepreneurs scale their businesses from meager start ups to highly profitable brands. Segments discuss finance, leadership and strategy as well as the more honest and amusing human journey.

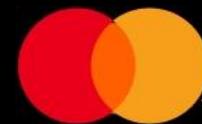
13. Venture Stories

This takes listeners into the elusive world of venture capital and technology. Each episode features interviews with entrepreneurs, investors and tech industry leaders, exploring topics such as gaming and digital health.

14. Work Life

In this TED podcast, organizational psychologist Adam Grant takes you inside the minds of some of the world's most unusual professionals to explore the science behind making work enjoyable. Using different strategies, such as developing a love for criticism, you'll never see your job in the same light again.





15. How I built this

Guy Raz dives into the stories behind some of the world's best-known companies. Each week, the series sits down with founders of iconic brands, innovators, entrepreneurs and idealists to discuss the movements they've created.

16. Stuff to blow your mind

Take a trip down the rabbit hole in this fun, offbeat podcast from the folks at HowStuffWorks. Hosts Robert Lamp and Joe McCormick get together weekly on the show to examine neurological quandaries, cosmic mysteries and technological advancements.

17. Stuff You Missed in History Class

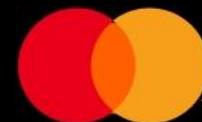
A twice weekly history podcast with new episodes every Monday and Wednesday, with a bonus classic from the archive on Saturday. Hosted by Holly Frey and Tracy V. Wilson, two ladies who learned to love history when they realized just how much the modern world was shaped by lesser-known people and obscured events.

18. The Way I Heard it with Mike Rowe

This podcast features short mysteries based on true stories-people and events you thought you knew from pop culture to politics. Mike Rowe's delightfully witty story telling skills help draw listeners into tales before leaving them with an unforgettable twist.

19. The History Hour

Historical reporting told by people who were there. Episodes include stories about the 1918 Spanish Flu, the history of the Volkswagen Beetle, freeing American prisoners from Iran, the publication of Harry Potter, early days of the European Union, and the last days of Hitler.



20. Slow Burn

Slow Burn looks back at the biggest scandals in history. Season One explores Watergate and the downfall of Richard Nixon. Season Two examines the impeachment of Bill Clinton. Season Three looks into the rivalry between Tupac and Biggie. Slow Burn digs into the details of these historic events.

21. The Wellness Mama Podcast

A weekly series covering holistic health: real food, natural living, DIY, parenting, motherhood, natural cosmetics, essential oils and sustainable living. This series helps and inspires us to lead a healthier life!

22. Revolution Health Radio

Debunks mainstream myths on nutrition and health and delivers cutting-edge, yet practical information on how to prevent and reverse disease naturally. Topics include sleep disorders, gut health, endocrine problems, and happiness building.

23. The Alarmist

The break-up of the Beatles. The sinking of The Titanic. The McDonald's coffee lawsuit. Rebecca Delgado-Smith investigates some of the greatest failures of all time and whether they could have been prevented.



24. Food Psych

Journalist and Nutritionist Christy Harrison hosts an honest and inspiring podcast about food psychology. Food Psych challenges diet culture in all its forms and promotes intuitive eating and support for those experiencing weight stigma and eating disorder.

25. Love Letters

Each season Boston Globe columnist Meredith Goldstein poses a single, burning question about love and relationships and attempts to answer it through rich stories, interviews, and confessions from her own life.

26. The Sustainability Agenda

This show asks the biggest sustainability questions of today. Leading climate scientists and activists offer their insights on the challenges we face, and share their perspectives on the future of ecology with regard to our planet and our species.

27. Think: Sustainability

If you'd like to learn practical actions you can take to create a better planet, this podcast explores the impact of consumption across the world. Episodes cover hot topics such as algae, veganism, drones, e-waste and sustainable finance.

28. The Future Thinkers Podcast

A show about the evolution of technology, society, and consciousness, merging the meta with advanced technology in an interesting and thought-provoking podcast. Topics include blockchain, artificial intelligence, and personal development.





29. 99% Invisible

“Ninety-nine percent of who you are is invisible and untouchable”. With this premise in mind, the show aims to reveal the unseen and overlooked aspects of design and architecture in the world. One of the best design podcasts out there!



Thank You!

Looking for more recommendations during your time at home? We are here to help. Please contact us at 1-855-802-1387, mastercard.en-us@tengroup.com or through our live chat.

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