Twitter Thread by Alex & Books ■

Alex & Books ■
@AlexAndBooks_

The Joe Rogan Experience is the biggest podcast in the world.

It got 2+ BILLION downloads last year alone.

Here are 20 @joerogan podcasts worth watching:

1/

Naval Ravikant (@naval)

Naval is a successful entrepreneur and investor who's also a brilliant thinker and philosopher. He shares a ton of original insightful advice on getting rich, being happy, and living a better life.

Listen here:
https://t.co/1C0UpQWyiH

2/

David Goggins (@davidgoggins)

Goggins is one of the toughest men on the planet. He's an ex-Navy SEAL turned extreme endurance athlete who does 100+ mile runs for fun. If you want to develop a never-quit mindset, study him.

Listen here:
https://t.co/mGutQ2Cr1e

3/

MrBeast (@MrBeast)

MrBeast has 100+ million subscribers on YouTube, 50+ million followers on social media, and he's only 24. If you want to learn how to grow a huge audience, listen to this pod and take notes.

Listen here:

https://t.co/1HeLM4ZWys

4/

Elon Musk (@elonmusk)

Not only is Elon one of the richest people in the world, but he's also one of the smartest. Listen to learn about how he sees the world, updates on Tesla and SpaceX, the thread of AI technology, and so much more.

Listen here:
https://t.co/gg8LUIFJjn

5/

Jocko Willink #962 (@jockowillink)

Jocko is a retired US Navy SEAL Commander who served in the Iraq War. He's the go-to guy for learning about leadership and discipline. He'll motivate you to get up earlier and do more with your life.

Listen here:
https://t.co/8vzDmFTOiS

6/

Jordan Peterson (@jordanbpeterson)

JBP has a Ph.D. in psychology & taught at Harvard for years. He combines lessons from psychology, philosophy, and religion to share universal lessons on how to live a better and more meaningful life.

Listen here:
https://t.co/XjA9MBYDHc

7/

Andrew Huberman (@hubermanlab)

Huberman is a neuroscientist & professor at Stanford. He'll teach you about the importance of getting sunlight, how the brain works, and how to use the latest scientific research to live a better life.

Listen here:

https://t.co/XBioPQFXwZ

8/

Ryan Holiday (@ryanholiday)

If you're a fan of Ryan's books or stoicism, you'll enjoy this pod. Ryan talks about how he became an author, what he's learned from the Stoics, living a fulfilling life, and more.

Listen here:
https://t.co/ATfN1MNdkl

9/

Edward Snowden (@Snowden)

If you ever wanted to know how government surveillance works and how much the government knows about you, listen to this pod. Snowden also shares why he felt compelled to share classified NSA documents.

Listen here:
https://t.co/ZScuHE3ovL

10/

Mike Tyson (@MikeTyson)

Most people only see Tyson as a boxer but he's also quite the philosopher. You'll be blown away by how much he knows especially about legendary conquerors throughout history.

Listen here:

https://t.co/yNuPy7dyGh

11/

James Nestor (@MrJamesNestor)

Nestor is the bestselling author of "Breath" which talks about the health effects of incorrect breathing and how to breathe better. Everyone can benefit from listening to this podcast.

Listen here:
https://t.co/5bMlY4oJKE

12/

Paul Stamets (@PaulStamets)

Stamets is a mycologist which is a fancy word for mushroom and fungi expert. You'll be blown away by the medicinal benefits of fungi and how important mushrooms are to both humans and the environment.

Listen here:
https://t.co/0fiHM8VYl0

13/

Lance Armstrong (@lancearmstrong)

Armstrong is the 7-time winner of the Tour de France. He shares an insightful insider perspective on the widespread use of performance-enhancing drugs in professional cycling & competitive sports.

Listen here:
https://t.co/04mWFoqZlj

14/

Kevin Hart (@KevinHart4real)

Kevin is one of the most talented people in the entertainment business today. He talks about the pros & cons of fame, what it takes to become successful, and life lessons he's learned on his journey.

Listen here:
https://t.co/ulAfEJ5lgO

15/

Steven Pinker (@sapinker)

Pinker has a PhD from Harvard & is one of the most respected intellectuals of our time. He talks about how the world is BETTER today than ever before, why we should be optimistic about the future, and more.

Listen here:
https://t.co/dZJOrJcfXK

16/

Johann Hari (@johannhari101)

Hari talks about his book "Lost Connections" and discusses the real causes of depression and anxiety and what unexpected solutions that can help.

Listen here:
https://t.co/DzIXrmYolq

17/

Dr. Rhonda Patrick (@foundmyfitness)

Dr. Patrick has a Ph.D in biomedical science and is an expert on nutritional health. She'll teach you about diet, exercise, vitamins, and everything concerning modern medicine.

Listen here:
https://t.co/exbBf8sWCJ

18/

Matthew Walker (@sleepdiplomat)

Walker is known as the foremost expert on sleep. If you want to know how much sleep you need, why you need it, or anything else regarding sleep, this podcast will answer 99% of your questions.

Listen here:
https://t.co/7SQBB2xQ88

19/

Neil deGrasse Tyson (@neiltyson)

Tyson is an astrophysicist, bestselling author, and more. He does an awesome job of explaining complex topics like infinity, black holes, etc. in ways that are easy for anyone to understand.

Listen here:
https://t.co/208d7V6mVH

20/

Marc Andreessen (@pmarca)

Andreessen is the co-creator of the world's first widely used internet browser and co-founder of a16z. Listen to learn how quickly tech and the internet have evolved over the past decades & where it's going.

Listen here:
https://t.co/9eJPnqDxUV

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https://t.co/26LcAOCOKC

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https://t.co/7lQSijvU59

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https://t.co/ywif4Zm67Q

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