

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 [mailto: [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

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On Jul 19, 2017, at 3:50 PM, Stewart Oldfield  
<stewart.[REDACTED]> wrote:

Now I know if he tries to make a bet with me not to take the other side .

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Good luck with the training. I listened to a lot of podcasts when I was doing it.

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**From:** Richard Kahn [mailto: [REDACTED]]  
**Sent:** Wednesday, July 19, 2017 3:45 PM  
**To:** Stewart Oldfield < [REDACTED] >  
**Subject:** Re: trading meeting

yes going to try to run again tomorrow as this week is week 1 of my 16 week training..