

My Favorite Podcasts

If you are a commuter you need to get hooked up for regular podcasts. These are an amazing way to get entertainment, education, and just plain fun stuff to make the minutes stuck on the 405 fly past. Here are some of my favorites (sorry it's heavily leaning to the Canadian side of the 49th).

TED.com

Quickly becoming the grand daddy of podcasts and on line videos this is a must have for the enquiring mind. All keynotes are limited to 18 minutes, so you get the best they have. Even better use the website www.ted.com to search for the topics that interest you.

CBC

I listen to Jian Ghomeshi (www.cbc.ca/Q) when I have the time, Shelagh Rogers (www.cbc.ca/thenextchapter) when I want to feel smart and Nora Young (www.cbc.ca/spark) all the time.

Scientific America - 60 second mind

<http://itunes.apple.com/ca/podcast/60-second-mind/id262750202>

This is a fun burst of “did-you-know”. You might not need to know it, but it was fun learning.

Discovery Health Channel

Feeling guilty about what you had for dinner? Check out this source <http://itunes.apple.com/podcast/discovery-health-channel/id81704499>

Oprah's Fitness and Nutrition

Add to the guilt <http://itunes.apple.com/ca/podcast/oprah-coms-health-wellness/id301545659>

Get more *Give Me a Break* supplementary resources at:
www.hughculver.com/breakbook