

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

Sport Performance – The Athletes

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

The Mind

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

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

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

Others

Who	Topic	Podcast
The Happy Pear	Creating a Mainstream Movement to Inspire Healthy Living	RRP #233
The Happy Pear	Finding Joy In Simplicity With The Happy Pear	RRP #380
Dan Buettner	Lessons From the World's Happiest People (Blue Zones)	RRP #323
What the Health	How Corporate Collusion Is Making Us Sick & Costing Us Trillions	RRP #278
Cowspiracy	How Animal Agriculture Is Destroying The Planet & What You Can Do About It	RRP #176
James Clear	Why Habits Are The Compound Interest of Self-Improvement	RRP #401
Jesse Itzler	Building Your Life Resume & Why Happiness Is An Action	RRP #369
The Minimalist	The Power Of Living Deliberately & Contributing Beyond Ourselves	RRP #253
Mike Posner	Singer, songwriter, producer shares how to live life in the moment.	RRP #431