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**From:** Stewart Oldfield [REDACTED]  
**Sent:** 7/19/2017 5:16:25 PM  
**To:** Richard Kahn [REDACTED]  
**Subject:** RE: trading meeting

Actually, it probably means I wasn't running fast enough. Daniel Kahneman's book Thinking Fast and Slow talks about that. Anyway, try it out

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**From:** Richard Kahn [REDACTED]  
**Sent:** Wednesday, July 19, 2017 4:51 PM  
**To:** Stewart Oldfield <[REDACTED]>  
**Subject:** Re: trading meeting

i thought you meant podcasts on running while home  
no way i can listen to and run..your mind is more creative than me..  
need faster pace to motivate..  
thanks

Richard Kahn  
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On Jul 19, 2017, at 4:19 PM, Stewart Oldfield <[REDACTED]> wrote:

They were. I got sick of listening to the same music and it was great to have my mind focused on something other than the pain and tedium of running.

The best one to start with is the first series of Serial if you haven't listened to it.  
I also like Freakonomics (Stephen Dubner) and Revisionist History (Malcom Gladwell)  
This American Life is generally interesting, as is Here's the Thing with Alec Baldwin  
TED talks are also really good

Enjoy!

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**From:** Richard Kahn [REDACTED]  
**Sent:** Wednesday, July 19, 2017 3:55 PM  
**To:** Stewart Oldfield <[REDACTED]>  
**Subject:** Re: trading meeting

never did the podcasts  
were they helpful?  
please send me link if you know of any good ones