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# 2017 PODCAST LIST



## 7 EPISODES TO BOOST MOTIVATION & MINDFULNESS

Are you stuck in a rut, need a pep talk or a shift in perspective? Don't worry — we've got you covered. Use your next lunch break to re-energize with our favorite podcast episodes.



### THE MAGIC OF MINDFULNESS: COMPLAIN LESS, APPRECIATE MORE, AND LIVE A BETTER LIFE

THE TIM FERRISS SHOW (30 MIN)

Author of *The 4-Hour Workweek*, Tim will surely motivate you with his strong language and passion for mindfulness. He's all about getting ROI on his time by being effective and efficient.



### SPECIAL EDITION: THE ONE ESSENTIAL QUALITY FOR REACHING YOUR GOALS

MICHAEL HYATT (30 MIN)

Feeling sidetracked? Learn five proven techniques to build perseverance and increase your odds of achieving your goals.



## EPISODE 96: BURNOUT

### THE BROAD EXPERIENCE (21 MIN)

This podcast caters to women, but anyone who's experienced burnout symptoms (like exhaustion or cynicism) can reap its benefits. Learn the warning signs and coping mechanisms to proactively prevent burnout in the future. Hint: Work-life balance is key.

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## THE #1 SECRET TO PRODUCTIVITY

### TONY ROBBINS (48 MIN)

Did you know 40 percent of what we do is a habit? Guest speaker and author of *The Power of Habit*, Charles Duhigg, lets us know why productivity isn't just about getting things done. You'll hear how to identify the cues that form habits and how to use that to your advantage.

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## SCIENCE OF MINDLESSNESS AND MINDFULNESS

### ON BEING WITH ELLEN LANGER (51 MIN)

Whether you're at work or on vacation, Ellen encourages you to treat yourself the same. We're most excited about her unique take. Different from traditional meditation techniques, Ellen pushes us to notice new things and embrace work-life integration.

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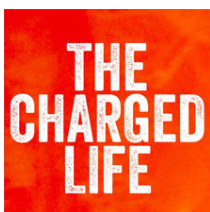


## 5 STEPS TO YOUR GREATEST YEAR EVER

### THE SCHOOL OF GREATNESS (17 MIN)

Lewis Howes discusses a wide range of motivational subjects in this short episode. Learn how to improve your self-efficacy, live with intention and build relationships relevant to your career and self-development.

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## 4 STEPS TO RESTART A BAD DAY

### BRENDON BURCHARD (9 MIN)

If your day gets derailed or you find yourself in a bad mood, Brendon can help you find resiliency. Check out his four ideas to bounce out of reactive mode and reset your day.