

**PODCASTS**

HUBERMAN LAB		LINK
Maximizing Productivity, Physical & Mental Health with Daily Tools   Episode 28	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/72ejCLi57bquFBfEAJZEXU?si=0fGCR-tuQKW-w346HxAIMQ&amp;dl_branch=1">https://open.spotify.com/episode/72ejCLi57bquFBfEAJZEXU?si=0fGCR-tuQKW-w346HxAIMQ&amp;dl_branch=1</a>
Dr. Karl Deisseroth: Understanding & Healing the Mind   Episode 26	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/0ZbVoZSBXK5zBmzdY6CejP?si=Q-a-HnlESTmyC29Jhy-WXQ&amp;dl_branch=1">https://open.spotify.com/episode/0ZbVoZSBXK5zBmzdY6CejP?si=Q-a-HnlESTmyC29Jhy-WXQ&amp;dl_branch=1</a>
How To Build Endurance In Your Brain & Body   Episode 23	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/7L161C12sqEJ3E18MjOnF5?si=FzCw7TLxThmRjNjU36k2weQ&amp;dl_branch=1">https://open.spotify.com/episode/7L161C12sqEJ3E18MjOnF5?si=FzCw7TLxThmRjNjU36k2weQ&amp;dl_branch=1</a>
Science & Tools For Muscle Growth, Increasing Strength & Muscular Recovery   Episode 22	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/0KaNptEroPVbCUUvZySTS?si=OQmJwv3eSySUH_Jh6BM9A&amp;dl_branch=1">https://open.spotify.com/episode/0KaNptEroPVbCUUvZySTS?si=OQmJwv3eSySUH_Jh6BM9A&amp;dl_branch=1</a>
How to Lose Fat with Science-Based Tools   Episode 21	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/1VSKqhcv3PipQ4X56WDT?si=wdXDFzDRagkGPhztXHzUQ&amp;dl_branch=1">https://open.spotify.com/episode/1VSKqhcv3PipQ4X56WDT?si=wdXDFzDRagkGPhztXHzUQ&amp;dl_branch=1</a>
How to Learn Skills Faster   Episode 20	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/0eFkyJZUe2pXS1CcnDeHHd?si=D415zB_ITVWdwqEEhUo3aQ&amp;dl_branch=1">https://open.spotify.com/episode/0eFkyJZUe2pXS1CcnDeHHd?si=D415zB_ITVWdwqEEhUo3aQ&amp;dl_branch=1</a>
Supercharge Exercise Performance & Recovery with Cooling   Episode 19	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/1tm2R8K2bKIT8V0jdqbQ?si=IutjCfEYFT_Oelc6gR1PeRA&amp;dl_branch=1">https://open.spotify.com/episode/1tm2R8K2bKIT8V0jdqbQ?si=IutjCfEYFT_Oelc6gR1PeRA&amp;dl_branch=1</a>
Boost Your Energy & Immune System with Cortisol & Adrenaline   Episode 18	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/2FKr2V4vim1dTTh1yMND7x?si=LjJHRBX_StmzdnV2f81xFA&amp;dl_branch=1">https://open.spotify.com/episode/2FKr2V4vim1dTTh1yMND7x?si=LjJHRBX_StmzdnV2f81xFA&amp;dl_branch=1</a>
How to Control Your Metabolism by Thyroid & Growth Hormone   Episode 17	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/05MAJpSHfHMgxjJP9DCMS?si=EQ0206uLMSwm90-39lx36kw&amp;dl_branch=1">https://open.spotify.com/episode/05MAJpSHfHMgxjJP9DCMS?si=EQ0206uLMSwm90-39lx36kw&amp;dl_branch=1</a>
How Hormones Control Hunger, Eating & Satiety   Episode 16	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/4DbkScvxdIMcvR9Npe4Y5I?si=FkVwT5o5TKg91cil9sL2Sw&amp;dl_branch=1">https://open.spotify.com/episode/4DbkScvxdIMcvR9Npe4Y5I?si=FkVwT5o5TKg91cil9sL2Sw&amp;dl_branch=1</a>
How to Optimize Testosterone & Estrogen   Episode 15	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/0KeCWwDkdbEGFBXW0SFk1?si=fOyN0fVxQUKEJLJLqoRiWw&amp;dl_branch=1">https://open.spotify.com/episode/0KeCWwDkdbEGFBXW0SFk1?si=fOyN0fVxQUKEJLJLqoRiWw&amp;dl_branch=1</a>
The Science of Sexual Development   Episode 14	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/2D39O5YGLasvygPB3rSdXl?si=fVhNRXLRC6T2DcH9bvxaA&amp;dl_branch=1">https://open.spotify.com/episode/2D39O5YGLasvygPB3rSdXl?si=fVhNRXLRC6T2DcH9bvxaA&amp;dl_branch=1</a>
How To Increase Motivation & Drive   Episode 12	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/6r6dP5L1LuSY1MBO3zqbc?si=18NcNKmQ-G9_WE1ihuiQA&amp;dl_branch=1">https://open.spotify.com/episode/6r6dP5L1LuSY1MBO3zqbc?si=18NcNKmQ-G9_WE1ihuiQA&amp;dl_branch=1</a>
How Foods and Nutrients Control Our Moods   Episode 11	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/29UHRJWUy8clUzTR80R22?si=FPqcebdnS--M-d1ZS61mTw&amp;dl_branch=1">https://open.spotify.com/episode/29UHRJWUy8clUzTR80R22?si=FPqcebdnS--M-d1ZS61mTw&amp;dl_branch=1</a>
Master Stress: Tools for Managing Stress & Anxiety   Episode 10	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/7IR4jC90jef8vbXEfOdYP?si=p2ngdw2BSZqDkUoPiZvFTw&amp;dl_branch=1">https://open.spotify.com/episode/7IR4jC90jef8vbXEfOdYP?si=p2ngdw2BSZqDkUoPiZvFTw&amp;dl_branch=1</a>
Control Pain & Heal Faster with Your Brain   Episode 9	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/0hZnn7rEmWTxLaB4I5xWxg?si=hpxIKpKqSWeWLZ6UOpM12w&amp;dl_branch=1">https://open.spotify.com/episode/0hZnn7rEmWTxLaB4I5xWxg?si=hpxIKpKqSWeWLZ6UOpM12w&amp;dl_branch=1</a>
Optimize Your Brain with Science-based Tools   Episode 8	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/0n2AM8Vwc4IMbToaCmDSW?si=zxtQYMfZR5eyuNLCeAp_5w&amp;dl_branch=1">https://open.spotify.com/episode/0n2AM8Vwc4IMbToaCmDSW?si=zxtQYMfZR5eyuNLCeAp_5w&amp;dl_branch=1</a>
How to Learn Faster by Using Failures, Movement & Balance   Episode 7	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/0p9sgSEE3cKbNdlfnzJid?si=Zs13LVm7Q0engDwQ1oRAFg&amp;dl_branch=1">https://open.spotify.com/episode/0p9sgSEE3cKbNdlfnzJid?si=Zs13LVm7Q0engDwQ1oRAFg&amp;dl_branch=1</a>
How to Focus to Change Your Brain   Episode 6	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/5GECHAql89dITwq1Q0mpD?si=zbw-WlJvRtmkEBsKV8KQ7g&amp;dl_branch=1">https://open.spotify.com/episode/5GECHAql89dITwq1Q0mpD?si=zbw-WlJvRtmkEBsKV8KQ7g&amp;dl_branch=1</a>
Using Science to Optimize Sleep, Learning & Metabolism   Episode 3	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/3eV2VgYkKclKdRymfYS8Ae?si=y_VlrFsnQL06f_o5ZLg5w&amp;dl_branch=1">https://open.spotify.com/episode/3eV2VgYkKclKdRymfYS8Ae?si=y_VlrFsnQL06f_o5ZLg5w&amp;dl_branch=1</a>
Master Your Sleep & Be More Alert When Awake   Episode 2	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/4JIM6biMG5CQDsSMQFwG3O?si=C9eyq6r5Q62m83hK6Zu7kg&amp;dl_branch=1">https://open.spotify.com/episode/4JIM6biMG5CQDsSMQFwG3O?si=C9eyq6r5Q62m83hK6Zu7kg&amp;dl_branch=1</a>
How Your Brain Works & Changes   Episode 1	SPOTIFY/APPLE PODCASTS	<a href="https://open.spotify.com/episode/6wuY0R571xaBTbNOX4yuqY?si=BKN0DhctQJ26N8Gr3D05mg&amp;dl_branch=1">https://open.spotify.com/episode/6wuY0R571xaBTbNOX4yuqY?si=BKN0DhctQJ26N8Gr3D05mg&amp;dl_branch=1</a>

