

## Alan's Favorite Rich Roll Podcasts

- Highlighted in black are my favorites of the favorites

### Nutrition, Health, Preventing Chronic Illness – The Doctors, Dieticians, and Scientists

Who	Topic	Podcast
Dr. Michael Greger	Omega-3's, Antioxidant Impact on Exercise Recovery & The Hows and Whys of Protein Intake	<a href="#">RRP #007</a>
	On How Not To Die	<a href="#">RRP #199</a>
Dr. Neal Barnard	The Power of Nutrition To Prevent & Reverse Heart Disease, Diabetes & Alzheimer's	<a href="#">RRP #242</a>
	Breaking The Dairy Addiction	<a href="#">RRP #296</a>
Dr. Garth Davis	Determine exactly why so many people are plagued by obesity	<a href="#">RRP #050</a>
	Our Misplaced Obsession With Protein: High Fat, Low Carb Diets, Bad Science & How To Separate Nutritional Fact From Popular Fiction	<a href="#">RRP #150</a>
Dr. Zach Bush	GMO's, Glyphosate & Healing The Gut	<a href="#">RRP #353</a>
Dr. Joel Kahn	How a Plant-Based Diet Can Prevent & Reverse Heart Disease	<a href="#">RRP #44</a>
	Plant-Based vs. Ketosis: Diet Wars	<a href="#">RRP #349</a>
Dr. T. Colin Campbell	China Study Critics & How Plant-Based Nutrition Can Prevent & Reverse Disease	<a href="#">RRP #79</a>
Dr. Robert Ostfeld	Eradicating Lifestyle Disease	<a href="#">RRP #140</a>
Ray Cronise & Julieanna Hever	Everything Plant-Based Nutrition	<a href="#">RRP #345</a>

### Sport Performance – The Athletes

Who	Topic	Podcast
Rip Esselstyn	Rip Esselstyn Is PLANTSTRONG! (And Why You Should Be Too)	<a href="#">RRP #336</a>
Olaniyi Sobomehin	It's An Inside Job: How To Maximize Potential In Sport & Life	<a href="#">RRP #198</a>
Kerri Walsh Jennings	Lessons on Mindset From One of the Most Dominant Olympic Athletes Of All Time	<a href="#">RRP #162</a>
Des Linden	How Des Linden Won the Boston Marathon: Lessons on Big Goals, Showing Up & Loving The Work	<a href="#">RRP #375</a>
David Carter	The NFL's David Carter On How A Plant-Based Diet Made Him A Better Player & A Better Human	<a href="#">RRP #160</a>
Ben Greenfield	Optimizing Endurance Training	<a href="#">RRP #011</a>
Brendan Brazier	From Professional Athlete to Bestselling Author and Beyond – The Story of a Most Unlikely Entrepreneurial Success (Vega)	<a href="#">RRP #101</a>
Chris Hauth	Endurance Training For Maximum Results (Rich's Coach)	<a href="#">RRP #021</a>

## The Mind

Who	Topic	Podcast
Dan Harris	The Power Of Meditation For The Fidgety Skeptic	<a href="#">RRP #346</a>
Andy Puddicombe	From Monk To Entrepreneur: How Andy Puddicombe Became the Modern Voice of Meditation & Mindfulness (Headspace)	<a href="#">RRP #142</a>

## Tell it like it is on positive attitude and living a plant-based lifestyle (EXPLICIT) – John Joseph

Who	Topic	Podcast
<a href="#">John Joseph</a>	The Post-Punk Algonquin Round Table: Peace, Plants & Positive Mental Attitude (PMA)	<a href="#">RRP #095</a>
	Punk Icon, Spiritual Warrior, Ironman Triathlete & PlantPower Iconoclast	<a href="#">RRP #041</a>
	GMO's, The "Vegan" Word & Expanding Consciousness	<a href="#">RRP #066</a>
	John Joseph Wants You To Wake The F*ck Up	<a href="#">RRP #223</a>
	Overcoming Insurmountable Obstacles & The Transformative Power of PMA (Positive Mental Attitude)	<a href="#">RRP#294</a>
	The PMA Effect: Transcending Labels & Transforming Lives	<a href="#">RRP#388</a>

## Others

Who	Topic	Podcast
<a href="#">The Happy Pear</a>	Creating a Mainstream Movement to Inspire Healthy Living	<a href="#">RRP #233</a>
<a href="#">The Happy Pear</a>	Finding Joy In Simplicity With The Happy Pear	<a href="#">RRP #380</a>
Dan Buettner	Lessons From the World's Happiest People (Blue Zones)	<a href="#">RRP #323</a>
What the Health	How Corporate Collusion Is Making Us Sick & Costing Us Trillions	<a href="#">RRP #278</a>
Cowspiracy	How Animal Agriculture Is Destroying The Planet & What You Can Do About It	<a href="#">RRP #176</a>
James Clear	Why Habits Are The Compound Interest of Self-Improvement	<a href="#">RRP #401</a>
Jesse Itzler	Building Your Life Resume & Why Happiness Is An Action	<a href="#">RRP #369</a>
The Minimalist	The Power Of Living Deliberately & Contributing Beyond Ourselves	<a href="#">RRP #253</a>