

## Twitter Thread by Art of Work

Art of Work

@ArtOfWork



**Podcasts are free education.**

**But 99.99% of us don't know who to listen to**

**Here are 12 Podcasts that will make you think like the top 0.01%**

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(Thread)

<https://t.co/6sT0qWLfvF>

# 1. Naval

## Lessons:

- Mindset
- Entrepreneurship
- Health and wellbeing
- Happiness

# 2. How I built this:

## Lessons:

- Innovators, entrepreneurs, and idealists, and the stories behind the movements they built.

### 3. The Game - Alex Hormozi

Lessons:

- Sales
- Growing businesses
- Entrepreneurship

### 4. The school of greatness - Lewis Howes

Lessons:

- Business
- Science
- Motivation

## 5. Huberman Lab

### Lessons:

- Brain health
- Perceptions, behaviors, and health
- Measuring and changing our nervous system

## 6. The Happiness Lab

### Lessons:

- How to be happy
- The science of well being
- Myths about what makes us happy

## 7. Not Investment Advice Podcast

### Lessons:

- All things memes
- Business and technology
- This is not investment advice

## 8. Lex Fridman

### Lessons:

- AI
- Technology
- History
- Philosophy

## 9. The Tim Ferriss Show

### Lessons:

- He deconstructs world-class performers in areas such as investing, sports, business, art, etc.

## 10. The Knowledge Project

### Lessons:

- the crucial difference between experience and expertise
- Why some people stagnate and others progress
- Cognitive Flexibility Theory

# 11. The Money Guy Show

## Lessons:

- Finance basics
- Financial independence
- Getting started with investing

# 12. My First Million

## Lessons:

- New business ideas based on trends & opportunities
- Guests who talk about how they made money and their experiences

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Study biology to understand psychology

Study psychology to understand economics

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<https://t.co/hQfa1m3MYp>



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Here are 12 Podcasts that will make you think like the top 0.01% [pic.twitter.com/D2kDTy2lh6](https://pic.twitter.com/D2kDTy2lh6)

— Art of Work (@ArtOfWork) October 1, 2022