**MIND PUMP**

#1675 Eight Ways To Get The BEST Muscle Pump

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/4j53pxEGj4NTbEKK696LDH?si=ac4a061f9d0b4a3e>

#1672 The Best Exercises From The Best Body Builders

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/0BqTfxJ9DCU7ECsY1Qo3A?si=42a408d0d99546f7>

#1667 The Best Exercises You Can Do to Develop the Perfect Butt

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/5qmfAAGeE0I3ZnkC28kZuO?si=240bb321c5694d09>

#1647 Ten Female Fitness Lies

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/14QEigQhvmWYlW3ezFDI9?si=35a313719cb9488b>

#1640 Five Steps to Build Muscle Without Adding Fat

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/6lFPw797L5PxBc3umncue?si=2c605a2f996e4d3f>

#1630 10 Ways To Break Through a Plateau

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/40A7NSyFSC3u4DeIFAti00?si=c51e78a5094647d8>

#1612 Everything You Need to Know About Sets, Reps, & Rest Periods

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/66f26WoCdFhenAkD6iGaGI?si=00b9f9295ed7471f>

#1570 Eleven Ways To Build Muscle Faster

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/6GLIZSmjecGe4aq8eFSI7e?si=d245d2e7d7a941e6>

#1555 How to Stay on Track With Your Fitness While You Travel

SPOTIFY/APPLE PODCASTS

<https://open.spotify.com/episode/5grK08IOV3CWP3UMehh6Pr?si=997b707a144242a2>